



NEWS RELEASE

FOR IMMEDIATE RELEASE

TSX Symbol: LRF.UN

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

TORONTO (October 19, 2006) – Long Reserve Life Resource Fund announces a distribution for the month ending October 31, 2006 of \$0.04167 per unit. The distribution is payable on November 10, 2006 to unitholders of record on October 31, 2006.

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