



CANADIAN SPIRIT RESOURCES INC.

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## **CANADIAN SPIRIT RESOURCES PROVIDES OPERATIONS UPDATE**

**Calgary, AB December 22, 2005 - Canadian Spirit Resources Inc. ("CSRI" or the "Company") (SPI-TSX Venture)** is pleased to provide an update on current operating activities.

At Farrell Creek in northeastern British Columbia, the fracture stimulation of the Gething Formation in the c-83-H well was successfully completed on December 12, 2005. The well flowed back fracture fluids, formation water and natural gas to surface during the initial clean-up period and is currently shut-in for the Christmas break. The Company considers the results of activities to-date at c-83-H to be encouraging. Upon the return of the service rig crew, the well bore clean-up will be completed and a down-hole pump installed to begin the dewatering process. Dewatering of the well bore is required to determine the productive capability of the Gething Formation. Indications of productive capability are expected to be released within sixty days or earlier from the commencement of the dewatering process.

In the same area, the next stage of evaluation has begun with the first of up to four additional wells having been drilled and cased. The second well has been spudded, however drilling has been briefly suspended during the Christmas holiday and will resume before year-end. Regulatory approvals to drill the third and fourth test wells in this program have been received. The drilling of wells three and four and the completion and fracture stimulation of these additional test wells will commence following evaluation of the productive capability of the c-83-H well. Reference is made to the Company's news release of November 3, 2005.

At Bittern Lake in central Alberta, dewatering of the Horseshoe Canyon Formation is continuing although mechanical problems have resulted in significant delays. The fracture stimulation of the 16-06-47-22W4M ("16-06") well, the second of four wells drilled in the area, is planned for January 2006 subject to availability of equipment. Replacement of the down-hole pump at 12-06-47-22W4M and the installation of a pump at the 16-06 well is planned to coincide with the completion and stimulation of the 16-06 well. Due to dewatering and delays in the availability of equipment, the completion, stimulation and tie-in of all four wells in this area is not expected until the second quarter of 2006.

Canadian Spirit Resources Inc. is a natural resources company focusing on the identification and development opportunities in the unconventional gas sector of the energy industry. Since 2002, the mission of the Company has been to develop 1 Tcf of natural gas over a five year period from unconventional resource plays in western Canada. Within three years, the Company has identified several large resource plays, assembled a unique, high working interest land position in over 39,000 gross acres (of which 37,000 are located in British Columbia) and is currently evaluating the productive capability of its principal resource property.

On behalf of the Board of Directors,  
**Canadian Spirit Resources Inc.**

*"Phil Geiger"*

Phillip D.C. Geiger, President & COO

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