



NEWS RELEASE

FOR IMMEDIATE RELEASE

TSX Symbol: LRF.UN

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

TORONTO (September 20, 2006) – Long Reserve Life Resource Fund announces a distribution for the month ending September 30, 2006 of \$0.04167 per unit. The distribution is payable on October 12, 2006 to unitholders of record on September 29, 2006.

-30-

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