



## NEWS RELEASE

### SEAVIEW ENERGY INC. ANNOUNCES SIGNIFICANT RESERVES GROWTH FOR 2009, AND PROVIDES OPERATIONS UPDATE.

**MARCH 8, 2010** – Calgary, Alberta – Seaview Energy Inc. (“Seaview” or the “Company”) is pleased to provide shareholders with an update of the Company’s reserves as at year-end and operations.

During 2009 Seaview continued to execute its balanced strategy of acquiring, exploiting and exploring for high quality natural gas and light oil assets in Western Canada. Seaview’s capital program focused on exploration and exploitation drilling on assets acquired in previous years, plus a total of five property acquisitions further consolidating Seaview’s assets in the Peace River Arch.

As at December 31, 2009, Seaview’s accomplishments are as follows:

- **Increased Proven Producing reserves by 52% to 5,973 MBoe, compared to 3,941 MBoe at December 31, 2008.**
- **Increased Total Proven reserves by 49%, to 7,141 MBoe compared to 4,786 MBoe at December 31, 2008.**
- **Increased Total Proven plus Probable reserves by 53% to 11,068 Mboe compared to 7,256 MBoe at December 31, 2008.**
- **Achieved Proven FD&A costs of \$14.93/boe and Proven plus Probable costs of \$10.32/boe (including changes to Future Development Costs “FDC” and technical revisions).**
- **Achieved Proven F&D costs of \$9.85/boe and Proven plus Probable costs of \$7.67/boe (including changes to FDC and technical revisions).**
- **2009 average production of 2,315 boe/d, 115% increase over 2008 average production of 1,077 boe/d.**
- **Fourth quarter 2009 average production of 2,725 boe/d based on an unaudited internal estimate, representing a 52% increase as compared to fourth quarter 2008 production of 1,794 boe/d.**
- **Exceeded 2009 exit rate guidance of more than 3,000 boe/d with production for January 2010 averaging 3,100 boe/d based on field estimates. In addition, the Company has over 750 boe/d behind pipe to be placed on production over the next two quarters.**

### Highlights of 2009

In 2009 Seaview continued to execute its balanced strategy of acquiring, exploiting and exploring for high quality, long reserve life natural gas and light oil assets in Western Canada. Despite the challenges of volatile commodity prices and weak capital markets due the global economic crisis, Seaview’s business plan continued to deliver strong growth in 2009. Record production levels for Q4-2009, of 2,725 boe/d, marks the Company’s ninth consecutive quarter of growth since inception in Q4-2007.

Seaview's management team continues to focus on consolidating high quality assets within the Company's core areas, with significant exploration and development opportunities. Operations highlights of 2009 include:

- **Successfully closed five property acquisitions, further consolidating the Company's core assets in the Peace River Arch.**
  - Highlighted by the complimentary Peace River Arch assets acquired from a senior producer for \$26.6 million in June 2009 with a concurrent bought-deal financing with gross proceeds of \$15.7 million. This acquisition consolidated Seaview's working interest in over 70% of the acquired assets focused in the Balsam and Boundary Lake areas of northwest Alberta.
  - During the fourth quarter of 2009, Seaview purchased assets in four separate acquisitions for total consideration of \$3.9 million. Each of the minor property acquisitions added high working interest follow-up drilling locations based on the successful third quarter drilling program.
  
- **Seaview drilled 9 (8.4 net) wells in 2009 at a 78% success rate.**
  - In the Peace River Arch, Seaview drilled 7 (6.6 net) wells at an 86% success rate. Results of the 2009 drilling program yielded 4 (3.6 net) producing gas wells, 2 (2 net) potential gas wells, and 1(1 net) abandoned well. The lone abandoned well encountered the target reservoir but was abandoned due to operational problems while casing and will be redrilled in the first quarter of 2010.
  - As announced on November 19, 2009 the successful Q3-09 drilling program was expected to add over 1,400 boe/d of new production capacity. Three of the four successful wells were on online contributing a stable 1,500 boe/d net average production for the month of December.
  - Seaview estimates current production behind pipe volumes at 750 boe/d from 6 (3.8 net) wells which will be tied-in over the next two quarters.
  - In southeast Saskatchewan, Seaview drilled 2 (1.8 net) wells with a 50% success rate. Both wells were exploration projects targeting potential light oil pools. The Company's exploration well in Rocanville (80% working interest) is cased as a potential Birdbear oil well, various completion options are currently being evaluated for this well.

