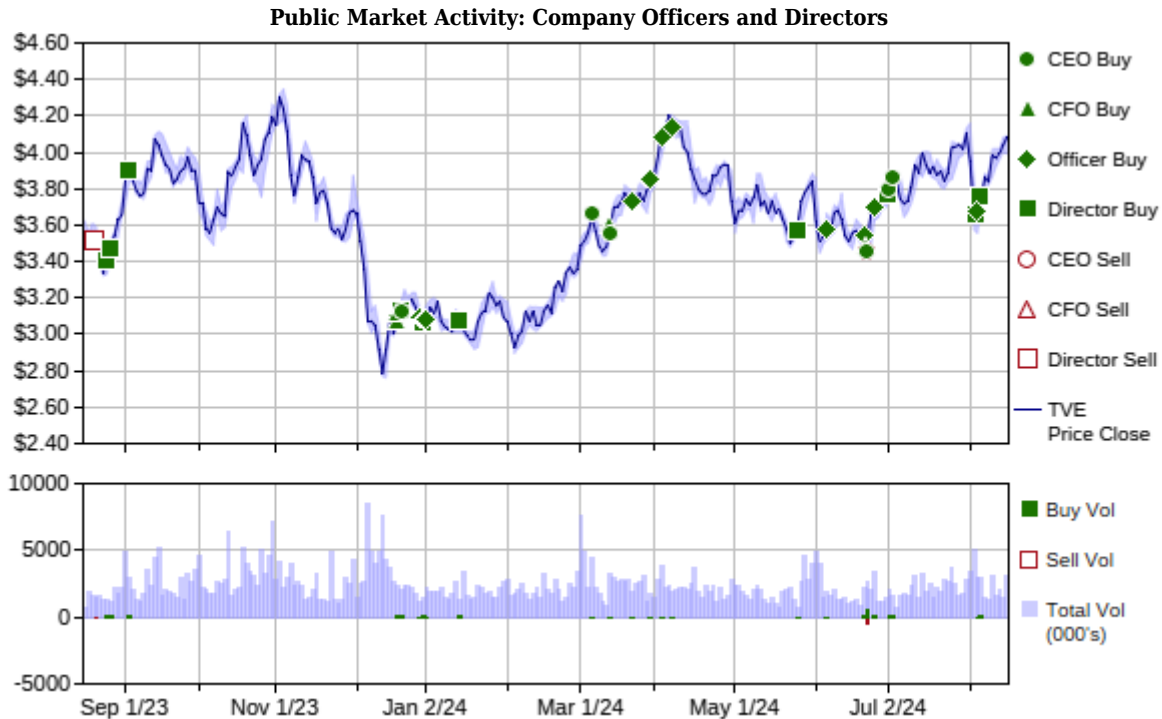


A snap shot of company officer and director insider public-market activity for the past year, recent marker data plus a list of all insider transactions and holdings.



Price and volume charts represent common share or trust unit transactions by company officers and directors reported in SEDI. Information on the charts may not include transactions by insiders of subsidiaries, 10% security holders or other insiders, or trades in other securities such as options or convertible debt.

One Year Public Market Bias

INK Edge Outlook

Company Insiders	Buying	Selling
CEO	\$1,663,579 ●	-\$1,229,319 ○
CFO	\$809,952 ▲	-\$420,987 △
Officer	\$907,888 ◆	None ◇
Director	\$1,340,461 ■	-\$105,300 □
Total	\$4,721,880	-\$1,755,606
Net Buying	\$2,966,274	

Sunny ☀️

CEO and CFO titles of insiders are provided on a reasonable efforts basis, as are the elimination of duplicate filings across multiple accounts in net buying or selling totals. All data presented should be treated as estimates as it is based on insider filings subject to input errors. This report does not constitute a buy or sell recommendation for the security.

📺 **Report Tutorial Video:** http://www.inkresearch.com/pdf_tutorial/company.html English» 国語» 粵語»

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Latest Filings Over the Past 12 Months - Maximum 600

● / ○ CEO
 ▲ / △ CFO
 ◆ / ◇ OTHER OFFICER
 ■ / □ DIRECTOR
 | / | ISSUER
 + / + 10% HOLDER
 — / = SUBSIDIARY
 EXECUTIVE
 ✳ / ✳ DEEMED INSIDER

I Information that has been adjusted or estimated by INK
 A - Amended filing

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Aug 7/24	■ Amirault, Rene	Direct Ownership	Public market buy	Common Shares	3.75	135,000	> 100%	202,000
Aug 6/24	◆ Ezinga, Christine	Direct Ownership	Public market buy	Common Shares	3.67	8,000	3.0%	273,254
Aug 6/24	■ Joseph, Shannon	Direct Ownership	Public market buy	Common Shares	3.66	4,950	> 100%	5,250
Aug 6/24	■ Smith, Marnie	Direct Ownership	Correction	Common Shares	0.00	44,444	24.0%	229,680
Aug 6/24	□ Smith, Marnie	Indirect Ownership	Nature of ownership change	Common Shares	0.00	-44,444	-100.0%	0
Aug 6/24	◇ Stoodley, Benjamin Wayne	Direct Ownership	Exercise for cash	Rights PSUs	0.00	-20,000	-5.2%	362,516
Aug 6/24	◇ Stoodley, Benjamin Wayne	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-6,666	-6.1%	102,831
Jul 31/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	0.00	-2,252,800	-94.8%	123,000
Jul 31/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.10	123,000	5.5%	2,375,800
Jul 30/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.02	123,600	5.8%	2,252,800
Jul 29/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.01	125,000	6.2%	2,129,200
Jul 26/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.00	123,200	6.5%	2,004,200
Jul 25/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.98	125,300	7.1%	1,881,000
Jul 24/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.89	128,000	7.9%	1,755,700
Jul 23/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.84	123,500	8.2%	1,627,700
Jul 22/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.89	128,000	9.3%	1,504,200
Jul 19/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.91	128,000	10.3%	1,376,200
Jul 18/24	◆ Baker, Rocky (Rawleen)	Direct Ownership	Buy under company plan	Common Shares	3.79	1,734	3.7%	49,179
Jul 18/24	▲ Buytels, Steven	Direct Ownership	Buy under company plan	Common Shares	3.79	3,198	0.3%	1,125,985
Jul 18/24	◆ Chrumka, Lynne Patricia	Direct Ownership	Buy under company plan	Common Shares	3.79	2,312	1.4%	163,475
Jul 18/24	◆ Ezinga, Christine	Direct Ownership	Buy under company plan	Common Shares	3.79	2,250	0.9%	265,254
Jul 18/24	◆ Johnston, Kevin James	Direct Ownership	Buy under company plan	Common Shares	3.79	2,080	10.1%	22,714
Jul 18/24	● Schmidt, Brian Leslie	Direct Ownership	Buy under company plan	Common Shares	3.79	4,315	0.2%	2,597,018
Jul 18/24	◆ Screen, Kevin	Direct Ownership	Buy under company plan	Common Shares	3.79	2,851	0.2%	1,311,582
Jul 18/24	◆ Shimek, Scott	Direct Ownership	Buy under company plan	Common Shares	3.79	2,427	0.8%	306,721
Jul 18/24	◆ Stoodley, Benjamin Wayne	Direct Ownership	Buy under company plan	Common Shares	3.79	2,365	1.8%	135,116

