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#### Saturday December 21st, 2013

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#### Concerned shareholders of Longreach Oil and Gas Limited seek board changes

Cam Deacon and Dennis Sharp (the "Concerned Shareholders"), in their capacities as shareholders of Longreach Oil and Gas Limited (TSX-V: LOI) ("Longreach" or the "Company") announced today that they are taking steps to reconstitute the management team and board of directors of Longreach (the "Board") in response to the concerns expressed by significant shareholders regarding the direction of the Company (collectively, the "Board Changes").

The Concerned Shareholders, who are also independent directors of the Company (Mr. Sharp holds the post of executive chairman), are seeking the removal of Andrew Benitz, Bryan Benitz and Ronald Lansdell as directors of Longreach as well as the removal of Andrew Benitz as Company's Chief the Executive Öfficer. In their



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place, Gregory Boland. Benjamin Yi and Nicholas Brigstocke (the "New Nominees") have been nominated by the Concerned Shareholders to sit on the Board as independent directors for the remaining terms of the departing directors

or until their successors are elected or appointed. The biographies and other pertinent information regarding the New Nominees are set out further below. If the Board Changes are implemented, it is expected that Dennis Sharp will serve as interim Chief

Executive Officer and that the reconstituted Board will be comprised of the New Nominees as well as current directors Dennis Sharp, Cam Deacon, Yogeshwar Sharma, Morley-Kirk Jonathan and Vukovich. Thomas The Concerned Shareholders





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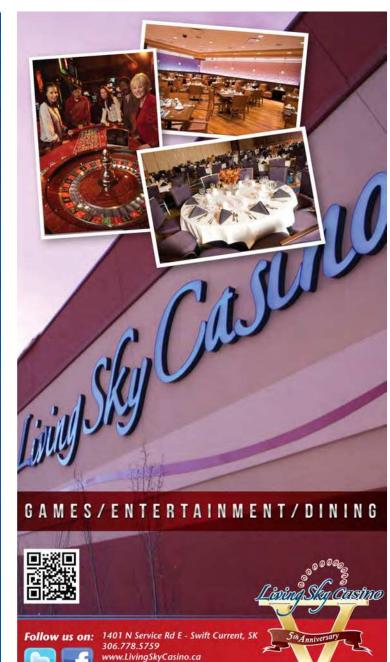
believe that if the Board of Changes are implemented, the newly-constituted Board will collectively possess the depth of experience required to better position Longreach to achieve its full potential. In addition, the newly constituted Board would be independent with interests closely aligned with those of shareholders. Under the Company's governing law in Jersey (Channel Islands), the Board Changes can be effected by a simple written notice to Longreach from shareholders holding more than 50% of the issued and outstanding shares. The Company's governing law also allows for requisition of the an extraordinary general meeting

shareholders bv shareholders holding 10% or more of the issued and shares outstanding to determine the Board Changes. The Concerned Shareholders have prepared and filed a form of notice and requisition on the Company's profile on SEDAR www.sedar.com at (reproduced in part at the end of this press release) and believe that they have the shareholders of support representing more than 50% of the issued and outstanding shares required to effect the Board Changes. If required, the Concerned Shareholders are prepared to requisition a meeting of shareholders to determine the Board Changes. Shareholders who wish to

support Concerned the Shareholders are invited to contact Cam Deacon or Dennis Sharp by e-mail as set below. Information out Concerning the New Nominees Gregory Boland (Ontario, Canada) is the President and CEO of West Face Capital Toronto-based Inc., а investment manager that he founded in 2006. Mr. Boland focuses on value and distressed investing and has been actively involved in the restructurings of a number of portfolio companies. From 1998 to 2006, Mr. Boland managed portfolios while at Enterprise Capital Management and was previously a Vice President and Partner in proprietary to

investments at RBC Dominion Securities. Mr. Boland holds a Bachelor of Commerce from the University of British Columbia. He is a Leslie Wong Fellow with the UBC Portfolio Management Foundation. Mr. Boland beneficially owns, or controls or directs, directly or indirectly, 8,571,453 shares of Longreach, representing approximately 10.57% of the outstanding issued and Longreach shares, which shares are held by funds managed by West Face Capital Inc. Benjamin Yi Canada) is (Ontario, an investment professional with Goodman & Company, Investment Counsel Inc. Prior joining Goodman





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Company in 2010, Mr. Yi co- in 2008. Mr. Yi does not founded and led the Product Analytics group at the manager of Dynamic Funds, where he focused on fund analysis and Goodman the development of closed end Investment Counsel Inc. is the trading fund strategies wholly beginning in 2006. thereto, Mr. Yi worked in a Dundee Corporation. Dundee business capacity at VenGrowth Capital or controls or directs, directly Partners. a Toronto-based or indirectly, 12,291,146 Partners, a Toronto-based private equity and venture capital firm, after beginning his career at Fidelity Investments Mr. Yi holds a outstanding Canada. Bachelor of Commerce degree shares. Nicholas Brigstocke from Trinity College and a Master of Finance degree from the Rotman School Management at the University of Toronto. He is a member of investment sector, including the Toronto CFA Society and tenure at the brokerage firm of became a CFA charter holder de Zoete and Bevan, which

beneficially own, or control or direct, directly or indirectly, any shares of Longreach. & Company, investment owned Prior counselling subsidiary of development Corporation beneficially owns, shares of Longreach, representing approximately 15.15% of the issued and Longreach (West Sussex, United Kingdom) is a corporate of director with a distinguished international career in the

