



November 3, 2005

TSX: SHN.UN

**NEWS RELEASE
FOR IMMEDIATE RELEASE**

Shiningbank Energy announces 30% increase in monthly distribution

Shiningbank Energy Income Fund (the "Fund") today announced that its cash distribution for December 2005 will be **C\$0.30 per unit**. This distribution reflects an increase of 30% from the previous distribution of \$0.23 per unit which has been paid since June 2003. **The distribution is payable on December 15, 2005 to unitholders of record on November 30, 2005. The ex-distribution date is November 28, 2005.**

The increase in the monthly distribution is reflective of stable production performance and continued strength in natural gas prices. Future distributions, as always, are subject to change as dictated by commodity prices, operations and future business development.

Shiningbank Energy Income Fund is a natural gas focused energy trust founded in 1996. The Fund purchases, develops and operates producing properties for the direct benefit of its unitholders. Shiningbank has one of the highest weightings of natural gas production in the energy trust sector at 76%.

Shiningbank is listed on the Toronto Stock Exchange under the symbol SHN.UN. For further information please visit our website, www.shiningbank.com or contact us at:

Email: irinfo@shiningbank.com
Telephone: (403) 268-7477
Facsimile: (403) 268-7499
Toll Free: (866) 268-7477

Shiningbank Energy Ltd.

David M. Fitzpatrick, President and C.E.O.
Bruce K. Gibson, Vice President, Finance and C.F.O.
Debbie Carver, Investor Relations