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Jul 18/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.90	125,000	11.1%	1,248,200
Jul 17/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.93	127,100	12.8%	1,123,200
Jul 16/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.97	125,900	14.5%	996,100
Jul 15/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.96	125,000	16.8%	870,200
Jul 12/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.92	127,000	20.5%	745,200
Jul 11/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.88	129,000	26.4%	618,200
Jul 10/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.81	130,500	36.4%	489,200
Jul 9/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.73	133,000	58.9%	358,700
Jul 8/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.69	129,500	> 100%	225,700
Jul 3/24	Schmidt, Brian Leslie	Direct Ownership	Public market buy	Common Shares	3.86	30,000	1.2%	2,592,703
Jul 2/24	Bennett, Caralyn Patricia	Indirect Ownership	Public market buy	Common Shares	3.76	7,000	> 100%	7,000
Jul 2/24	Schmidt, Brian Leslie	Direct Ownership	Public market buy	Common Shares	3.80	30,000	1.2%	2,562,703
Jun 28/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	0.00	-1,174,400	-92.4%	96,200
Jun 28/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.74	96,200	8.2%	1,270,600
Jun 27/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.71	95,000	8.8%	1,174,400
Jun 26/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.68	95,100	9.7%	1,079,400
Jun 25/24	Shimek, Scott	Direct Ownership	Public market buy	Common Shares	3.70	51,130	20.2%	304,294
Jun 25/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.69	95,000	10.7%	984,300
Jun 24/24	Amirault, Rene	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	27,816	> 100%	27,816
Jun 24/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.59	97,300	12.3%	889,300
Jun 21/24	Buytels, Steven	Indirect Ownership	Public market buy	Common Shares	3.48	700	2.8%	25,520
Jun 21/24	Buytels, Steven	Direct Ownership	Public market sale	Common Shares	3.47	-121,322	-9.8%	1,122,787
Jun 21/24	Buytels, Steven	Direct Ownership	Public market buy	Common Shares	3.47	175,000	16.4%	1,244,109
Jun 21/24	Buytels, Steven	Direct Ownership	Option exercise	Options	3.47	-175,000	-100.0%	0
Jun 21/24	Schmidt, Brian Leslie	Direct Ownership	Public market sale	Common Shares	3.46	-355,500	-12.3%	2,532,703
Jun 21/24	Schmidt, Brian Leslie	Direct Ownership	Public market buy	Common Shares	3.46	355,500	14.0%	2,888,203
Jun 21/24	Schmidt, Brian Leslie	Direct Ownership	Option exercise	Options	3.46	-355,500	-100.0%	0
Jun 21/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.49	99,000	14.3%	792,000
Jun 20/24	Shimek, Scott	Direct Ownership	Public market buy	Common Shares	3.54	36,667	16.9%	253,164
Jun 20/24	Shimek, Scott	Direct Ownership	Option exercise	Options	3.54	-36,667	-100.0%	0
Jun 20/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.54	97,500	16.4%	693,000

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Jun 19/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.54	97,000	19.5%	595,500
Jun 18/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.60	98,000	24.5%	498,500
Jun 17/24	Shimek, Scott	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-36,666	-26.7%	100,517
Jun 17/24	Shimek, Scott	Direct Ownership	Exercise for cash	Rights PSUs	0.00	-220,000	-36.0%	390,579
Jun 17/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.53	99,000	32.8%	400,500
Jun 14/24	Amirault, Rene	Direct Ownership	Opening report	Rights Restricted Stock Units	0.00	0	n/a	0
Jun 14/24	Amirault, Rene	Direct Ownership	Opening report	Common Shares	0.00	67,000	n/a	67,000
Jun 14/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.51	28,400	10.4%	301,500
Jun 13/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.55	28,000	11.4%	273,100
Jun 12/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.68	26,000	11.9%	245,100
Jun 11/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.65	27,300	14.2%	219,100
Jun 10/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.66	27,000	16.4%	191,800
Jun 7/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.58	27,800	20.3%	164,800
Jun 6/24	Ezinga, Christine	Direct Ownership	Public market buy	Common Shares	3.58	15,570	6.3%	263,004
Jun 6/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.60	27,700	25.3%	137,000
Jun 5/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.52	28,300	34.9%	109,300
Jun 4/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.49	28,000	52.8%	81,000
Jun 3/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.67	27,000	> 100%	53,000
May 31/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	0.00	-357,800	-93.2%	26,000
May 31/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.84	26,000	7.3%	383,800
May 30/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.81	26,100	7.9%	357,800
May 29/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.73	26,700	8.8%	331,700
May 28/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.66	27,200	9.8%	305,000
May 27/24	Bennett, Caralyn Patricia	Direct Ownership	Public market buy	Common Shares	3.57	10,193	10.6%	106,193
May 27/24	Bennett, Caralyn Patricia	Direct Ownership	Rights exercise	Rights Restricted Stock Units	3.57	-10,193	-13.9%	63,147
May 27/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.57	27,000	10.8%	277,800
May 9/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.84	31,100	14.2%	250,800
May 8/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.69	29,200	15.3%	219,700
May 7/24	Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.72	29,400	18.2%	190,500

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
May 6/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.74	29,200	22.1%	161,100
May 3/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.67	26,800	25.5%	131,900
May 2/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.68	27,000	34.6%	105,100
May 1/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.62	27,100	53.1%	78,100
Apr 30/24	▮ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	0.00	-604,200	-92.2%	51,000
Apr 30/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.79	25,500	4.0%	655,200
Apr 29/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.89	25,500	4.2%	629,700
Apr 26/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.91	25,800	4.5%	604,200
Apr 25/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.85	24,900	4.5%	578,400
Apr 24/24	█ Leach, John Glenn	Direct Ownership	Rights exercise	Common Shares	3.88	29,402	10.4%	313,242
Apr 24/24	▢ Leach, John Glenn	Direct Ownership	Rights exercise	Rights Restricted Stock Units	0.00	-29,402	-31.4%	64,342
Apr 24/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.88	25,500	4.8%	553,500
Apr 23/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.85	26,000	5.2%	528,000
Apr 22/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.79	26,200	5.5%	502,000
Apr 19/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.82	26,000	5.8%	475,800
Apr 18/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.80	25,500	6.0%	449,800
Apr 17/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.85	25,500	6.4%	424,300
Apr 16/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.85	25,000	6.7%	398,800
Apr 15/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.92	25,300	7.3%	373,800
Apr 12/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.07	24,000	7.4%	348,500
Apr 11/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.07	24,400	8.1%	324,500
Apr 10/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.13	24,000	8.7%	300,100
Apr 9/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.13	24,000	9.5%	276,100
Apr 8/24	◆ Stoodley, Benjamin Wayne	Indirect Ownership	Public market buy	Common Shares	4.14	12,910	> 100%	18,510
Apr 8/24	◆ Stoodley, Benjamin Wayne	Direct Ownership	Public market buy	Common Shares	4.14	555	0.4%	132,751
Apr 8/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.15	24,000	10.5%	252,100
Apr 5/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.18	23,800	11.6%	228,100
Apr 4/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.11	25,000	13.9%	204,300
Apr 3/24	◆ Baker, Rocky (Rawleen)	Direct Ownership	Buy under company plan	Common Shares	3.84	12,225	34.7%	47,445

