

## **Strategic Oil & Gas Ltd. Announces Board Changes, New Chairman of the Board**

**CALGARY, ALBERTA--(Marketwired - May 13, 2013)** - Strategic Oil & Gas Ltd. (the "Company" or "Strategic") (TSX VENTURE:SOG) is pleased to announce that the following changes were made to its board of directors as a result of last week's annual meeting.

Thomas Claugus was named Chairman of the board. He is the President and majority shareholder of GMT Capital Corp. which he founded in 1990. He currently sits on the board of several other companies including Paramount Resources Corp. Thomas graduated with a Bachelor of Chemical Engineering degree, summa cum laude, from Ohio State University. He earned a Masters degree in Business Administration with high distinction from Harvard Business School.

Arn Schoch, one of the founding members of the Company, has stepped down from the board in order to pursue other business interests. Arn was Strategic's Chief Executive Officer from 2004 to July 2012. Strategic's board and management extend their thanks for his efforts in helping build the Company.

Rodger Hawkins is a Chartered Accountant and brings a wealth of experience to Strategic's board with over 30 years of experience in audit and accounting focusing on junior public companies in the resource, technology and resource service sectors. He has a Bachelor of Science degree and a Masters of Business Administration from the University of Saskatchewan. Rodger, prior to his retirement in early 2007, was the managing partner of the Calgary office of BDO Dunwoody. He is presently a business consultant and sits on the boards of CanElson Drilling Inc. and Matrix Energy Technologies Inc.

Gurpreet Sawhney, currently the President and Chief Executive Officer of the Company, was also elected to the board. Gurpreet is a Professional Engineer with over 20 years of experience in the oil industry. He founded Reservoir Modelling & Management Ltd. providing reservoir simulation and management services to numerous domestic and international clients. Gurpreet joined Strategic in 2009 as Vice President of Business Development and has played a prominent role in identifying key opportunities to build a significant light oil portfolio for Strategic. He obtained both a Masters of Science in Chemical Engineering and a Masters in Business Administration from the University of Calgary.

Strategic is a well-capitalized junior oil and gas company committed to growth by exploiting its light oil assets in Canada. Strategic is primarily focused on implementing development plans for its light oil properties, while continuing to review other high impact light oil resource plays. Strategic's common shares trade on the TSX Venture Exchange under the symbol SOG.

### **ADDITIONAL INFORMATION**

Additional information is also available at [www.sogoil.com](http://www.sogoil.com) and at [www.sedar.com](http://www.sedar.com).

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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