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was later acquired by Barclays. He was appointed Chairman of Barclays de Zoete Wedd's corporate broking business, which was acquired by Credit Suisse First Boston. Mr. Brigstocke served as Chairman of Credit Suisse First Boston UK equity capital markets until 2001, following which he acted as a Senior Consultant with Bridgewell Corporate Finance Ltd. until 2004. Mr. Brigstock beneficially owns, or controls or directs, directly or indirectly, 65,000 shares of Longreach. Additional Information Relating to Public Broadcasts The information contained in this press release is provided in accordance with Canadian securities laws applicable to public broadcast solicitations.

To the extent required by applicable law, the Concerned Shareholders are relying on the exemption under section 9.2(4) of National Instrument 51-102 Continuous Disclosure Obligations of the Canadian Securities Administrators ("NI 51-102") to make this public broadcast. The statements made in this press release are not made by or on behalf of Longreach or its management and, except as otherwise stated herein, are made by the Concerned Shareholders. The Concerned Shareholders have retained Norton Rose Fulbright Canada LLP as legal advisors. The Concerned Shareholders collectively own, or control or direct, directly or indirectly, 2,455,184 shares of

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Longreach, approximately 3.02% of the and outstanding issued Longreach shares. The may be solicited by way of Concerned Shareholders will public broadcast, including bear all costs and expenses through associated with any solicitation speeches or publications, as proxies, including of connection with requisitioned meeting determine the Board Changes manner permitted by law. A (a "meeting"), however the Concerned Shareholders intend to seek reimbursement by a shareholder or by his Company from the expenses reasonably incurred or, if the shareholder is a body in connection with any such requisition and solicitation of proxies. Any proxies solicited, including in connection with a meeting, may be solicited by or on behalf of the Concerned Shareholders, including by professional proxy solicitors the notice and requisition

representing which may be retained by the Concerned Shareholders from time to time, and such proxies The may be solicited by way of press releases. in well as by mail, telephone, any e-mail or other electronic to means or in person or by any proxy may be revoked by instrument in writing executed for attorney authorized in writing corporate, by an officer or thereof attorney duly authorized or by any other manner permitted by law. If required by applicable law, any references herein to a solicitation of proxies includes

referred to herein. Information relating to the number of shares beneficially owned, or controlled or directed (directly or indirectly) by the New Nominees, as well as information relating to the present principal occupation, business or employment of each New Nominee within the five preceding years, not being within the knowledge of the Concerned Shareholders, has furnished been to the Concerned Shareholders by the respective New Nominees and provided above under the heading "Information Concerning the New Nominees" together with the province or state and country of residence of each New Nominee. To the knowledge the Concerned of

Shareholders, none of the New Nominees have previously served as a director of Longreach. Percentages reported herein based on the total number of issued and outstanding shares of Longreach have been calculated based on the Company's total number of issued and outstanding shares as disclosed by the Company. To the knowledge of the Shareholders, Concerned except as noted below, no New Nominee is, at the date hereof, or has been, within 10 years before the date hereof: (a) a director, chief executive officer or chief financial officer of any company (including Longreach) that: (i) was subject to a cease trade order,

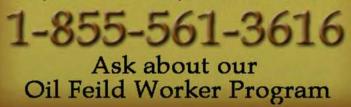
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trade order or an order that denied the relevant company access to any exemption under securities legislation, in each case that was issued while the New Nominee was acting of such New Nominee ceasing in the capacity as director, chief executive officer or chief bankrupt, made a proposal financial officer; or (ii) was under any legislation relating subject to a cease trade order, an order similar to a cease trade order or an order that denied the relevant company access to any exemption under or had a receiver, receiver securities legislation, in each case that was issued after the New Nominee ceased to be a director, chief executive officer or chief financial officer and which resulted from an event that occurred while that person was acting in the capacity as director, chief executive officer

an order similar to a cease or chief financial officer; (b) a director or executive officer of any company (including Longreach) that, while such New Nominee was acting in that capacity, or within a year to act in that capacity, became to bankruptcy or insolvency or became subject to or instituted any proceedings, arrangement or compromise with creditors, manager or trustee appointed to hold its assets; or (c) a bankrupt, made a proposal under any legislation relating to bankruptcy or insolvency, became subject to or or instituted any proceedings, arrangements or compromise with creditors, or had a