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Apr 3/24	▲ Buytels, Steven	Direct Ownership	Buy under company plan	Common Shares	3.84	37,750	3.7%	1,069,109
Apr 3/24	◆ Chromka, Lynne Patricia	Direct Ownership	Buy under company plan	Common Shares	3.84	21,618	15.5%	161,163
Apr 3/24	◆ Ezinga, Christine	Direct Ownership	Buy under company plan	Common Shares	3.84	21,281	9.4%	247,434
Apr 3/24	◆ Johnston, Kevin James	Direct Ownership	Buy under company plan	Common Shares	3.84	11,757	> 100%	20,634
Apr 3/24	● Schmidt, Brian Leslie	Direct Ownership	Buy under company plan	Common Shares	3.84	51,797	2.1%	2,532,703
Apr 3/24	◆ Screen, Kevin	Direct Ownership	Buy under company plan	Common Shares	3.84	29,100	2.3%	1,308,731
Apr 3/24	◆ Shimek, Scott	Direct Ownership	Public market buy	Common Shares	4.08	8,500	4.1%	216,497
Apr 3/24	◆ Shimek, Scott	Direct Ownership	Buy under company plan	Common Shares	3.84	23,050	12.5%	207,997
Apr 3/24	◆ Stoodley, Benjamin Wayne	Direct Ownership	Buy under company plan	Common Shares	3.84	22,470	20.5%	132,196
Apr 3/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	4.07	24,600	15.9%	179,300
Apr 2/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.95	25,500	19.7%	154,700
Apr 1/24	◇ Baker, Rocky (Rawleen)	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-9,833	-14.2%	59,333
Apr 1/24	△ Buytels, Steven	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-70,598	-34.8%	132,213
Apr 1/24	△ Buytels, Steven	Direct Ownership	Exercise for cash	Rights PSUs	0.00	-190,000	-19.3%	793,268
Apr 1/24	◇ Chromka, Lynne Patricia	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-11,326	-10.4%	97,986
Apr 1/24	◇ Ezinga, Christine	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-26,169	-17.6%	122,670
Apr 1/24	■ Rooney, John Ross	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	4,534	4.6%	102,781
Apr 1/24	○ Schmidt, Brian Leslie	Direct Ownership	Exercise for cash	Rights PSUs	0.00	-385,000	-24.8%	1,168,625
Apr 1/24	○ Schmidt, Brian Leslie	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-125,762	-37.5%	209,635
Apr 1/24	◇ Screen, Kevin	Direct Ownership	Exercise for cash	Rights PSUs	0.00	-190,000	-22.8%	642,388
Apr 1/24	◇ Screen, Kevin	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-67,095	-37.2%	113,140
Apr 1/24	◇ Shimek, Scott	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-28,758	-17.3%	137,183
Apr 1/24	◇ Stoodley, Benjamin Wayne	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-18,678	-14.6%	109,497
Apr 1/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.88	25,200	24.2%	129,200
Mar 28/24	◆ Baker, Rocky (Rawleen)	Indirect Ownership	Public market buy	Common Shares	3.85	17,000	> 100%	17,000
Mar 28/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	0.00	-3,533,700	-97.1%	104,200
Mar 28/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.83	26,200	0.7%	3,637,900
Mar 27/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.75	26,500	0.7%	3,611,700
Mar 26/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.75	25,200	0.7%	3,585,200
Mar 25/24	■ Bennett, Caralyn Patricia	Direct Ownership	Warrant expiration	Rights Restricted Stock Units	0.00	1,270	1.8%	73,340

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Mar 25/24	■ Boyce, Jeff	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	4,638	5.0%	98,085
Mar 25/24	■ Hogenson, Kathleen Applegate	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	1,802	2.3%	79,460
Mar 25/24	■ Smith, Marnie	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	4,965	5.3%	98,085
Mar 25/24	■ Spitzer, Robert	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	19,737	25.2%	98,085
Mar 25/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.80	26,100	0.7%	3,560,000
Mar 22/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.74	25,800	0.7%	3,533,900
Mar 21/24	◆ Baker, Rocky (Rawleen)	Direct Ownership	Buy under company plan	Common Shares	3.68	4,270	13.8%	35,220
Mar 21/24	▲ Buytels, Steven	Direct Ownership	Buy under company plan	Common Shares	3.72	20,150	2.0%	1,031,359
Mar 21/24	◆ Chrumka, Lynne Patricia	Direct Ownership	Buy under company plan	Common Shares	3.71	9,818	7.6%	139,545
Mar 21/24	◆ Ezinga, Christine	Direct Ownership	Public market buy	Common Shares	3.74	21,150	10.3%	226,153
Mar 21/24	◆ Ezinga, Christine	Direct Ownership	Buy under company plan	Common Shares	3.71	9,753	5.0%	205,003
Mar 21/24	◆ Johnston, Kevin James	Direct Ownership	Buy under company plan	Common Shares	3.67	4,549	> 100%	8,877
Mar 21/24	● Schmidt, Brian Leslie	Direct Ownership	Buy under company plan	Common Shares	3.72	27,682	1.1%	2,480,906
Mar 21/24	◆ Screen, Kevin	Direct Ownership	Buy under company plan	Common Shares	3.71	14,142	1.1%	1,279,631
Mar 21/24	◆ Shimek, Scott	Direct Ownership	Buy under company plan	Common Shares	3.71	10,644	6.1%	184,947
Mar 21/24	◆ Stoodley, Benjamin Wayne	Direct Ownership	Buy under company plan	Common Shares	3.71	10,443	10.5%	109,726
Mar 21/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.74	26,500	0.8%	3,508,100
Mar 20/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.77	26,400	0.8%	3,481,600
Mar 19/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.79	26,200	0.8%	3,455,200
Mar 18/24	■ Bennett, Caralyn Patricia	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	42,857	> 100%	72,070
Mar 18/24	■ Boyce, Jeff	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	42,857	84.7%	93,447
Mar 18/24	▲ Buytels, Steven	Direct Ownership	Rights granted	Rights PSUs	0.00	-8,759	-0.9%	983,268
Mar 18/24	▲ Buytels, Steven	Direct Ownership	Rights granted	Rights PSUs	0.00	316,190	46.8%	992,027
Mar 18/24	▲ Buytels, Steven	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	79,048	63.9%	202,811
Mar 18/24	◆ Chrumka, Lynne Patricia	Direct Ownership	Rights granted	Rights PSUs	0.00	140,582	77.3%	322,530
Mar 18/24	◆ Chrumka, Lynne Patricia	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	50,000	84.3%	109,312
Mar 18/24	◆ Ezinga, Christine	Direct Ownership	Rights granted	Rights PSUs	0.00	-46,712	-7.7%	560,857
Mar 18/24	◆ Ezinga, Christine	Direct Ownership	Rights granted	Rights PSUs	0.00	113,556	23.0%	607,569
Mar 18/24	◆ Ezinga, Christine	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	48,667	48.6%	148,839
Mar 18/24	■ Hogenson, Kathleen Applegate	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	42,857	> 100%	77,658
Mar 18/24	◆ Johnston, Kevin James	Direct Ownership	Rights granted	Rights PSUs	0.00	111,767	> 100%	169,767

