



NEWS RELEASE

FOR IMMEDIATE RELEASE

TSX Symbol: LRF.UN

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

TORONTO (March 21, 2007) – Long Reserve Life Resource Fund announces a distribution for the month ending March 31, 2007 of \$0.04167 per unit. The distribution is payable on April 12, 2007 to unitholders of record on March 30, 2007.

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