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receiver, receiver manager or a voluntary petition under trustee appointed to hold the Chapter 15 title 11 of the assets of such New Nominee. On March 26, 2012, Azure Dynamics Corporation ("Ázure") filed a voluntary petition in the Supreme Court of British Columbia for an Initial Order under the Companies' Creditors Arrangement Act (the "CCAA") seeking a stay of proceedings while Azure and its subsidiaries pursue restructuring alternatives under CCAA protection. On that date Azure also filed

United States Bankruptcy Code to seek recognition and enforcement in the United States of the Initial Order requested in the CCAA proceedings. Mr. Brigstocke was a director of Azure at the time of the Azure's CCAA filing. To the knowledge of the Concerned Shareholders, no New Nominee has been subject to: (a) any penalties or sanctions imposed by a court relating to securities legislation,



or by a securities regulatory its exploration and production authority, or has entered into a settlement agreement with a securities regulatory authority; or (b) any other penalties or sanctions imposed by a court or regulatory body that would million for facilities, equipment likely be considered important and pipelines, \$136 million to a reasonable securityholder for in deciding whether to vote for a New Nominee. None of the Concerned Shareholders or their respective associates and affiliates and, to the knowledge of the Concerned Shareholders, none of the New Nominees or their respective associates or affiliates, have any material interest, direct or indirect, in any transaction since the commencement of The approved 2014 capital the Company's most recently completed financial year or in any proposed transaction which has materially affected or would materially affect the Company or its subsidiaries.

#### Gran Tierra Energy Announces \$467 Million Capital Spending Program for 2014

5 exploration wells and 11 development & appraisal wells plus infrastructure in Colombia, Brazil, Peru and Argentina Gran Tierra Energy Inc. ("Gran Tierra Energy") (NYSE MKT: GTE) (TSX: GTE), a company focused on oil exploration and production in South America, today announced 2014 capital spending а program of \$467 million for development operations in Colombia, Brazil, Peru The capital and Argentina. spending program allocates \$227 million for drilling, \$102 seismic activities and \$2 million associated with corporate activities. The budget currently contemplates the drilling of 12 gross wells in Colombia, 2 gross wells in Argentina, and 2 gross wells in Peru. Approximately 59% of the drilling budget is for development and appraisal drilling and approximately 41% is for exploration drilling. spending program also includes funds for 2,213 km of 2D and 228 km2 of 3D seismic acquisition programs in Colombia, Peru, and Brazil, primarily in preparation for additional exploration and production drilling operations in 2014 and beyond. Gran Tierra Energy is expecting 2014 production to average between 30,000 and 31,000 barrels of oil equivalent per day ("BOEPD") gross working interest or between 23,500 and 24,500 BOEPD net after royalty ("NAR") with Costayaco contributing approximately 12,000 BOEPD NAR and Mogueta contributing approximately 4,700 BOEPD NAR assuming a 4% contingency for potential delivery disruptions and

\$95 average price for Brent. for significant reserves and Approximately 96% of this production consists of oil, with the balance consisting of natural gas. Production expectations are based on the development of existing discoveries and could prove to be conservative with exploration success in Colombia. Gran Tierra Energy had \$353 million in cash and equivalents and no debt at the end of the third quarter 2013. Based on current oil prices, Gran Tierra Energy expects 2014 work program the and budget to be funded primarily from cash flows from operations and cash on hand. "Gran Tierra Energy is poised to execute the largest capital spending program in our history in 2014, as a direct result of our success in managing existing reserves, production and cash flow, finding new reserves to develop during this year and setting the stage to explore for new reserves during the As 2013 is coming year. coming to an end, Gran Tierra Energy remains financially strong, and expects to remain debt free and fund the 2014 capital spending program from cash flow and cash on hand at current oil prices and expected higher production levels. development of our The diverse assets has provided a range of risk and reward drilling opportunities that has positioned Gran Tierra Energy

production growth in the years to come. Key milestones in 2014 include attaining the Global Development Permit for the Moqueta field and subsequent development activity in Colombia, booking reserves and initiating longterm test production from our new Bretaña oil development in Peru and ongoing operations in Brazil and Argentina," said Dana Coffield, President and Chief Executive Officer of Gran Tierra Energy. "We look forward to sharing news on our wells currently drilled and testing, and our progress on an exciting 2014 capital spending program as it unfolds. Colombia The capital spending program for 2014 is \$243 million and Gran Tierra Energy expects it to include drilling 4 gross exploration wells and 8 gross appraisal and development wells. Gran Tierra Energy's oil exploration drilling program will target oil prospects in the Putumayo and Llanos Basins, while development drilling will focus on the Moqueta and Costayaco oil fields, with total drilling expenditures expected to be \$118 million. Facilities work primarily consists of water injection and infrastructure Moqueta work at and Costayaco, central processing facility expansion at Jilguero, and compression and storage systems at Ramiriqui and is expected to be \$54 million.