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Mar 18/24	◆ Johnston, Kevin James	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	45,000	> 100%	70,000
Mar 18/24	■ Joseph, Shannon	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	48,214	> 100%	48,214
Mar 18/24	■ Leach, John Glenn	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	42,857	84.2%	93,744
Mar 18/24	■ Rooney, John Ross	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	44,400	82.5%	98,247
Mar 18/24	○ Schmidt, Brian Leslie	Direct Ownership	Rights granted	Rights PSUs	0.00	-50,965	-3.2%	1,553,625
Mar 18/24	● Schmidt, Brian Leslie	Direct Ownership	Rights granted	Rights PSUs	0.00	497,778	45.0%	1,604,590
Mar 18/24	● Schmidt, Brian Leslie	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	124,444	59.0%	335,397
Mar 18/24	◇ Screen, Kevin	Direct Ownership	Rights granted	Rights PSUs	0.00	-18,941	-2.2%	832,388
Mar 18/24	◆ Screen, Kevin	Direct Ownership	Rights granted	Rights PSUs	0.00	258,413	43.6%	851,329
Mar 18/24	◆ Screen, Kevin	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	64,603	55.9%	180,235
Mar 18/24	◇ Shimek, Scott	Direct Ownership	Rights granted	Rights PSUs	0.00	-43,896	-6.7%	610,579
Mar 18/24	◆ Shimek, Scott	Direct Ownership	Rights granted	Rights PSUs	0.00	140,000	27.2%	654,475
Mar 18/24	◆ Shimek, Scott	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	60,000	56.6%	165,941
Mar 18/24	■ Smith, Marnie	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	42,857	85.3%	93,120
Mar 18/24	■ Spitzer, Robert	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	28,571	57.4%	78,348
Mar 18/24	◆ Stoodley, Benjamin Wayne	Direct Ownership	Rights granted	Rights PSUs	0.00	156,270	69.1%	382,516
Mar 18/24	◆ Stoodley, Benjamin Wayne	Direct Ownership	Rights granted	Rights Restricted Stock Units	0.00	58,475	83.9%	128,175
Mar 18/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.72	27,000	0.8%	3,429,000
Mar 15/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.71	26,900	0.8%	3,402,000
Mar 14/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.68	27,500	0.8%	3,375,100
Mar 13/24	▲ Buytels, Steven	Indirect Ownership	Public market buy	Common Shares	3.60	2,770	12.6%	24,820
Mar 13/24	▲ Buytels, Steven	Direct Ownership	Public market buy	Common Shares	3.60	3,118	0.3%	1,011,209
Mar 13/24	● Schmidt, Brian Leslie	Direct Ownership	Public market buy	Common Shares	3.55	8,673	0.4%	2,453,224
Mar 13/24	○ Schmidt, Brian Leslie	Direct Ownership	Option exercise	Options	3.55	-42,750	-10.7%	355,500
Mar 13/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.59	27,500	0.8%	3,347,600
Mar 12/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.47	28,500	0.9%	3,320,100
Mar 11/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.47	28,500	0.9%	3,291,600
Mar 8/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.51	28,200	0.9%	3,263,100
Mar 7/24	■ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.61	27,300	0.9%	3,234,900
Mar 6/24	● Schmidt, Brian Leslie	Direct Ownership	Public market buy	Common Shares	3.66	9,395	0.4%	2,444,551

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Mar 6/24	 Schmidt, Brian Leslie	Direct Ownership	Option exercise	Options	3.66	-42,750	-9.7%	398,250
Mar 6/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.63	27,300	0.9%	3,207,600
Mar 5/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.63	500,000	18.7%	3,180,300
Mar 4/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.50	1,000,000	59.5%	2,680,300
Mar 1/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.51	1,087,100	> 100%	1,680,300
Feb 29/24	 Tamarack Valley Energy Ltd.	Direct Ownership	 Buyback, redemption, or cancellation	Common Shares	0.00	-2,429,200	-80.4%	593,000
Feb 29/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.38	197,000	7.0%	3,022,200
Feb 28/24	 Baker, Rocky (Rawleen)	Indirect Ownership	Opening report	Common Shares	0.00	0	n/a	0
Feb 28/24	 Baker, Rocky (Rawleen)	Direct Ownership	Opening report	Rights PSUs	0.00	153,684	n/a	153,684
Feb 28/24	 Baker, Rocky (Rawleen)	Direct Ownership	 Opening report	Rights Restricted Stock Units	0.00	69,166	n/a	69,166
Feb 28/24	 Baker, Rocky (Rawleen)	Direct Ownership	Opening report	Common Shares	0.00	30,950	n/a	30,950
Feb 28/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.36	197,000	7.5%	2,825,200
Feb 27/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.36	98,500	3.9%	2,628,200
Feb 26/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.29	100,500	4.1%	2,529,700
Feb 23/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.22	102,000	4.4%	2,429,200
Feb 22/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.26	102,000	4.6%	2,327,200
Feb 21/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.24	102,500	4.8%	2,225,200
Feb 20/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.13	105,000	5.2%	2,122,700
Feb 16/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.13	105,000	5.5%	2,017,700
Feb 15/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.12	105,900	5.9%	1,912,700
Feb 14/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.07	107,500	6.3%	1,806,800
Feb 13/24	 Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.06	108,000	6.8%	1,699,300
Feb 12/24	 Buytels, Steven	Direct Ownership	Buy under company plan	Common Shares	3.40	3,981	0.4%	1,008,091
Feb 12/24	 Chrumka, Lynne Patricia	Direct Ownership	Buy under company plan	Common Shares	3.41	2,905	2.3%	129,727
Feb 12/24	 Ezinga, Christine	Direct Ownership	Buy under company plan	Common Shares	3.41	2,827	1.5%	195,250
Feb 12/24	 Johnston, Kevin James	Direct Ownership	Buy under company plan	Common Shares	3.66	4,328	> 100%	4,328
Feb 12/24	 Schmidt, Brian Leslie	Direct Ownership	Buy under company plan	Common Shares	3.40	5,397	0.2%	2,435,156
Feb 12/24	 Screen, Kevin	Direct Ownership	Buy under company plan	Common Shares	3.41	3,572	0.3%	1,265,489

