

Strategic Oil & Gas Announces Independent Board Committee and Strategic Alternatives Process

CALGARY, Alberta, Aug. 29, 2018 (GLOBE NEWSWIRE) -- **Strategic Oil & Gas Ltd.(TSXV:SOG)** ("**Strategic**" or the "**Company**") announces that a special committee of the board of directors of Strategic (the "Committee") has been established to consider potential strategic alternatives available to the Company. The Committee is comprised of substantially all of the independent directors of the Company. The Company has not set a definitive schedule for this process, and does not intend to provide updates or disclose related developments until the Committee has approved a specific transaction or alternative, or otherwise determines that disclosure is necessary or appropriate.

About Strategic Oil & Gas

Strategic is a junior oil and gas company committed to becoming a premier northern oil and gas operator by exploiting its light oil assets primarily in northern Alberta. The Company maintains control over its resource base through high working interest ownership in wells, construction and operation of its own processing facilities and a significant undeveloped land and opportunity base. Strategic's primary operating area is at Marlowe, Alberta. Strategic's common shares trade on the TSX Venture Exchange under the symbol SOG.

The TSXV has in no way passed on the merits of this news release. Neither the TSXV nor its Regulation Services Provider (as that term is defined in policies of the TSXV) accepts responsibility for the adequacy or accuracy of this release.

For more information, please contact:

Tony Berthelet
President & Chief Executive Officer

Aaron Thompson
Chief Financial Officer

Strategic Oil & Gas Ltd.
1100, 645 7th Avenue SW
Calgary, AB T2P 4G8

Telephone: 403.767.9000
Fax: 403.767.9122



8/29/2018 6:53:00 PM