	Three months ended December 31,				Year ended December 31,			
	2017		2016		2017		2016	
(\$000s, unless other								
Oil and gas sales (be	27,377		38,316		120,981		118,642	
Cash flow from opera	(4,350)	12,632		25,009		22,489	
Funds flow from oper	3,759		15,026		28,705		19,741	
Per share Basic and	0.01		0.05		0.09		0.06	
Loss	(32,996)	3,210		(67,864)	(50,387)
Per share Basic and	(0.11)	0.01		(0.22)	(0.16)
Capital expenditures	3,091		3,356		13,477		9,159	
Dispositions	(148)	(33,032)	(429)	(63,112)
Net Debt2	53,638		64,224		53,638		64,224	
Production (Boe/d)	21,489		21,525		21,408		22,495	
Weighted-average cc	95	%	93	%	95	%	93	%
Basic and diluted	307,076		306,977		307,076		306,329	
Combined sales price	13.85		19.35		15.48		14.41	
Operating netback (\$	2.85		8.81		4.88		4.08	
Corporate netback (\$	1.9		7.59		3.68		2.39	
Operating netback (\$	0.48		1.47		0.81		0.68	
Corporate netback (\$	0.32		1.27		0.61		0.4	