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Feb 12/24	◆ Shimek, Scott	Direct Ownership	Buy under company plan	Common Shares	3.41	3,043	1.8%	174,303
Feb 12/24	◆ Stoodley, Benjamin Wayne	Direct Ownership	Buy under company plan	Common Shares	3.40	2,951	3.1%	99,283
Feb 12/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.11	105,000	7.1%	1,591,300
Feb 9/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.10	106,000	7.7%	1,486,300
Feb 8/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.07	108,000	8.5%	1,380,300
Feb 7/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	2.99	110,000	9.5%	1,272,300
Feb 6/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	2.98	110,000	10.5%	1,162,300
Feb 5/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	2.94	110,000	11.7%	1,052,300
Feb 2/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.03	109,000	13.1%	942,300
Feb 1/24	█ Joseph, Shannon	Direct Ownership	Opening report	Rights Restricted Stock Units	0.00	0	n/a	0
Feb 1/24	█ Joseph, Shannon	Direct Ownership	Opening report	Common Shares	0.00	300	n/a	300
Feb 1/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	▲ Buyback, redemption, or cancellation	Common Shares	3.13	105,500	14.5%	833,300
Jan 31/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	0.00	-1,500,000	-67.3%	727,800
Jan 31/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.13	244,800	12.3%	2,227,800
Jan 30/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.18	241,000	13.8%	1,983,000
Jan 29/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.16	242,000	16.1%	1,742,000
Jan 26/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.20	242,000	19.2%	1,500,000
Jan 25/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.18	244,000	24.1%	1,258,000
Jan 24/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.16	245,000	31.9%	1,014,000
Jan 23/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.14	247,000	47.3%	769,000
Jan 22/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	3.02	260,000	99.2%	522,000
Jan 19/24	█ Tamarack Valley Energy Ltd.	Direct Ownership	Buyback, redemption, or cancellation	Common Shares	2.95	262,000	> 100%	262,000
Jan 15/24	█ Bennett, Caralyn Patricia	Direct Ownership	Public market buy	Common Shares	3.07	50,000	> 100%	96,000
Jan 2/24	◆ Stoodley, Benjamin Wayne	Direct Ownership	Public market buy	Common Shares	3.08	3,200	3.4%	96,332
Dec 29/23	█ Boyce, Jeff	Direct Ownership	Public market buy	Common Shares	3.06	293	0.0%	1,053,967
Dec 29/23	□ Boyce, Jeff	Direct Ownership	Rights exercise	Rights Restricted Stock Units	3.06	-422	-0.8%	50,590
Dec 29/23	◆ Screen, Kevin	Direct Ownership	Public market buy	Common Shares	3.08	55,000	4.6%	1,261,917
Dec 29/23	◇ Screen, Kevin	Direct Ownership	Option exercise	Options	3.08	-55,000	-23.2%	182,000
Dec 29/23	█ Spitzer, Robert	Direct Ownership	Public market buy	Common Shares	3.06	28,980	8.3%	377,891
Dec 29/23	□ Spitzer, Robert	Direct Ownership	Rights exercise	Rights Restricted Stock Units	3.06	-41,727	-45.6%	49,777

Transaction Date	Insider Name	Ownership Type	Nature of Transaction	Security	Price (\$)	Shares/ Units	Account Change*	Account Balance
Dec 28/23	◆ Ezinga, Christine	Direct Ownership	Public market buy	Common Shares	3.09	5,675	3.0%	192,423
Dec 21/23	■ Rooney, John Ross	Direct Ownership	Rights exercise	Common Shares	0.00	21,671	3.6%	620,481
Dec 21/23	□ Rooney, John Ross	Direct Ownership	Rights exercise	Rights Restricted Stock Units	0.00	-21,671	-28.7%	53,847
Dec 19/23	■ Hogenson, Kathleen Applegate	Direct Ownership	Public market buy	Common Shares	3.13	4,165	> 100%	4,165
Dec 19/23	□ Hogenson, Kathleen Applegate	Direct Ownership	Rights exercise	Rights Restricted Stock Units	3.13	-4,165	-10.7%	34,801
Dec 19/23	● Schmidt, Brian Leslie	Direct Ownership	Public market buy	Common Shares	3.13	44,500	1.9%	2,429,759
Dec 19/23	○ Schmidt, Brian Leslie	Direct Ownership	Option exercise	Options	3.13	-44,500	-9.2%	441,000
Dec 18/23	▲ Buytels, Steven	Direct Ownership	Public market buy	Common Shares	3.07 - 3.11	58,215	6.2%	1,004,110
Dec 18/23	△ Buytels, Steven	Direct Ownership	Option exercise	Options	3.07	-50,000	-22.2%	175,000
Dec 18/23	◆ Ezinga, Christine	Direct Ownership	Public market buy	Common Shares	3.10	13,250	7.6%	186,748
Dec 18/23	■ Leach, John Glenn	Direct Ownership	Rights exercise	Common Shares	3.01	145	0.1%	283,840
Dec 18/23	□ Leach, John Glenn	Direct Ownership	Rights exercise	Rights Restricted Stock Units	0.00	-145	-0.3%	50,887
Dec 18/23	◆ Shimek, Scott	Direct Ownership	Public market buy	Common Shares	3.10	10,000	6.2%	171,260
Oct 13/23	▲ Buytels, Steven	Direct Ownership	Buy under company plan	Common Shares	3.72	2,550	0.3%	945,895
Oct 13/23	◆ Chrumka, Lynne Patricia	Direct Ownership	Buy under company plan	Common Shares	3.72	1,933	1.5%	126,822
Oct 13/23	◆ Ezinga, Christine	Direct Ownership	Buy under company plan	Common Shares	3.72	1,879	1.1%	173,498
Oct 13/23	● Schmidt, Brian Leslie	Direct Ownership	Buy under company plan	Common Shares	3.72	3,524	0.1%	2,385,259
Oct 13/23	◆ Screen, Kevin	Direct Ownership	Buy under company plan	Common Shares	3.72	2,349	0.2%	1,206,917
Oct 13/23	◆ Shimek, Scott	Direct Ownership	Buy under company plan	Common Shares	3.72	2,007	1.3%	161,260
Oct 13/23	◆ Stoodley, Benjamin Wayne	Direct Ownership	Buy under company plan	Common Shares	3.72	1,906	2.1%	93,132
Sep 18/23	◇ Chrumka, Lynne Patricia	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-12,666	-17.6%	59,312
Sep 18/23	◇ Stoodley, Benjamin Wayne	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-7,334	-9.5%	69,700
Sep 5/23	◆ Johnston, Kevin James	Direct Ownership	Opening report	Common Shares	0.00	0	n/a	0
Sep 5/23	◆ Johnston, Kevin James	Direct Ownership	Opening report	Rights Restricted Stock Units	0.00	25,000	n/a	25,000
Sep 5/23	◆ Johnston, Kevin James	Direct Ownership	Opening report	Rights PSUs	0.00	58,000	n/a	58,000
Sep 5/23	■ Smith, Marnie	Direct Ownership	Public market buy	Common Shares	3.89	39,505	27.1%	185,236
Sep 5/23	□ Smith, Marnie	Direct Ownership	Rights exercise	Rights Restricted Stock Units	3.89	-39,505	-44.0%	50,263
Aug 28/23	■ Rooney, John Ross	Direct Ownership	Public market buy	Common Shares	3.47	50,000	9.1%	598,810
Aug 25/23	■ Rooney, John Ross	Direct Ownership	Public market buy	Common Shares	3.40	50,000	10.0%	548,810
Aug 22/23	□ Spitzer, Robert	Direct Ownership	Public market sale	Common Shares	3.51	-30,000	-7.9%	348,911
Aug 17/23	◇ Ezinga, Christine	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-36,667	-26.8%	100,172
Aug 17/23	◇ Stoodley, Benjamin Wayne	Direct Ownership	Exercise for cash	Rights Restricted Stock Units	0.00	-6,667	-8.0%	77,034

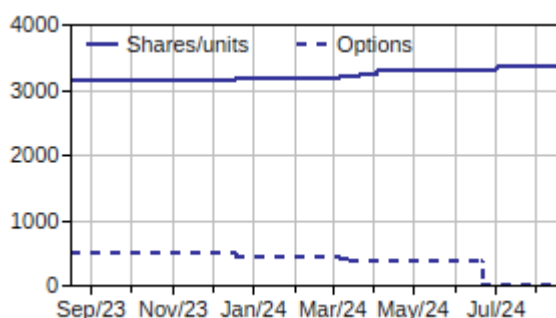
All data based on insider regulatory filings which are subject to input errors.

