



(TSX:BNP.UN)
FOR IMMEDIATE RELEASE
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N E W S R E L E A S E

Bonavista Energy Trust Confirms Cash Distribution for January 15, 2010

Calgary – Bonavista Energy Trust (“Bonavista”) confirms that its monthly cash distribution generated from November production will be \$0.16 per trust unit and payable on January 15, 2010. In light of the current economic conditions and relatively weak natural gas prices, we will continue to carefully monitor the impact of all issues affecting our business and, the necessity to adjust our monthly distributions and our capital programs as conditions evolve. Our long term objective is to set a distribution policy at prudent levels while withholding sufficient funds to finance capital expenditures required to maintain or modestly grow our current production base. This in turn, should provide a stronger base of cash flow leading to consistent and sustainable distributions into the future. Our distribution policy is reviewed monthly and is based on a number of factors including current and future commodity prices, foreign exchange rates, our commodity hedging program, our current operations and available investment opportunities.

Bonavista has declared this distribution to be paid on January 15, 2010 for unitholders of record on December 31, 2009 with an ex-distribution date of December 29, 2009.

Forward Looking Statements

Corporate information provided herein contains forward-looking information. The reader is cautioned that assumptions used in the preparation of such information, particularly those pertaining to cash distributions, production volumes, commodity prices, operating costs and drilling results, which are considered reasonable by Bonavista at the time of preparation, may be proven to be incorrect. Actual results achieved during the forecast period will vary from the information provided herein and the variations may be material. There is no representation by Bonavista that actual results achieved during the forecast period will be the same in whole or in part as those forecast.

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