Activity over the first half of 2010 includes the drilling of 6 (4.3 net) wells, plus equip and tie-in activities on 2 (1.4 net) standing gas wells. To date the Company has drilled 4 (2.6 net) gas wells in the first quarter of 2010 at a 75% success rate resulting in 3 (1.6 net) gas wells to be tied in post breakup in 2010. Production adds from the 3 (1.6 net) successful wells drilled to date is expected to add 250 boe/d net in Q3-10.

Remaining activity for the winter capital program includes drilling of 2 (1.7 net) wells. At Clayhurst, the Company will re-drill the well abandoned in Q3-09, targeting a conventional Montney gas reservoir. Finally, the company is planning to spud a horizontal well targeting an early stage light oil resource play in northwest Alberta before spring break-up. Seaview has assembled a sizeable land position and has exposure to 11.5 (6.5 net) sections of land on this exciting exploration opportunity. The target zone in known to produce both oil and natural gas regionally, however to date has not been developed using horizontal wells with multi-frac completion technology.

## Business Strategy

For the year ending December 31, 2009, Seaview has achieved significant reserves and production growth as a result of successful execution of its business plan. Despite volatile commodity prices and the impact of the global financial crisis on capital markets, Seaview is well positioned to continue executing its aggressive growth strategy.

Through a disciplined approach to capital management, Seaview has several key characteristics that support continued growth and value creation for shareholders despite the current economic climate:

- High-quality, long reserve life assets, focused on natural gas in the Peace River Arch and light oil in southeast Saskatchewan, both desirable areas within the Western Canadian Sedimentary Basin.
- Strong financial position including; a low cost structure, strong balance sheet and \$12 million of available credit facility providing Seaview with the ability to capitalize on strategic opportunities.
- Attractive commodity risk management program to provide an enhanced cash flow stream in order to maintain balance sheet strength, secure acquisition economics and finance the Company's capital expenditures.
- Strong management team, directors and technical professionals with significant ownership positions, ensuring strong alignment to shareholder's interests.

Seaview's strong financial position and deep prospect inventory has allowed the company to maximize the benefits of the royalty incentive programs announced in 2009 (2009 RIP). The 2009 RIP provides a short-term opportunity to maximize the net asset value by adding new reserves at reduced royalty rates on the new production and earning drilling credits to reduce royalties payable on existing production. The benefits of the 2009 RIP may be significant to Seaview as the royalty credits earned through drilling offset more than 50% of the capital cost to drill a typical well.

Despite weak natural gas prices, the economics of drilling Seaview's current inventory is significantly improved by the combination of the reduced royalties on initial production, earning of drilling credits as a reduction of capital costs and finally a significant reduction in service costs for drilling and completing wells. Seaview remains well positioned to capitalize on this opportunity during a period where the industry is experiencing a pronounced slow period.

## Capital Efficiency and Reserve Additions

Certain financial estimates have been made herein to facilitate discussion of the Company's 2009 capital program. Readers are advised that these financial estimates are subject to the disclosure to be contained in the audited financial statements of Seaview for the year ended December 31, 2009, management's discussion and analysis related thereto and its Annual Information Form expected to be filed on or about April 6, 2010.

The Company is pleased to report that a significant increase in reserves during 2009 as a result of its combined acquisitions and successful 2009 drilling program. The independent reserves evaluation has been completed by Sproule and Associates Limited "Sproule", with an effective date of December 31, 2009, in a National Instrument 51-101 "NI 51-101" compliant report "Evaluation of the P&NG Reserves of Seaview Energy Inc." Highlights of the report are summarized below:

- **Increased Proven Producing reserves by 52% to 5,973 MBoe, compared to 3,941 MBoe at December 31, 2008.**
- **Increased Total Proven reserves by 49%, to 7,141 MBoe compared to 4,786 MBoe at December 31, 2008.**
- **Increased Total Proven plus Probable reserves by 53% to 11,068 compared to 7,256 MBoe at December 31, 2008.**