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Geological and geophysical ("G&G") work consisting of 228 km2 of 3D seismic and 1.913 km of 2D seismic, along with other costs, is expected to be \$71 million. Gran Tierra Energy plans G&G work for the Putumayo, Cauca and Sinu-San Jacinto Basins to mature leads and prospects for drilling in 2014 and beyond. Chaza Putumavo Basin Block (100% Working Interest ("WI") and Operator) With the continued successful appraisal of the Moqueta oil discovery throughout 2013, plans are in place to continue drilling in the field with the Moqueta-13, -14, -15 and -16 wells. Gran Tierra Energy is continuing to pursue its application for a Global Development Permit, which it expects to be granted in the first quarter of 2014. Gran Tierra Energy continues to see positive response from its water injection program at the Costavaco field and intends to drill 4 additional development wells at the Costayaco field in 2014. Exploration on the Chaza Block includes the Eslabón Norte Shallow and Eslabón Norte Deep which Gran Tierra Energy expects will be drilled in the second and third quarters of 2014. The wells will target the same Cretaceous sandstone the reservoirs found in Moqueta and Costayaco discoveries. Putumayo-1 Block (55% WI and Operator, Lewis Energy 45%) Gran Tierra

Energy intends to drill the Cabañas Norte oil exploration well on the Putumayo-1 Block in the third quarter of 2014. Llanos Basin. Garibay Block (GTE 50% WI, CEPSA 50% WI and Operator) Gran Tierra Energy intends to drill the Garibay Norte oil exploration well on the Garibay Block in the first quarter of 2014. Peru The Peru capital spending program of \$148 million includes drilling one gross appraisal well and one gross development well. Gran Tierra Energy anticipates drilling costs to be \$83 million including costs associated with the southern drilling pad construction on Block 95, approximately \$43 million is budgeted for G&G work and \$22 million for facility and other costs. Long-term test ("LTT") production from the Bretaña-1ST well is anticipated to start in the third guarter of 2014 at a rate of approximately 2,500 barrels of oil per day gross. The LTT will provide valuable information on the reservoir and operating environment to optimize the main field development, in addition to providing early cash flow. Marañon Basin Block 95 (100% WI and Operator) Gran Tierra Energy is scheduled to spud a water-injector well in the Bretaña Field in the first quarter of 2014 and begin drilling the Bretaña Sur appraisal well on the southern portion of the field in the fourth quarter, 2014. In addition,

crude oil processing and loading facilities are expected to be completed in order to initiate LTT production in the third guarter of 2014. Blocks 123 and 129 (100% WI and Operator) Gran Tierra Energy is continuing the permitting process in anticipation of drilling its first well on each of these blocks in 2015 and 2016. Ucavali Basin Blocks 107 and 133 (100% WI and operator) Gran Tierra Energy is planning a 300 km infill 2D seismic program on Block 107 in the Ucayali Basin for 2014 in preparation for oil exploration drilling in 2015. Argentina Gran Tierra Energy's drilling plan in 2014 consists of drilling two gross development wells. Out of the \$44 million total spending program capital for Argentina, \$18 million is expected to be spent on drilling, and \$20 million spent on facilities costs. In addition, the company is planning to conduct six workovers. The development wells and workovers will be concentrated in the Puesto Morales field of the Neuquen Basin in an effort to grow production from these assets. Noroeste Basin Santa Victoria (100% WI and Operator) Gran Tierra Energy is evaluating the potential to drill a gas exploration well in 2014. Gran Tierra Energy, as operator, is interested in testing the gas potential of the Devonian reservoirs, a proven play in nearby wells,

as well as the unconventional gas resource potential of the Los Monos formation, the primary source rock for the basin. Surubi (85% WI and Operator, Recursos y Energia de Formosa S.A. 15% WI)) Following the successful production test of the Proa-2 appraisal well in early 2012, Gran Tierra Energy plans to drill the Proa-3 development well in the Proa field in the first quarter of 2014. Neuquen Basin Puesto Morales (100% WI and operator) Gran Tierra Energy expects development and appraisal drilling to begin in the second quarter of 2014 in the Puesto Morales field in the Neuquen Basin. Brazil Gran Tierra Energy holds interests in seven blocks in the onshore Recôncavo Basin. The Brazil capital spending program for 2014 is \$30 million. The Brazil capital spending program will focus on facilities work at the Tiê field along with seismic acquisition on the newly acquired Blocks-86, -117, and -118 in the Recôncavo Basin. Approximately \$22 million is dedicated to G&G and facilities work. Gran Tierra Energy is continuing the study of two unconventional resource plays in 2014 through core analysis, 3D geochemistry studies, seismic re-processing and evaluating ongoing fracture stimulation test results, among other activities in an effort to establish the commercial viability of the resource







