

## **Strategic Oil & Gas Ltd. Announces Resignation of CFO**

CALGARY, ALBERTA--(Marketwire - Sept. 23, 2011) - Strategic Oil & Gas Ltd. ("Strategic" or the "Company") (TSX VENTURE:SOG) announces that Jim Scream, Chief Financial Officer, has resigned in order to pursue other opportunities. The Company wishes to thank Mr. Scream for all his efforts in bringing the Company to where it is today.

### **About Strategic**

Strategic is a well capitalized junior oil and gas company with an unutilized line of credit committed to growth by exploiting its light oil assets in Maxhamish, northeast BC and Steen River in northwest Alberta. Strategic's highly regarded subsurface technical team 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.

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.

### **FOR FURTHER INFORMATION PLEASE CONTACT:**

#### **Contact:**

**Strategic Oil & Gas Ltd.**  
**Arn Schoch**  
**Chairman & CEO**  
**403.718.0183 ext. 242 or Cell: 403.870.1245**  
**403.718.0184 (FAX)**

**Strategic Oil & Gas Ltd.**  
**1800, 510 5th Street SW**  
**Calgary, AB T2P 3S2**  
9/23/2011