- **Probable Developed Producing reserves assigned to Proved Producing assets are 2,286 MBoe, increasing Total Developed Proven plus Probable producing reserves to 8,259 MBoe or 75% of the Total Proven plus Probable reserves. No future development capital is required to convert the Probable Producing reserves to Proven Producing over time.**
- **Reserve Life Index of 7.2 years on a Total Proven basis and 11.1 years on a Total Proven plus Probable basis using December 31, 2009 reserves, and estimated Q4-09 production of 2,725 boe/d.**
- Total capital expenditures based on unaudited financial results were \$46.7 million; including changes in FDC total capital costs for the purpose of calculating FD&A costs are \$47.2 million.
  - **Achieved FD&A costs of \$14.93/boe Proven and \$10.32/boe Proven plus Probable (Including changes in FDC).**
  - Seaview completed five strategic property acquisitions in 2009, highlighted by the complimentary PRA assets acquired from a senior producer for \$26.6 mm in June 2009. Overall the acquisition program added 2,158 MBoe of Total Proven plus Probable reserves, or 47% of the Total Proven plus Probable reserve additions in 2009.
  - Seaview's acquisitions and drilling success replaced production by 3.9 times on a Proven basis and 5.7 times on a Proven plus Probable basis.
- Seaview completed an active drilling program in 2009 which included drilling 9 gross wells (8.4 net) with a 78% success rate. Capital expenditures based on unaudited consolidated financial results were \$16.3 million directed towards drilling activity. Including changes to FDC, the total capital costs for the purpose of calculating F&D costs are \$18.9 million.
  - **Achieved F&D costs of \$9.85/boe Proven and \$7.67/boe Proven plus Probable (including FDC and after revisions).**
  - Seaview enjoyed a very successful drilling program accounting for 2,458 mBoe or 53% of the Total Proven and Probable reserve additions in 2009.
  - Seaview's drilling success replaced production by 2.1 times on a Proven basis and 3.1 times on a Proven plus Probable basis.
- Seaview continues to drive reserve addition costs down through successful execution of the Company's balanced acquisition, exploration and development strategy. Management has been able to steadily reduce finding costs as a result of a strong prospect inventory and successful grass-roots exploration. Seaview's three year average reserve costs are:
  - **Three year average Proven F&D costs of \$14.04/boe Proven and Proven plus Probable costs of \$11.02/boe (including FDC and after revisions).**
  - **Three year average Proven FD&A costs of \$21.91/boe Proven and Proven plus Probable costs of \$15.71/boe (including FDC and after revisions).**

Historical Capital Efficiency Highlights	2009		2008		2007-2009	
	Total Proved	Total Proved plus Probable	Total Proved	Total Proved plus Probable	Total Proved	Total Proved plus Probable
<b>Capital Costs (\$thousands)</b>						
Exploration and development capital	\$16,284	\$16,284	\$20,907	\$20,907	\$40,827	\$40,827
Acquisitions, net of dispositions	\$30,455	\$30,455	\$91,864	\$91,864	\$135,371	\$135,371
Future development capital, beginning balance	\$5,219	\$12,982	\$843	\$1,475	\$0	\$0
Future development capital, end of period balance	\$5,646	\$15,551	\$5,219	\$12,982	\$5,646	\$15,551
Exploration and development capital including change in future development capital	\$16,711	\$18,853	\$25,283	\$32,414	\$46,437	\$56,378
All-in capital including change in future development capital	\$47,166	\$49,308	\$119,098	\$126,229	\$183,890	\$193,795
<b>Reserve additions (including technical revisions)</b>						
Exploration and development (MBoe)	1,696	2,458	1,393	2,321	3,309	5,118
Acquisitions, net of dispositions (MBoe)	1,464	2,158	3,409	4,654	5,085	7,214
Total reserve additions (MBoe)	3,160	4,616	4,802	6,976	8,395	12,332
<b>Finding and development costs (F&amp;D), including change in future development capital (\$/boe)<sup>(1)</sup></b>	<b>\$9.85</b>	<b>\$7.67</b>	<b>\$18.16</b>	<b>\$13.96</b>	<b>\$14.04</b>	<b>\$11.02</b>
<b>Finding, development and acquisition costs (FD&amp;A), including change in future development capital (\$/boe)</b>	<b>\$14.93</b>	<b>\$10.32</b>	<b>\$24.80</b>	<b>\$18.09</b>	<b>\$21.91</b>	<b>\$15.71</b>
<b>Operating Efficiency</b>						
Operating net-back (\$/boe)	\$21.64	\$21.64	\$34.49	\$34.49		
Finding, development and acquisition costs (FD&A), excluding change in future development capital (\$/boe)	\$14.79	\$10.13	\$23.89	\$16.44		
Recycle-Ratio	1.5	2.1	1.4	2.1		
<b>Reserve Replacement</b>						
Reserve additions, including revisions (MBoe)	3,160	4,616	4,802	6,976		
Annual production (MBoe)	804	804	427	427		
Production replacement ratio	3.9	5.7	11.3	16.3		