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opportunity in oil-saturated tight sandstones and shales in the Recôncavo Basin. About Gran Tierra Energy Inc. Gran Tierra Energy is an international oil and gas exploration and production headquartered company, in Calgary, Canada. incorporated in the United States, trading on the NYSE MKT Exchange (GTE) and the Toronto Stock Exchange (GTE), and operating in South America. Gran Tierra Energy holds interests in producing and prospective properties in Argentina, Colombia, Peru, and Brazil. Gran Tierra Energy has a strategy that focuses on establishing a portfolio of producing properties, plus production enhancement and exploration opportunities to provide a base for future growth. Gran Tierra Energy's Securities and Exchange Commission filings are available on a web maintained by the Securities and Exchange Commission at http://www.sec.gov and on SEDAR at http://www.sedar. resource potential in South com. Additional information concerning Gran Energy is available at www. grantierra.com, on SEDAR (www.sedar.com) and with the Securities and Exchange (www.sec.gov). Commission Forward-Looking Statements and Advisories This news release contains certain forward-looking information andforward-looking

statements (collectively, "forward-looking statements") under the meaning of applicable securities including Canadian laws, Administrators' Securities National Instrument 51-102 Continuous Disclosure Obligations and the United Securities States Private Litigation Reform Act of 1995. The use of the words "expects", 'anticipates", "scheduled" "target", "potential", "plans", "continue", "intends", "could", "contemplates" "will". and variations of these and similar words identify forward-looking statements. In particular, but without limiting the foregoing, this news release contains forward-looking statements regarding, among other things: Gran Tierra Energy's planned and expected capital spending program for 2014; expectations with respect to drilling. testing, drilling locations, exploration site construction, activities. acquisition of seismic, production and timing of these activities and results; expected America; costs Tierra and allocation of the capital spending program; anticipated funding of the capital spending program; continuation of the company's current strategy; and granting of the company's application global for а development licence.

The statements this news

forward-looking contained in reflect release

several material factors and expectations and assumptions of Gran Tierra Energy including, without limitation: assumptions relating to field size and recoverability; the accuracy of testing and production results and seismic data; the effects of certain drilling techniques; rig availability; cost and price estimates; and the general continuance of current or, where applicable, assumed operational, regulatory and Gran industry conditions. Tierra Energy believes the material factors, expectations and assumptions reflected forward-looking in the statements are reasonable at this time but no assurance can be given that these factors, expectations and assumptions will prove to be correct. The statements forward-looking contained in this news release are subject to risks. uncertainties and other factors that could cause actual results or outcomes to differ materially from those contemplated the forward-looking bv statements, including, among others: unexpected technical difficulties and operational difficulties may occur, or delays in obtaining necessary permits may occur or continue which could impact or delay the commencement of drilling exploration or development wells; Gran Tierra Energy's operations are located in South America, and unexpected problems can arise due to not place undue reliance on the

guerilla activity; disruptions on the Oleoducto Transandino pipeline may be more than Gran Tierra Energy expects and activities undertaken to mitigate the impact of such disruptions may not have the impact currently anticipated bv Gran Tierra Energy; geographic, political and weather conditions can impede testing, which could impact or delay the commencement of drilling exploration wells; and the risk that current global economic and credit market conditions may impact oil prices and oil consumption more than Gran Tierra Energy currently predicts, which could cause Gran Tierra Energy to modify its exploration and drilling activities. Although the current capital spending program is based upon the current expectations of the management of Gran Tierra Energy, there may be circumstances in which, for unforeseen reasons, a reallocation of funds may be necessary as may be determined at the discretion of Gran Tierra Energy and there can be no assurance as at the date of this press release as to how those funds may be reallocated. Should any one of a number of issues arise, Gran Tierra Energy may find it necessary to alter its current business strategy and/ or capital spending program. Accordingly, readers should





forward-looking contained herein. Further information on potential factors that could affect Gran Tierra Energy are included in risks detailed from time to time in Gran Tierra Energy's Securities and Exchange Commission filings, including, without limitation, under the indication of value. caption "Risk Factors" in Gran Tierra Energy's Quarterly Report on Form 10-Q filed November 12, 2013. These filings are available on a Web site maintained by the Securities and Exchange Commission at http://www. sec.gov and on SEDAR at www.sedar.com. The forwardlooking statements contained herein are expressly qualified in their entirety by this cautionary statement. The forward-looking statements included in this press release are made as of the date of this press release and Gran Tierra Energy disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as expressly required by applicable securities legislation. Barrels of oil equivalent ("BOE") may be misleading, particularly if used in isolation. A BOE conversion ratio of 6 Mcf: 1 bbl is based on an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value

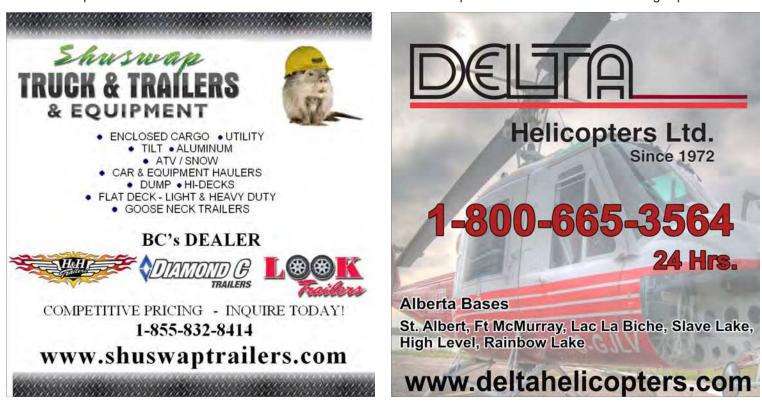
statements equivalency at the wellhead. In addition, given that the value ratio based on the current price of oil as compared with natural gas is significantly different from the energy equivalent of six to one, utilizing a BOE conversion ratio of 6 Mcf: 1 bbl would be misleading as an

