



**LAWRENCE**  
ASSET MANAGEMENT INC.

**PRESS RELEASE**

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

**November 20, 2009:** Long Reserve Life Resource Fund (TSX: LRF.UN) announces its monthly distribution for the month ending November 2009 of \$0.04167 for each outstanding trust unit. Distributions are payable on December 10, 2009 to unitholders of record on November 30, 2009.

For further information, please call Catherine Stretch, Vice-President, Lawrence Asset Management Inc. at 1-866-404-4999 or visit [www.lawrenceasset.com](http://www.lawrenceasset.com).

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