* Indicates percentage change of shares or units for the account in which the security is held. Many insiders have more than one account and the balance for each is calculated separately. See Holdings Summary for balances across all ownership types as reported in SEDI.

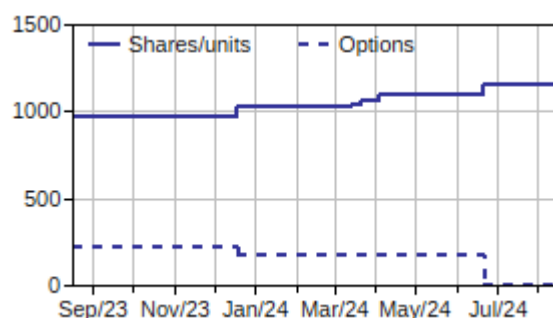
Holdings Summary

Data is based on SEDI filings. Identified former insiders who ceased to be an insider more than a year ago are not shown. Roster may include unidentified former insiders. Charts include identified former insider holdings up to the date they ceased to be an insider. Insiders and their holdings are only included under one insider category. See last page for regulatory insider filing relationship definitions.

CEO's Holdings (000's)



CFO's Holdings (000's)



Schmidt, Brian Leslie

Relationship as filed with regulators: 5

Latest filing date: July 18, 2024

	No. of Shares Held
Direct Ownership	
Common Shares	2,597,018
Flow-Through Shares	55,125
Options	0
Rights PSUs	1,168,625
Rights Restricted Stock Units	209,635
Subscription Rights Subscription Receipts	0
Indirect Ownership	
Common Shares	694,181
Flow-Through Shares	87

Buytels, Steven

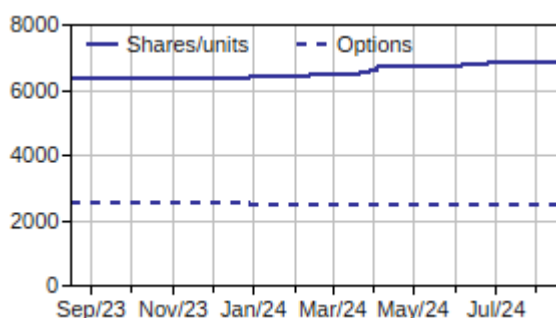
Relationship as filed with regulators: 5

Latest filing date: July 18, 2024

	No. of Shares Held
Direct Ownership	
Common Shares	1,125,985
Options	0
Rights PSUs	793,268
Rights Restricted Stock Units	132,213
Indirect Ownership	
Common Shares	25,520

Data is based on SEDI filings.. Identified former insiders who ceased to be an insider more than a year ago are not shown. Roster may include unidentified former insiders. Charts include identified former insider holdings up to the date they ceased to be an insider. Insiders and their holdings are only included under one insider category. See last page for regulatory insider filing relationship definitions.

Other Officers' Holdings (000's)



Baker, Rocky (Rawleen)

Relationship as filed with regulators: 5

Latest filing date: July 18, 2024

	No. of Shares Held
Direct Ownership	
Common Shares	49,179
Rights PSUs	153,684
Rights Restricted Stock Units	59,333
Indirect Ownership	
Common Shares	17,000

Beatson, Geoffrey William

Relationship as filed with regulators: 5

Latest filing date: April 28, 2010

	No. of Shares Held
Direct Ownership	
Common Shares	14,167
Options	33,333

Bell, John Edward

Relationship as filed with regulators: 4, 5, 6

Latest filing date: June 6, 2008

	No. of Shares Held
Direct Ownership	
Common Shares	158,277
Options	47,083
Indirect Ownership	
Common Shares	71,429
Control or Direction	
Common Shares	24,127

Christensen, David Keith

Relationship as filed with regulators: 5

Latest filing date: June 4, 2021

	No. of Shares Held
Direct Ownership	
Common Shares	970,967
Options	323,000
Rights PSUs	480,417
Rights Restricted Stock Units	200,333
Subscription Rights Subscription Receipts	0
Indirect Ownership	
Common Shares	211,718

Chrumka, Lynne Patricia

Relationship as filed with regulators: 5

Latest filing date: July 18, 2024

	No. of Shares Held
Direct Ownership	
Common Shares	163,475
Rights PSUs	322,530
Rights Restricted Stock Units	97,986

Cruikshank, Ken

Relationship as filed with regulators: 5

Latest filing date: June 4, 2021

	No. of Shares Held
Direct Ownership	
Common Shares	442,813
Flow-Through Shares	10,192
Options	366,834
Rights PSUs	409,583
Rights Restricted Stock Units	372,500
Subscription Rights Subscription Receipts	0
Indirect Ownership	
Common Shares	150,500

Ezinga, Christine

Relationship as filed with regulators: 5

Latest filing date: August 7, 2024

Direct Ownership	No. of Shares Held
Common Shares	273,254
Options	110,000
Rights PSUs	560,857
Rights Restricted Stock Units	122,670

Gundesen, Niels

Relationship as filed with regulators: 5

Latest filing date: February 19, 2014

Direct Ownership	No. of Shares Held
Common Shares	74,641
Options	467,750

Indirect Ownership	No. of Shares Held
Common Shares	4,407

Gunn, John Michael

Relationship as filed with regulators: 3, 4, 5

Latest filing date: January 23, 2012

Direct Ownership	No. of Shares Held
Common Shares	23,845
Options	134,166

Indirect Ownership	No. of Shares Held
Common Shares	154,388

Control or Direction	No. of Shares Held
Common Shares	2,125

Hozjan, Ronald Steve

Relationship as filed with regulators: 5

Latest filing date: December 13, 2019

Direct Ownership	No. of Shares Held
Common Shares	404,661
Flow-Through Shares	87
Options	521,834
Rights PSUs	250,000
Rights Restricted Stock Units	298,137
Subscription Rights Subscription Receipts	0

Indirect Ownership	No. of Shares Held
Common Shares	21,633

Johnston, Kevin James

Relationship as filed with regulators: 5

Latest filing date: July 18, 2024

Direct Ownership	No. of Shares Held
Common Shares	22,714
Rights PSUs	169,767
Rights Restricted Stock Units	70,000

Malek, Martin

Relationship as filed with regulators: 5

Latest filing date: July 21, 2022

Direct Ownership	No. of Shares Held
Common Shares	538,671
Options	48,000
Rights PSUs	449,497
Rights Restricted Stock Units	136,980

Indirect Ownership	No. of Shares Held
Common Shares	59,647
Rights Restricted Stock Units	11,001

Phillips, Allan Richard

Relationship as filed with regulators: 5

Latest filing date: February 19, 2009

Direct Ownership	No. of Shares Held
Common Shares	54,167
Options	33,333

Reimond, Scott William

Relationship as filed with regulators: 5

Latest filing date: February 22, 2022

Direct Ownership	No. of Shares Held
Common Shares	1,122,631
Options	163,500
Rights PSUs	275,000
Rights Restricted Stock Units	92,500
Subscription Rights Subscription Receipts	0
Indirect Ownership	No. of Shares Held
Common Shares	28,873
Rights PSUs	16,000
Rights Restricted Stock Units	16,000