#### TORC Oil & Gas Ltd. Announces 2014 Disciplined Growth **Budget and Sustainable** Increase to Dividend

TORC Oil & Gas Ltd. ("TORC" or the "Company") (TSX: TOG) is pleased to announce that its Board of Directors has approved a 2014 capital budget of \$125 TORC's strategic million. objectives associated with the 2014 capital budget are consistent with the Company's long term objectives of delivering disciplined growth in combination with a sustainable and growing dividend. TORC's 2014 capital budget is specifically focused on: • Investing in high rate of return light oil opportunities across the Company's deep development drilling inventory; Improving capital efficiencies through development program cost reductions achieved by pad drilling, rig efficiencies, and drilling and completion advancements; · Achieving per share production growth

through an efficient capital program focused on high graded drilling opportunities; Maintaining the Company's 25% production decline rate by managing the pace of development drilling; and • Maintaining TORC's strong financial position and flexibility to take advantage of additional growth opportunities as they arise. TORC's \$125 million capital program in 2014 is focused on light oil development projects with the majority of the capital directed to drilling, completions and tieins (approximately 90%). The capital program is concentrated on the Company's three primary core areas of the Cardium in central Alberta, Monarch in southern Alberta and southeast Saskatchewan. 2014 Budget Highlights In the Cardium, TORC plans to drill 29 gross (17.9 net) wells across the Company's land position. The Company has identified over 90 net light oil focused development sections in the Cardium with over 300 net undrilled locations. The 2014 budget represents less than 6% of this high quality development inventory. development TORC's plans for the Cardium trend represent approximately 55% of the Company's 2014 budget. At Monarch, TORC plans to drill 3 gross (3.0 net) development wells in addition to completing the Company's first development well which

is currently being drilled. This initial development project is focused on demonstrating repeatability of results and cost reductions to further enhance economics of this large scale light oil play. The Company has identified over 20 net sections that will be the focus of the initial development project. TORC continues to have exposure to over 150 net prospective sections in Monarch play. Monarch the will comprise approximately 25% of the Company's 2014 budget. In southeast Saskatchewan, TORC plans to drill 14 net wells in 2014. These 14 net wells will all be focused on the Company's conventional assets in southeast Saskatchewan. This represents approximately 10% of the Company's currently conventional identified development drilling inventory of over 130 net locations. These wells are characterized by their lower risk nature and high rates of return driven by their lower capital costs, high netbacks and the favourable royalty regime in southeast Saskatchewan. Southeast Saskatchewan activity will comprise approximately 20% of the Company's 2014 budget. Production Guidance 2013 exit guidance is for production to exceed 9,800 boepd (85% light oil and liquids). TORC anticipates that the 2014 budget will result in 2014 average production of



greater than 10,100 boepd capital program plus \$38 (85% light oil and liquids). TORC expects to exit 2014 at greater than 10,450 boepd (85% light oil and liquids) representing a 7% growth rate a 100% while achieving 7% over exit 2013. The Company continues to maintain its outlook of a steady 25% decline profile even with the end 2013 net debt is estimated projected growth in production. This steady and predictable profile continues decline to provide TORC with the production base to achieve growth and a disciplined sustainable dividend. Dividend Increase with increasing production per share, TORC's Board of Directors has approved an 8% increase to the Company's annual dividend. Accordingly, effective December 16, 2013, TORC's annual dividend will an average of 3,000 bbls/d be increased from \$0.50 per currently hedged in 2014. vear (\$0.0417 per month) to \$0.54 per year (\$0.045 sustainable growth platform of per month). On this basis, TORC shareholders of record on December 31, 2013 will receive the increased dividend for the month of December payable January 15, 2014. Financing Disciplined Growth Budaet and Increased Dividend Annual cash flow for 2014 is anticipated to be approximately \$165 million based on average production of 10,100 boepd and C\$90 Edmonton light oil and C\$3.00 per mcf AECO pricing. TORC's cash requirement in 2014 to fund the \$125 million Netback Production

