

Talisman Energy Inc. Montney Vertical Well Tests 4 mmcf/d - Bordering CSRI Montney Formation Lands

Canadian Spirit Resources Inc. ("CSRI" or the "Company") is pleased to provide an update of activity concerning the Montney Formation in the Farrell Creek area of northeast British Columbia.

On December 10, 2008 Talisman Energy, Inc. ("Talisman") (TSX: TLM) delivered a presentation to the Hudson's Hope Town Council on the status of their Montney shale gas play. CSRI believes that the test results and spending plans outlined in this presentation may have positive and significant implications for the Company's 25,000 gross acres of Montney Formation rights that are within close proximity to this well. As part of the drilling of several vertical wells in the Farrell Creek area, the Talisman c-85-I well (see attached CSRI map) is reported to have tested at an initial flow of 4 mmcf/d (4 million cubic feet per day) from the Montney Formation. According to the Talisman presentation, this well is expected to decline fairly quickly and level out at 1 mmcf/d per day for approximately 20 years with only a slight decline. In addition, Talisman has spud its first horizontal Montney well on the same lease as the c-85-I well. These wells are approximately 2 miles from the north portion of the CSRI Montney Formation lands. As per the attached map CSRI's Montney Formation and other deep rights sections are represented in orange, with Talisman's sections represented in purple.

At the same December 10, 2008 meeting, Talisman generated further confidence in the future of the Farrell Creek area by outlining a potential for \$7.5 billion in capital projects across 60 sections over a 10 year period if their current pilot project proves successful. Talisman's plans for 2009 would include 7 more wells and a sweet gas plant with initial capacity of 15 to 20 mmcf/d that could be on stream by November 1, 2009.

The Farrell Creek area continues to attract strong land sale prices and increasing exploration activity. On November 12, 2008, Montney Formation lands bordering the Company's Farrell Creek Project attracted prices up to \$3.8 million per section (\$14,878 per hectare).

Forward-looking Statements

The corporate information contained in this document contains forward-looking forecast information. The reader is cautioned that assumptions used in the preparation of such information, although considered reasonably accurate by Canadian Spirit Resources Inc. at the time of preparation, may prove to be incorrect. The actual results achieved during the forecast period will vary from the information provided herein and the variations may be material. Consequently, there is no representation by Canadian Spirit Resources Inc. that actual results achieved during the forecast period will be the same in whole or in part as that forecast.

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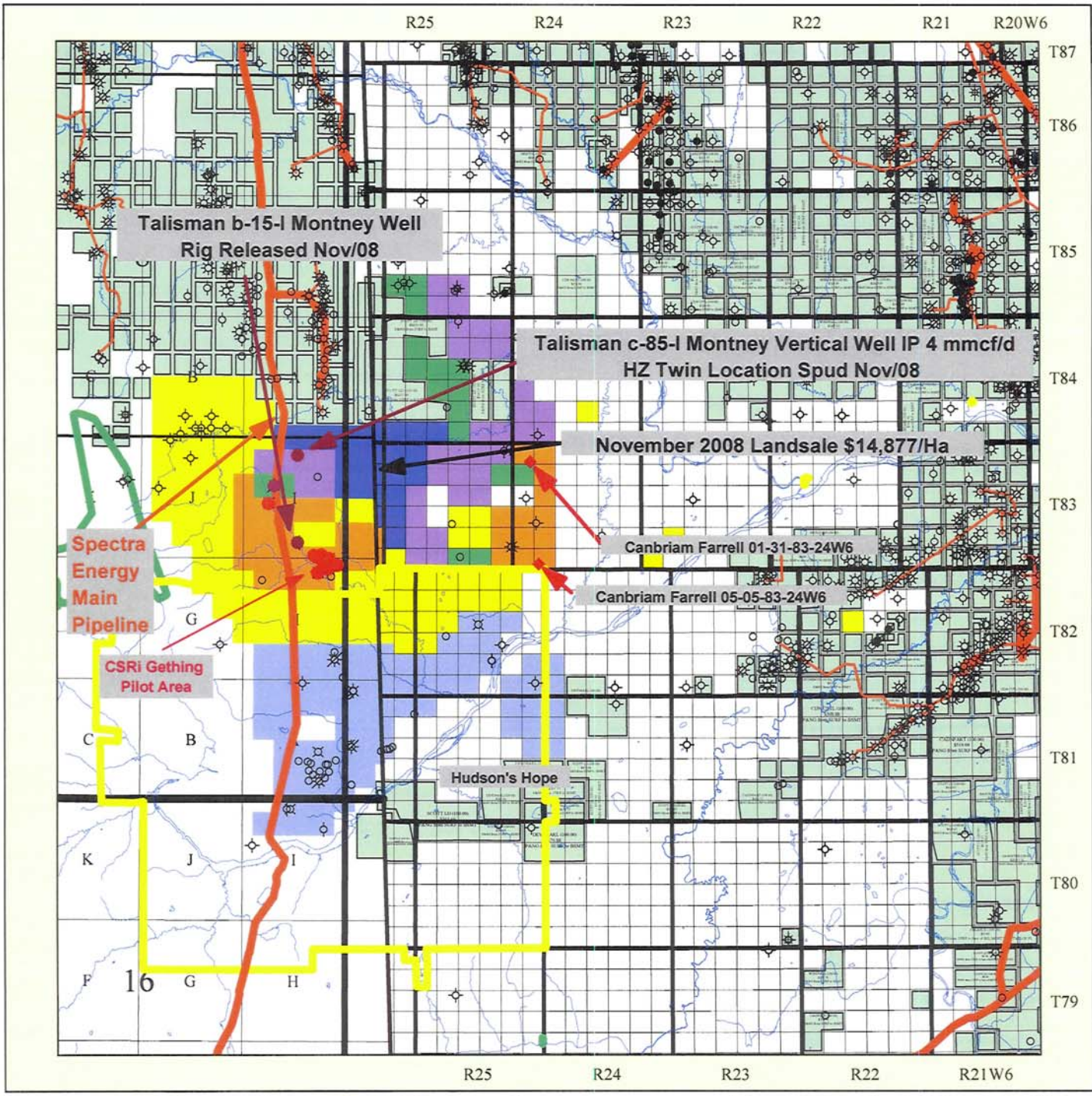
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WELL LEGEND	
Bottom Hole Locations:	
○ Location	◇ Suspended
⊠ Service or Drain	● Oil
* Gas	◇ Dry & Abandoned
⊠ Suspended Oil	◇ Abandoned Oil
⊠ Suspended Gas	⊠ Abandoned Gas
⊠ Abandoned Service	◇ Injection

LAND LEGEND	
Land:	Leased Crown
Land Lists:	
■	Talisman Crown Lands Farrell Creek
■	EnCana Farrell Creek Lands
■	CSRI Farrell Creek Deep Rights Land
■	CSRI Shallow Rights JV Lands
■	HHG Farrell Creek Lands

Canadian Spirit Resources

E-Update Dec. 23/2008
Land Map

	Created in ArcuMap™ Product of IHS Datum: NAD27 Vol. 18 No. 11, Nov 17 2008 140317704646	Author: Sean Kleimer Date: December 23, 2008 File: Land Map - TLM Montney Discov Scale: 1:400000 Projection: Stereographic Center: N66 17410 W121 75180
	Grid Information: DLS: IHS Enhanced Grid NTS: Theoretical Grid FPS: Theoretical Grid US: IHS US Grid	DLS Version Information: AB: ATS 2.6 BC: PRH 2.0 SC: STS 2.5 MB: MH 1.0

