



Stock Symbol: MBT

NewsRelease

MTS Allstream plants hundreds of trees in Victoria Beach

Second Century celebration reflects company's commitment to the environment

WINNIPEG, MB, September 5, 2008 – MTS Allstream Inc. ("MTS Allstream") will be helping to restore a forested area near the community of Victoria Beach, Manitoba today by planting hundreds of trees.

Approximately 60 employees from MTS Allstream's Marketing department in Winnipeg are helping to replant this natural forest area as part of the company's 100th anniversary celebrations and as part of its commitment to the environment.

Fire swept through the Victoria Beach vacation area in 2004, narrowly missing homes, businesses and cottages.

"Through this special tree planting event, we're helping the community of Victoria Beach reforest an area overwhelmed by effects of a forest fire," said Kelvin Shepherd, President Consumer Markets, MTS Allstream. "As a Manitoba-based company committed to local communities, we know that this event will benefit the people who work, live and play in Victoria Beach while we celebrate our company's 100th anniversary. At the same time, this is another great opportunity for our employees to do something that improves our environment for many years into the future."

Long considered an environmental leader in the Canadian telecommunications industry, MTS Allstream's environmental strategy includes a series of initiatives to further reduce the company's carbon footprint and to help its Canadian customers reduce their own environmental impact.

About MTS Allstream

MTS Allstream is a wholly owned subsidiary of Manitoba Telecom Services Inc. and is one of Canada's leading national communication solutions providers, delivering innovative products and services through the Enterprise Solutions and Consumer Markets divisions. The Enterprise Solutions division, which operates under the Allstream brand nationally and under the MTS Allstream brand in Manitoba, is a leading competitor in the national business and wholesale markets. This division offers customers a portfolio of solutions tailored to the needs of medium and large businesses looking for success in a world of rapidly evolving technology – Internet protocol connectivity, unified

communications, IT consulting and security services, and voice and data connectivity services. The Consumer Markets division leads every telecommunications market segment in Manitoba, delivering a full suite of next generation wireless, high-speed Internet and data, digital television and wireline voice services under the MTS brand, as well as small business services in select markets across Canada under the Allstream brand, and security and alarm monitoring services through AAA Alarm Systems Ltd., an affiliate of MTS Allstream which also operates in other western provinces. MTS Allstream's extensive national broadband fibre optic network spans more than 24,300 kilometres, and provides international connections through strategic alliances and interconnection agreements with other international service providers. Manitoba Telecom Services Inc.'s common shares are listed on The Toronto Stock Exchange (trading symbol: MBT). For more information, please visit: www.mtsallstream.com.

- 30 -

For more information, please contact:

Jill Gibson
Corporate Communications Coordinator
(204) 958-3392
media.relations@mtsallstream.com