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## **WINNITROY JOINS THE BOARD OF CANADIAN SPIRIT RESOURCES INC.**

**Calgary, AB August 20, 2004 - Canadian Spirit Resources Inc. (“CSRI” or the “Company”) (SPI-TSX Venture) is pleased to announce the appointment of Robert P. Winnitroy, P. Eng. of Calgary, Alberta as a new director of the Company.**

Mr. Winnitroy has more than thirty years experience in the Canadian energy industry specializing in business and infrastructure development of natural gas processing and transmission projects. Formerly Vice President, Project Development with Duke Energy Gas Transmission, Bob currently consults on acquisition and litigation matters to the oil and gas industry.

“The appointment of Mr. Winnitroy to the Board completes the mix of skills and expertise we believe the Company needs at this stage of its development” commented George Watson, Chairman. “Bob’s experience will be invaluable as we proceed with the pilot evaluation phase of our first natural gas from coal project”.

Mr. Winnitroy has also been appointed to the Company’s Audit Committee which brings CSRI into early compliance with Multilateral Instrument 52-110 regarding independence of audit committee members.

The Company proposes to grant Mr. Winnitroy stock options to acquire 75,000 shares subject to approval of the TSX Venture Exchange. Issued pursuant to the terms of the Company’s Stock Option Plan, these options will have a term of five years and an exercise price of \$3.30 per share.

Canadian Spirit Resources Inc. is a natural resources company focusing on the exploration and development of opportunities in the natural gas from coal ("NGC", also referred to as coalbed methane or "CBM") sector of the energy industry.

On behalf of the Board of Directors,

**Canadian Spirit Resources Inc.**

*"Phil Geiger"*

Phillip D.C. Geiger  
President & COO

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