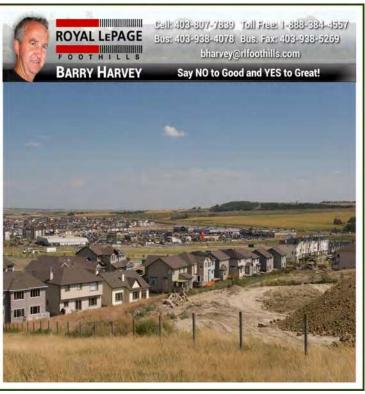
million in cash dividends is approximately \$163 million, which is expected to provide a payout ratio of less than production growth. TORC's net debt to cash flow continues to be below one times, as yearto be less than \$150 million relative to a \$350 million credit facility providing significant financial strength and flexibility. To provide additional certainty around its guidance, TORC has undertaken an Commensurate active commodity hedging program to further protect core capital spending requirements and dividend policy. TORC currently has 5,000 bbls/d of oil production hedged through the remainder of 2013 and OUTLOOK TORC has built a light oil focused assets. The stability of the high quality, low decline, light oil assets in southeast Saskatchewan combined with the low risk Cardium development inventory in central Alberta and exposure to the emerging light oil resource play at Monarch in southern Alberta positions TORC to provide a sustainable dividend along with value creation through a disciplined growth strategy. TORC has the following key operational and financial attributes: High

2013E Exit: greater than 9,800 of \$350 million, greater than boepd (~85% light oil & NGLs) 2014E Avg: greater than 10,100 boepd (~85% light oil & NGLs)2014E Exit: greater than 10,450 boepd (~85%) light oil & NGLs) Reserves (1) 25.9 mmboe (85% light oil & NGLs) Total Proved 40.3 mmboe (84% light oil & NGLs) Total Proved plus Probable Southeast Saskatchewan Oil Development Light Inventory Greater than 130 net undrilled locations Cardium Light Oil Development Inventory Greater than 300 net undrilled locations Emerging Light Oil Resource Exposure Greater than 150 net sections Sustainability at Monarch Assumptions Corporate decline ~25% Light Oil Full Efficiency Cycle Capital ~\$40,000/boe/d (IP 365) \$45 per boe cash netback (\$90 Edm light) 2014E Cash Flow ~\$165 million (2) 2014 Maintenence Capex 2014 Growth Capex 2014 Total Capex ~\$100 million ~\$25 million \$125 million Annual Dividend (paid \$0.54 monthly) per share \$50 million \$38 million (net of CPPIB share dividend participation)Targeted Growth 7% (\$90 Edm light) Targeted All-in-Payout Ratio Less than 100% Net Debt & Bank Line Estimated net debt of less than \$150 million

at year-end 2013 Bank line

55% undrawn at year-end Debt/Cash Flow <1.0x (yearend 2013) Pro Forma Shares Outstanding 91 million (basic) 99 million (fully-diluted) Tax Pools Greater than \$1 billion Notes: (1) Company gross reserves being pro forma working TORC's interest share before deduction of royalties and without including any royalty interests of pro forma TORC. Based on the independent reserves reports effective as of December 31. 2012 of the southeast Saskatchewan acquisition and TORC, respectively, prepared by GLJ Petroleum Consultants and Sproule Associates Limited, respectively, prepared in accordance with NI 51-101 and the COGE Handbook. (2) Based on \$90 Edmonton Light and \$3.00 AECO. READER **ADVISORIES** Forward Looking Statements This press contains forwardrelease looking statements and forward-looking information (collectively "forwardlooking information") within the meaning of applicable securities laws relating to the Company's plans and other aspects of TORC's 2014 capital budget, strategic objectives. anticipated future operations, dividend increases, financial, operating and production results, including expected 2013 exit production, net debt and debt to cash flow and 2014 average





production, exit production, typically uses words such cash flow, netbacks, decline rates, net debt to cash flow, capital expenditure program, commodity pricing, dividends, targeted growth, tax pools and suggesting future outcomes, drilling and development plans statements and the timing thereof. In addition, and without limiting the generality of the foregoing, this press release contains forward-looking information regarding: the Company's long term objectives; the Company's expectation of being able to reduce costs and enhance economics; the focus and allocation of TORC's 2014 capital budget; management's view of the characteristics royalty rates and tax laws; and guality of TORC's assets. including the high quality, low-risk, light oil, high netback, development nature of TOC's properties, the magnitude of and future wells; reserve and opportunities available to the resource volumes; anticipated Company on its assets, the production profile and decline rates on the Company's assets, the Company's exposure to large scale resource plays, the repeatability of operations and the drilling inventory available to the Company; production, debt, dividend and payout the state of the economy ratio guidance for 2013 and CPPIB 2014: anticipated share dividend participation; anticipated maintenance capital expenditures and growth capital expenditures in 2014; targeted growth rates; and other matters ancillary or incidental to the foregoing. Forward-looking

"believe", ás "ánticipate", "believe" 'project", "target", "guidance" as "goal". "expect", " "intend" or "plan", similar words that actions. events or conditions "may", "will" "could" "would", or be taken or occur in the future. The forward-looking information is based on certain key expectations and assumptions made by TORC's management, including expectations and assumptions concerning prevailing commodity prices, exchange rates, interest rates, applicable capital efficiencies; decline rates; future production rates and estimates of operating costs; performance of existing timing and results of capital expenditures; the success obtained in drilling new wells; the sufficiency of budgeted expenditures capital in carrying out planned activities; the timing, location and extent of future drilling operations; and the exploration and production business; results of operations; performance; business prospects and opportunities; the availability and cost of financing, labour and services; the impact of increasing competition; ability to market oil and natural gas TORC's and

ability to access capital.

relating Statements to "reserves" are also deemed to be forward looking statements, as they involve the implied assessment, based on certain estimates and assumptions, that the reserves described exist in the quantities predicted or estimated and that the reserves can be profitably produced in the future.

