

	Three months ended September 30,				Nine months ended September 30,			
	2020		2019		2020		2019	
(\$000s, unless otherwise indicated)								
Commodity sales (before royalty expense)	24,744		20,107		71,878		73,667	
Cash flow from operating activities	3,945		(2,931 )		6,121		11,497	
Adjusted funds flow <sup>2</sup>	809		(3,922 )		733		854	
Per share - Basic and Diluted (\$/share) <sup>2</sup>	-		(0.01 )		-		-	
Loss	(12,110 )		(17,739 )		(46,285 )		(48,443 )	
Per share - Basic and Diluted (\$/share)	(0.04 )		(0.05 )		(0.14 )		(0.15 )	
Capital expenditures	2,213		1,123		6,210		2,933	
Net debt <sup>2</sup>	69,312		63,745		69,312		63,745	
Production (Boe/d)	18,755		19,033		18,963		18,967	
Percentage natural gas (%)	92%		91%		91%		92%	
Weighted-average common shares outstanding (000s)								
Basic and diluted	330,230		327,784		328,605		316,406	
Combined sales price (\$/Boe)	14.34		11.48		13.83		14.23	
Operating netback (\$/Boe) <sup>2</sup>	1.9		(0.97 )		1.58		1.59	
Corporate netback (\$/Boe) <sup>2</sup>	0.47		(2.24 )		0.14		0.17	
Operating netback (\$ per Mcfe) <sup>2</sup>	0.32		(0.16 )		0.26		0.27	
Corporate netback (\$ per Mcfe) <sup>2</sup>	0.08		(0.37 )		0.02		0.03	