Screen, Kevin

Relationship as filed with regulators: 5

Latest filing date: July 18, 2024

Direct Ownership	No. of Shares Held
Common Shares	1,311,582
Flow-Through Shares	16,117
Options	182,000
Rights PSUs	642,388
Rights Restricted Stock Units	113,140
Subscription Rights Subscription Receipts	0

Shimek, Scott

Relationship as filed with regulators: 5

Latest filing date: July 18, 2024

Direct Ownership	No. of Shares Held
Common Shares	306,721
Options	0
Rights PSUs	390,579
Rights Restricted Stock Units	100,517

Stoodley, Benjamin Wayne

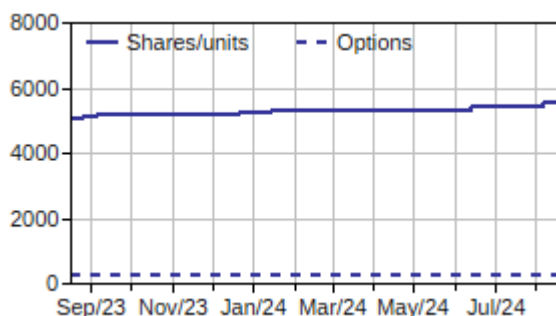
Relationship as filed with regulators: 5

Latest filing date: August 7, 2024

Direct Ownership	No. of Shares Held
Common Shares	135,116
Rights PSUs	362,516
Rights Restricted Stock Units	102,831
Indirect Ownership	No. of Shares Held
Common Shares	18,510

Data is based on SEDI filings.. Identified former insiders who ceased to be an insider more than a year ago are not shown. Roster may include unidentified former insiders. Charts include identified former insider holdings up to the date they ceased to be an insider. Insiders and their holdings are only included under one insider category. See last page for regulatory insider filing relationship definitions.

Directors' Holdings (000's)



Amirault, Rene

Relationship as filed with regulators: 4
 Latest filing date: August 7, 2024

Direct Ownership	No. of Shares Held
Common Shares	202,000
Rights Restricted Stock Units	27,816

Bennett, Caralyn Patricia

Relationship as filed with regulators: 4
 Latest filing date: July 3, 2024

Direct Ownership	No. of Shares Held
Common Shares	106,193
Rights Restricted Stock Units	63,147

Indirect Ownership	No. of Shares Held
Common Shares	7,000

Boyce, Jeff

Relationship as filed with regulators: 4
 Latest filing date: March 25, 2024

Direct Ownership	No. of Shares Held
Common Shares	1,053,967
Options	35,000
Rights Restricted Stock Units	98,085

Control or Direction	No. of Shares Held
Common Shares	984,473

Bradley, Noralee Bradley

Relationship as filed with regulators: 4
 Latest filing date: March 26, 2020

Direct Ownership	No. of Shares Held
Common Shares	209,246
Flow-Through Shares	1,098
Options	35,000
Rights Restricted Stock Units	55,546
Subscription Rights Subscription Receipts	0

Control or Direction	No. of Shares Held
Common Shares	18,383

Currie, Ian Robert

Relationship as filed with regulators: 4
 Latest filing date: May 9, 2022

Direct Ownership	No. of Shares Held
Common Shares	678,692
Rights Restricted Stock Units	64,539

Indirect Ownership	No. of Shares Held
Common Shares	36,644

Hogenson, Kathleen Applegate

Relationship as filed with regulators: 4
 Latest filing date: March 25, 2024

Direct Ownership	No. of Shares Held
Common Shares	4,165
Rights Restricted Stock Units	79,460

Joseph, Shannon

Relationship as filed with regulators: 4
 Latest filing date: August 7, 2024

Direct Ownership	No. of Shares Held
Common Shares	5,250
Rights Restricted Stock Units	48,214

Leach, John Glenn

Relationship as filed with regulators: 4
Latest filing date: April 25, 2024

Direct Ownership	No. of Shares Held
Common Shares	313,242
Rights Restricted Stock Units	64,342

MacKenzie, David Roy

Relationship as filed with regulators: 4
Latest filing date: December 2, 2019

Direct Ownership	No. of Shares Held
Common Shares	512,897
Options	35,000
Rights Restricted Stock Units	87,918

Indirect Ownership	No. of Shares Held
Common Shares	1,441

Control or Direction	No. of Shares Held
Common Shares	0

Price, Floyd Ray

Relationship as filed with regulators: 4
Latest filing date: May 14, 2021

Direct Ownership	No. of Shares Held
Common Shares	162,581
Options	120,834
Rights Restricted Stock Units	98,552

Rooney, John Ross

Relationship as filed with regulators: 4
Latest filing date: April 1, 2024

Direct Ownership	No. of Shares Held
Common Shares	620,481
Rights Restricted Stock Units	102,781

Smith, Marnie

Relationship as filed with regulators: 4
Latest filing date: August 7, 2024

Direct Ownership	No. of Shares Held
Common Shares	229,680
Rights Restricted Stock Units	98,085

Indirect Ownership	No. of Shares Held
Common Shares	0

Spitzer, Robert

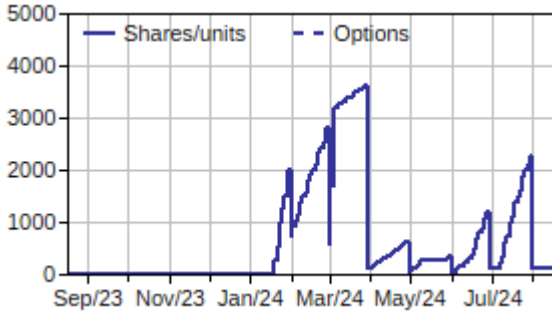
Relationship as filed with regulators: 4
Latest filing date: March 25, 2024

Direct Ownership	No. of Shares Held
Common Shares	377,891
Rights Restricted Stock Units	98,085

Indirect Ownership	No. of Shares Held
Common Shares	11,200

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Issuer Holdings (000's)



Tamarack Valley Energy Ltd.

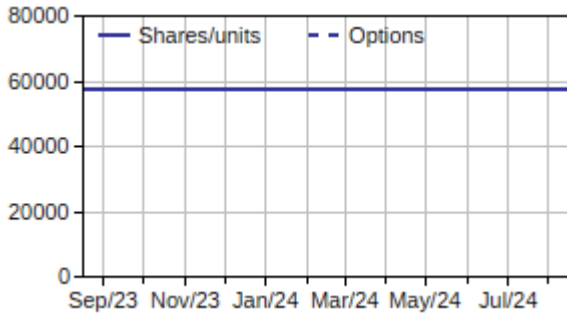
Relationship as filed with regulators: 1

Latest filing date: August 7, 2024

Direct Ownership	No. of Shares Held
Common Shares	123,000

Data is based on SEDI filings.. Identified former insiders who ceased to be an insider more than a year ago are not shown. Roster may include unidentified former insiders. Charts include identified former insider holdings up to the date they ceased to be an insider. Insiders and their holdings are only included under one insider category. See last page for regulatory insider filing relationship definitions.

10% Holder Holdings (000's)



GMT Capital Corp

Relationship as filed with regulators: 3
Latest filing date: October 26, 2020

Indirect Ownership	No. of Shares Held
Common Shares	57,292,310

INK Edge V.I.P. Overview

This section offers a summary of the stock's potential and performance based on our V.I.P. criteria:

1. **Valuations:** how a stock compares to other stocks based on traditional valuation measures including P/E, Price-to-book, price-to-sales and dividend yield.
2. **Insider commitment:** officer and director buying activity, including number of active insiders buying and executive holdings.
3. **Price momentum:** a stock's relative strength over multiple time frames.

