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FOR IMMEDIATE RELEASE

NAL OIL & GAS TRUST ANNOUNCES JUNE DISTRIBUTION AND ATTENDANCE AT THE 2010 CAPP OIL & GAS INVESTMENT SYMPOSIUM

Media Release No. 16-10

June 8, 2010

CALGARY / Marketwire / NAL Oil & Gas Trust (the "Trust" or "NAL") (TSX: NAE.UN) will pay a distribution of \$0.09 per unit on July 15, 2010, to Unitholders of record on June 22, 2010. The units will begin trading on an ex-distribution basis on June 18, 2010.

The current monthly distribution annualized totals \$1.08 per unit, and represents a 9.9% cash-on-cash yield based on the June 7, 2010 closing unit price of \$10.95.

NAL's Board of Directors sets distribution levels taking into consideration commodity prices, forecast cash flow of the Trust, financial market conditions, availability of financing, internal capital investment opportunities and taxability.

NAL is also pleased to announce that Mr. Andrew Wiswell, President & CEO will make a presentation at the Canadian Association of Petroleum Producers annual Investment Symposium on Monday, June 14, 2010 at 9:15 AM MDT. Investors are invited to watch a live webcast of this presentation at: <http://gowebcasting.com/c1536>

NAL provides investors with a yield-oriented opportunity to participate in the Canadian upstream oil and gas industry. The Trust generates monthly cash distributions for its Unitholders by pursuing a strategy of acquiring, developing, producing and selling crude oil, natural gas and natural gas liquids from pools in southeastern Saskatchewan, Alberta, northeastern British Columbia and Lake Erie, Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

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