



NEWS RELEASE

FOR IMMEDIATE RELEASE

TSX Symbol: LRF.UN

**Long Reserve Life Resource Fund Announces
Monthly Distribution**

TORONTO (July 18, 2006) – Long Reserve Life Resource Fund announces a distribution for the month ending July 31, 2006 of \$0.04167 per unit. The distribution is payable on August 11, 2006 to unitholders of record on July 31, 2006.

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For further information, please contact: Fairway Advisors Inc.
1.866.299.7929