



PRESS RELEASE

Rock Energy Inc. Appoints Ken Severs to the Board of Directors

June 14, 2010, Calgary, Alberta: Rock Energy Inc. (TSX: RE) (“Rock”) is pleased to announce the appointment of K.H.F. (Ken) Severs to the Board of Directors of the Company effective July 1, 2010.

Ken is a registered Professional Engineer with over 40 years experience in the petroleum industry. He is an engineering graduate of the University of Toronto who started his career with Texaco Exploration Canada and was also Engineering Manager for Anderson Exploration Ltd.

In 1980, Mr. Severs joined GLJ Petroleum Consultants (“GLJ”) where he managed the preparation of reserve determinations and economic evaluation of oil and gas properties for a broad range of exploration and production companies until his retirement as a Senior Vice President in 2002.

Subsequent to his long career with GLJ, Ken became an independent consultant providing advice related to merger and acquisition opportunities and exploitation programs for the oil and gas industry.

Ken will be the Chairman of Rock’s Reserves Committee and will focus his efforts on the technical merits of growth oriented acquisitions and internally generated exploration and development opportunities that have been identified by Rock.

Rock continues to be poised for growth in 2010 as we proceed with an aggressive capital program and the pursuit of corporate and asset acquisitions to deliver value for our shareholders.

For further information please visit our website at www.rockenergy.ca or contact:

Allen J. Bey
Chief Executive Officer
(403) 218-4380

or

John H. Van de Pol
President and Chief Financial Officer
(403) 218-4380