**Notes:**

- (1) The aggregate of the exploration and development costs incurred in the most recent financial year, and the change during that year in estimated future development costs, generally will not reflect total finding and development costs related to reserve additions for that year.

## NI 51-101 Reserves Disclosure

Seaview has a Reserve Committee comprised of independent board members, which reviews the qualifications and appointment of the independent reserve evaluators. The committee also reviews the processes and technical data used to determine the reserves booked.

The Company will file on April 6, 2010 its Annual Information Form which includes Seaview's reserves data and other oil and gas information for the year ended December 31, 2009 as mandated by "NI 51-101 – Standards for Disclosure for Oil and Gas Activities of the Canadian Securities Administrators."

The December 31, 2009, evaluation was prepared by Sproule utilizing the methodology and definitions as set out under NI 51-101. The reserves presented herein include the total Company's working interest reserves before deduction of royalties and exclude royalty interest reserves as at December 31, 2009.

Table 1 NI 51-101

**Summary of Oil and Gas Reserves  
as of December 31, 2009  
Forecast Prices and Costs**

	Gross Reserves				Net Reserves			
	Light and Medium Crude Oil	Heavy Crude	Natural Gas Liquids	Natural Gas	Light and Medium Crude Oil	Heavy Crude	Natural Gas Liquids	Natural Gas
	Mbbls	Mbbls	Mbbls	Mmcf	Mbbls	Mbbls	Mbbls	Mmcf
<b>Proved</b>								
Developed Producing	1,210.4	0	127.7	27,812	1,065.9	0	77.4	20,607
Developed Non-Producing	46.8	0	10.9	4,371	44.3	0	6.6	3,086
Undeveloped	20.4	0	15.4	1,853	16.2	0	11.4	1,853
<b>Total Proved</b>	<b>1,277.6</b>	<b>0</b>	<b>154.0</b>	<b>34,257</b>	<b>1,126.4</b>	<b>0</b>	<b>95.4</b>	<b>25,546</b>
Probable	519.9	0	123.5	19,699	445.0	0	80.6	14,106
<b>Total Proved plus Probable</b>	<b>1,797.5</b>	<b>0</b>	<b>277.5</b>	<b>53,956</b>	<b>1,571.3</b>	<b>0</b>	<b>176.0</b>	<b>39,653</b>

Table 2 NI 51-101

**Summary of Net Present Values of Future Net Revenue  
as of December 31, 2009  
Forecast Prices and Costs**

	Before Future Income Tax Expenses and Discounted at					Unit Value Before Income Tax Discounted at
	0%	5%	10%	15%	20%	10%/yr
	(M\$)	(M\$)	(M\$)	(M\$)	(M\$)	(\$/boe)
<b>Proved</b>						
Developed Producing	181,089	125,766	98,253	81,755	70,676	21.46
Developed Non-Producing	17,586	14,034	11,614	9,881	8,586	20.55
Undeveloped	8,418	6,387	5,124	4,269	3,654	15.23
<b>Total Proved</b>	<b>207,093</b>	<b>146,186</b>	<b>114,992</b>	<b>95,905</b>	<b>82,916</b>	<b>20.99</b>
Probable	123,676	68,343	46,006	34,124	26,746	15.99
<b>Total Proved plus Probable</b>	<b>330,769</b>	<b>214,530</b>	<b>160,997</b>	<b>130,029</b>	<b>109,661</b>	<b>19.27</b>