Although the Company believes that the expectations and assumptions on which forward-looking such information is based are reasonable, undue reliance should not be placed on the forward-looking information because TORC can give no assurance that they will prove to be correct. Since forward-looking information addresses future events and conditions, by its very nature they involve inherent risks and uncertainties. The Company's actual results, performance or achievement could differ materially from those expressed in, or implied by, the forward-looking information and, accordingly, no assurance can be given that any of the events anticipated by the forward-looking information will transpire or occur, or if any of them do so, what benefits that the Company will derive there from. Management has included the above summary of assumptions and risks related forward-looking to information provided in this

press release in order to provide securityholders with a more complete perspective on TORC's future operations and such information may not be appropriate for other purposes.

Readers are cautioned that the foregoing lists of factors are not exhaustive. Additional information on these and other factors that could affect TORC's operations or financial results are included in reports on file with applicable securities regulatory authorities and may be accessed through the SEDAR website (www.sedar. com).

These forward-looking statements are made as of the date of this press release and TORC disclaims any intent or obligation to update publicly any forward-looking information, whether as a result of new information, future events or results or otherwise. other than as required by applicable securities laws. Dividends

The payment and the amount of dividends declared in any month will be subject to the discretion of the board of directors and will depend on the board of director's assessment of TORC's outlook for growth, capital expenditure requirements. funds from operations, potential acquisition opportunities, debt position and other conditions that

information successfully



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the board of directors may consider relevant at such future time. The amount of future cash dividends, if any, may also vary depending on a variety of factors, including fluctuations in commodity prices and differentials, production levels, capital expenditure requirements, debt service requirements, operating costs, royalty burdens and foreign exchange rates. Non-GAAP Measures This document contains the term "cash flow" and "netbacks", which do not have a standardized meaning prescribed by Canadian generally accepted accounting principles ("GAAP") and therefore may not be comparable with the calculation of similar measures by other companies. TORC uses cash flow and netbacks to analyze financial and operating performance. TORC feels

these benchmarks are key measures of profitability and overall sustainability for TORC. Both of these terms are commonly used in the oil and gas industry. Cash flow and operating netbacks are not intended to represent operating profits nor should they be viewed as an alternative to cash flow provided by operating activities, net earnings or other measures of financial performance calculated in accordance with GAAP. Cash flows are calculated as cash flows from operating activities less changes in non-cash working capital. Netbacks are determined by deducting royalties, production expenses and transportation and selling expenses from oil and gas revenue. TORC calculates cash flow per share using the same method and shares outstanding that are used in the determination of



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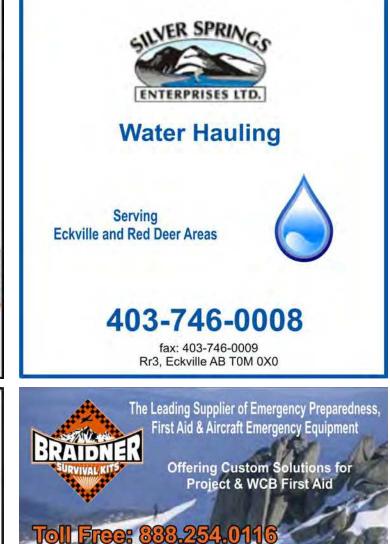
MORTGAGEMAKERSINC@TELUS.NET 6060-88 STREET EDM, AB. T6E 6G4 earnings per share.

#### Athabasca Oil Corporation to Hold 2014 Capital Budget Conference Call on Tuesday December 17, 2013

Athabasca Oil Corporation will issue its 2014 capital budget on Tuesday December 17, 2013 before market open. A conference call to discuss the 2014 capital budget will be held for the investment community and media on December 17, 2013 at 7:30 a.m. MT (9:30 a.m. ET). To participate, please dial 1-888-231-8191 (toll-free in North America) or 1-647-427-7450 approximately 15 minutes prior to the conference call. An archived recording of the call will be available from approximately 12:30 p.m. ET on Decémber 17, 2013 until midnight on December

31, 2013 by dialing 1-855-859-2056 (toll-free in North America) or 1-416-849-0833 and entering conference password 99376454.An audio webcast of the conference call will also be available Athabasca's website. via www.atha.com or via the following URL: http://www. newswire.ca/en/webcast/ detail/1257307/1385773. About Athabasca Oil Corporation

Athabasca Oil Corporation is a dynamic, Canadian energy company with a diverse portfolio of thermal and light oil assets. Situated in Alberta's Western Canadian Sedimentary Basin, the has Company amassed significant land base а of extensive, high quality resources. Athabasca's common shares trade on the TSX under the symbol "ATH". For more information, visit www.atha.com.



Retail Store: 1000 Parker St. #410, Vancouver BC WWW.preparecentre.com