

**PRESS RELEASE**

**AVENIR DIVERSIFIED INCOME TRUST FILES  
2009 STATEMENT OF RESERVES DATA**

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*Calgary, Alberta, Canada*, March 30, 2010 – Avenir Diversified Income Trust (TSX – AVF.UN) (the "Trust") today filed with the securities regulatory authorities in Canada its statement of reserves data for the year ended December 31, 2009 ("Statement of Reserves Data"), which includes the disclosure and reports relating to reserves data and other oil and gas information. The Statement of Reserves Data is included in the Annual Information Form of the Trust for the year ended December 31, 2009 (the "AIF"), which is on the System for Electronic Document Analysis and Retrieval ("SEDAR").

The following have also been filed on SEDAR in conjunction with this press release and are included in the AIF: Form 51-101F2 of McDaniel & Associates Consultants Ltd. and Form 51-101F3 Report of Management and Directors on Reserves Data and Other Information.

An electronic copy of these documents may be obtained on Avenir's SEDAR profile at [www.sedar.com](http://www.sedar.com).

*The Trust's strategy is comprised of having both energy and non-energy divisions with multiple businesses in order to provide diversification of cash flows.*

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*The Toronto Stock Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.*