	After Future Income Tax Expenses and Discounted at				
	0%	5%	10%	15%	20%
	(M\$)	(M\$)	(M\$)	(M\$)	(M\$)
<b>Proved</b>					
Developed Producing	151,858	107,378	84,894	71,260	62,029
Developed Non-Producing	13,012	10,353	8,542	7,246	6,278
Undeveloped	6,207	4,557	3,528	2,833	2,336
<b>Total Proved</b>	<b>171,077</b>	<b>122,288</b>	<b>96,964</b>	<b>81,339</b>	<b>70,643</b>
<b>Probable</b>	<b>91,771</b>	<b>50,445</b>	<b>33,659</b>	<b>24,691</b>	<b>19,108</b>
<b>Total Proved plus Probable</b>	<b>262,848</b>	<b>172,733</b>	<b>130,623</b>	<b>106,030</b>	<b>89,751</b>

**Table 3 NI 51-101**

**Total Future Net Revenue Undiscounted  
as of December 31, 2009  
Forecast Prices and Costs**

	Revenue	Royalties	Operating Costs	Development Costs	Abandonment and Reclamation Costs	Future Net Revenue Before Income Taxes	Income Taxes	Future Net Revenue After Income Taxes
	(M\$)	(M\$)	(M\$)	(M\$)	(M\$)	(M\$)	(M\$)	(M\$)
<b>Total Proved Reserves</b>	419,428	80,234	119,105	5,646	7,351	207,093	36,016	171,077
<b>Total Proved plus Probable</b>	679,616	138,380	185,554	15,551	9,363	330,769	67,922	262,848

**Table 4 NI 51-101**

**Net Present Value of Future Net Revenue  
By Production Group  
as of December 31, 2009  
Forecast Prices and Costs**

	Future Net Revenue Before Income Taxes and (Discounted at 10%/Year)	Unit Value Before Income Taxes (Discounted at 10%/Year)
	(M\$)	(\$/boe)
<b>Proved</b>		
Light and Medium Crude Oil (including solution gas and associated by-products)	33,938	26.28
Heavy Crude Oil (including solution gas and associated by-products)	0	0
Natural Gas (including associated by products)	85,054	19.35
<b>Proved plus Probable</b>		
Light and Medium Crude Oil (including solution gas and associated by-products)	43,723	24.45
Heavy Crude Oil (including solution gas and associated by-products)	0	0
Natural Gas (including associated by products)	117,274	17.86

Table 5 NI 51-101

**Summary of Pricing and Inflation Rate Assumptions  
As of December 31, 2009 Forecast Prices and Costs**

Year	CRUDE OIL			NATURAL GAS	NATURAL GAS LIQUIDS		Inflation (%)	US/CAN Exchange Rate (\$US/Cdn)
	WTI Crude Oil	Edmonton Par Price 40 <sup>0</sup> API Crude Oil	Cromer Medium 29.3 <sup>0</sup> API Crude Oil	Alberta AECO Gas Price	Pentanes Plus FOB Field Gate	Butanes FOB Field Gate		
	(\$US/Bbl) (1)	(\$Cdn/Bbl) (2)	(\$Cdn/Bbl) (3)	(\$Cdn/mmbtu)	(\$Cdn/Bbl)	(\$Cdn/Bbl)		
<b>Forecast</b>								
2010	79.17	84.25	80.04	5.36	86.28	59.65	2.0	0.920
2011	84.46	89.99	84.59	6.21	92.16	63.72	2.0	0.920
2012	86.89	92.61	85.20	6.44	94.84	65.57	2.0	0.920
2013	90.20	96.19	87.53	7.23	98.51	68.11	2.0	0.920
2014	92.01	98.13	88.32	7.98	100.50	69.48	2.0	0.920

Thereafter

Various Escalation Rates

**Notes:**

- (2) West Texas Intermediate at Cushing Oklahoma 40 degrees API, 0.5% sulphur  
(3) Edmonton Light Sweet 40 degrees API, 0.3% sulphur  
(4) Cromer Medium (29.3° degrees API Heavy stream)

**Net Asset Value per Class A Share  
Information Based on Sproule Reserves Evaluation as at December 31, 2009**

(\$M except share amounts)	Before Tax 10% Discount		
	Proven Developed Producing	Total Proven Reserves	Total Proven plus Probable
Value of Reserves	98,253	114,992	160,997
Undeveloped Land (31,000 acres at \$200 per acre)	6,200	6,200	6,200
Estimated Net Debt as at December 31, 2009 <sup>(1)</sup>	(40,100)	(40,100)	(40,100)
<b>Total Net Assets</b>	<b>64,353</b>	<b>81,092</b>	<b>127,097</b>
Class A shares Outstanding (MM) as at December 31, 2009	65.43	65.43	65.43
<b>Estimated Net Asset Value per Class A share</b>	<b>\$0.98</b>	<b>\$1.24</b>	<b>\$1.94</b>

**Notes:**

- (1) Estimated net debt excluding value of financial contracts.

