

## **Strategic Announces the Appointment of a New Director**

**CALGARY, ALBERTA--(Marketwire - March 7, 2012)** - Strategic Oil & Gas Ltd. (TSX VENTURE:SOG) ("Strategic" or the "Company") announced that Thomas Claugus of Atlanta, Georgia, has joined the board of directors. Mr. Claugus is the president and majority shareholder of GMT Capital Corp. which he founded in 1990. Prior to 1990, he served in various managerial capacities for 17 years with Rohm and Haas Company, culminating in his position as Manager for Europe of their Polymers Division.

GMT Capital Corp.'s hedge fund and private client managed accounts hold 45,802,800 Strategic shares, representing approximately 24.6% of the Company's issued shares and are one of the Company's largest shareholders.

Mr. Claugus graduated with a Bachelor of Chemical Engineering degree, summa cum laude, from Ohio State University in 1973. In 1975, he entered Harvard Business School and graduated with a Master of Business Administration degree, with high distinction, in 1977.

He currently sits on the board of several other companies, including Paramount Resources Corp.

"We are excited to have Tom join our board, his expertise and experience at the board level will help Strategic continue to achieve its planned growth," stated Arn Schoch, Chairman and CEO of the Company.

The board also wishes to thank Colin McNeil for his contribution to the growth of the Company to date. Colin recently resigned from the board, a position he held since the inception of the Company. Colin will remain at Strategic as an exploration advisor.

### **About Strategic**

Strategic is a junior oil and gas company committed to growth by exploiting its light oil assets in Maxhamish, northeast British Columbia and Steen River and Amber 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".

**Further information with respect to the Company can be found on its website at [www.sogoil.com](http://www.sogoil.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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