Valuations Summary

	TVE	Competitors	Sector	Large Cap	Market Avg.
Price to Book - most recent quarter	1.0	1.4	1.6	2.0	1.8
P/E including extraordinary items - TTM	17.7	11.4	13.5	18.1	17.6
Price to Sales - TTM	1.5	3.3	3.1	3.3	3.0
Price to Cash Flow per share - most recent quarter	3.0	5.2	7.6	11.0	10.3
Enterprise Value to EBITDA	--	--	--	--	--
Dividend Yield - indicated annual	3.7%	6.4%	5.3%	4.3%	4.6%
Buyback Yield - estimated TTM	2.0%	-10.4%	-12.2%	-4.9%	-7.4%

TTM: Trailing Twelve Months

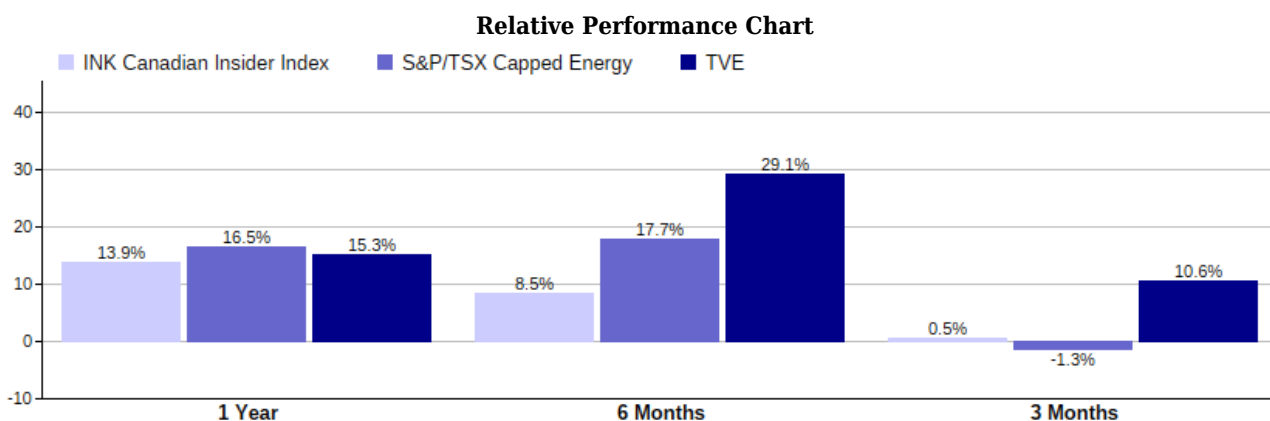
Insider Commitment Summary

Direct and Indirect Equity (Non-derivative) Holdings as % of Shares Outstanding

	August 17, 2024		1 Year Ago		Change	
	Shares Held	% S.O.	Shares Held	% S.O.	Shares Held	% S.O.
Officers & Directors	21,180,715	3.89	19,770,322	3.56	1,410,393	0.33
All Insiders	78,596,025	14.42	77,062,632	13.86	1,533,393	0.56

*Includes beneficial holdings of officers, directors and other insiders such as 10% holders.

Price Momentum Summary















INK Edge Outlook

INK Edge Outlook combines the conditions in the 3 VIP categories to assign an overall ranking to a stock. The object is to identify which group of stocks have greatest opportunity or risk over the next year on a portfolio basis.

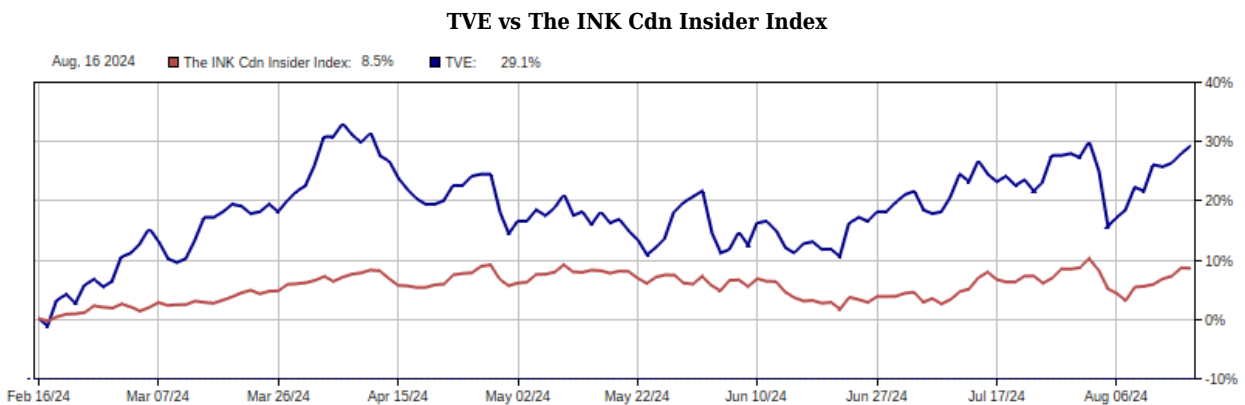
Stocks are assigned one of 5 rankings. From the most attractive group to least attractive group. INK Edge Outlook overall conditions are:

Sunny (top 10%) | Mostly Sunny (next 20%) | Mixed (middle 40%) | Cloudy (next 70-90%) | Rainy (bottom 10%)

INK Edge Outlook			
CONDITIONS	Latest	6 months ago	1 year ago
Overall	 Sunny	 Mostly Sunny	 Mostly Sunny
Value	 Mostly Sunny	 Mostly Sunny	 Mostly Sunny
Insiders	 Sunny	 Sunny	 Mostly Sunny
Price Direction	 Mostly Sunny	 Cloudy	 Mixed

Relative Performance to the INK Canadian Insider Index

The INK Canadian Insider Index includes 50 top ranked INK Edge TSX-listed stocks. The chart below shows how the stock has performed against the Index over the past year.



Similar Companies with relatively attractive INK Edge Outlook Rankings

Stocks in the same industry that have an overall INK Edge Outlook ranking in the sunny or mostly sunny category.

PetroTal Corp. (TAL) - Current Outlook: Mostly Sunny

Africa Oil Corp. (AOI) - Current Outlook: Mostly Sunny

Hemisphere Energy Corporation (HME) - Current Outlook: Sunny

Frontera Energy Corporation (FEC) - Current Outlook: Sunny

NG Energy International Corp. (GASX) - Current Outlook: Mostly Sunny

www.inkresearch.com - Providing insider news and knowledge

See important disclaimer at the bottom of the last page.

Regulatory (SEDI) Filing Relationship Definitions

- | | |
|-----------------------------------|---|
| 1 - Issuer | 5 - Senior Officer of Issuer |
| 2 - Subsidiary of Issuer | 6 - Director or Senior officer of 10% Security Holder |
| 3 - 10% Security Holder of Issuer | 7 - Director or Senior Officer of Insider or Subsidiary of Issuer (other than in 4,5,6) |
| 4 - Director of Issuer | 8 - Deemed Insider - 6 Months before becoming Insider |

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