**Net Asset Value per Fully Diluted Share<sup>(1)</sup>**  
**Information Based on Sproule Reserves Evaluation as at December 31, 2009**

(\$M except share amounts)	Before Tax 10% Discount		
	Proven Developed Producing	Total Proven Reserves	Total Proven plus Probable
Value of Reserves	98,253	114,992	160,997
Undeveloped Land (31,000 acres at \$200 per acre)	6,200	6,200	6,200
Estimated Net Debt as at December 31, 2009 <sup>(2)</sup>	(38,560)	(38,560)	(38,560)
<b>Total Net Assets</b>	<b>65,893</b>	<b>82,632</b>	<b>128,637</b>
Fully Diluted shares Outstanding (MM) as at December 31, 2009 <sup>(3)</sup>	77.34	77.34	77.34
<b>Estimated Net Asset Value per Fully Diluted share</b>	<b>\$0.85</b>	<b>\$1.07</b>	<b>\$1.66</b>

**Notes:**

- (1) Fully diluted shares including "in-the-money" options and converted Class B shares based on closing price of \$1.10 per Class A share as at December 31, 2009.
- (2) Estimated net debt excluding value of financial contracts, net of proceeds from "in-the-money" options of \$1,523,964
- (3) Fully diluted shares outstanding based on 65,433,182 Class A shares, Class B shares converted to 9,577,636 Class A shares based on conversion price of \$1.10 per Class A share as at December 31, 2009, and 2,328,500 "in-the-money" options as at December 31, 2009.

## COMMODITY PRICE RISK MANAGEMENT

A key component to Seaview's balance sheet management is the Company's commodity price risk program. The price risk management program is intended to reduce price volatility in order to support cash flow, protect acquisition economics and finance ongoing capital expenditures.

Subsequent to the end of the third quarter of 2009, Seaview entered into additional financial contracts for 2010 and 2011 providing for increased downside protection designed to minimize the impact of volatile commodity prices on future capital expenditure plans. Seaview currently has approximately 1,380 boe/d (approximately 43% of estimated current production) hedged for the remainder of 2010;

- o 7,500 GJ/d of natural gas hedged in puts and fixed contracts providing for a "net of cost" floor of \$4.70/GJ;
- o 200 bbl/d of crude oil hedged in put contracts for 2010 with a "net of cost" floor of CDN\$75.00/bbl;
- o On a combined basis, Seaview has 8,300 mcfe/d, hedged at a "net of cost" floor price of \$6.05/mcfe, which will provide for guaranteed revenue in 2010 of \$18.3 million.

## RELEASE OF 2009 FINANCIALS AND ANNUAL INFORMATION FORM

Seaview intends to file its financial results for the year ended December 31, 2009 including the audited consolidated financial statements and related management's discussion and analysis ("MD&A") on or about April 6, 2010.

Additionally on April 6, 2010, the Company will file its Annual Information Form which includes Seaview's reserves data and other oil and gas information for the year ended December 31, 2009 as mandated by National Instrument 51-101 Standards for Disclosure for Oil and Gas Activities of the Canadian Securities Administrators. These filings will be available in their entirety at [www.seaviewenergy.com](http://www.seaviewenergy.com) and [www.sedar.com](http://www.sedar.com) or by contacting the Company directly on or after April 7, 2010.

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*Barrels of oil equivalent (boe) may be misleading, particularly if used in isolation. A boe conversion ratio of six thousand cubic feet (mcf) of natural gas to one barrel (bbl) of oil is based on an energy conversion method primarily applicable at the burner tip and is not intended to represent a value equivalency at the wellhead. All boe conversions in this press release are derived by converting natural gas to oil in the ratio of six thousand cubic feet of natural gas to one barrel of oil. Certain financial amounts are presented on a per boe basis, such measurements may not be consistent with those used by other companies.*

*Estimated values disclosed in this press release do not represent fair market value.*

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