



TSX VENTURE: TVE

Tamarack Valley Energy Ltd. Announces Stock Option Grant, the hiring of Kevin Screen and its participation in the Peters & Co. 2011 North American Conference

Calgary, Alberta – September 8, 2011 – Tamarack Valley Energy Ltd. is pleased to announce the appointment of Mr. Kevin Screen as Vice President, Production and Operations. Mr. Screen is a professional engineer with over 20 years of technical, operations and management experience in the oil and gas industry. He joins us from his most recent position of Manager of the Horn River Business Unit for a large independent upstream oil and gas producer. Prior to that, Mr. Screen held several leadership positions with exposure to unconventional resources, light oil, sweet and sour gas and is experienced at various fracture stimulation techniques used throughout the Western Sedimentary basin. Mr. Screen graduated from the University of Calgary in 1989 with a BSc in Mechanical Engineering.

“We are very pleased Mr. Screen joined Tamarack. He is very well known to us because many of us worked with him in the past and Mr. Screen is well experienced in the technical plays we are involved in.” said Brian Schmidt, President and CEO. **“Our ability to execute is greatly enhanced with Kevin on our team.”**

In conjunction with this announcement, and in accordance with the Company’s previously approved stock option plan, the board of directors yesterday granted 2,250,000 options (“Options”) to purchase common shares in the capital of the Company to the new Vice President of Production & Operations of the Company. The Options each have an exercise price of \$0.37 per share, are exercisable for a period of 5 years and vest in one third (1/3) increments on the first, second and third anniversaries from the date of grant. This grant of Options is subject to acceptance by the TSX Venture Exchange.

Tamarack would also like to announce that it will be participating at the Peters & Co. 2011 Annual North American Oil and Gas Conference which is taking place September 13th – 15th in Toronto, Ontario. Mr. Brian Schmidt, Tamarack Valley’s President and Chief Executive Officer, is scheduled to present at 3:30 Eastern time (1:30 p.m. Mountain time) on Wednesday, September 14, 2011.

A live audio webcast will be accessible through the following links or by visiting our website.

English Event URL: <http://www.newswire.ca/en/webcast/viewEvent.cgi?eventID=3643640>

French Event URL: <http://www.cnw.ca/fr/webcast/viewEvent.cgi?eventID=3643640>

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

About Tamarack Valley Energy Ltd.

Tamarack is an oil and gas company involved in the identification, evaluation and operation of resource plays in the western Canadian sedimentary basin. The Company uses a rigorous, proven modeling process to carefully manage risk and identify growth opportunities and has assets at Lochend, Garrington/Harmattan, Buck Lake and Quaich areas in Alberta, southeast of Lloydminster in Saskatchewan and at Wilder in northeast British Columbia.

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