		Three months ended June 30,		Six months ended June 30,	
	2020	2019	2020	2019	
\$000s, unless otherwise indicated)					
Commodity sales (before royalty expense)	21,693	21,497	47,134	53,560	
Cash flow from operating activities	539	6,503	2,176	14,428	
djusted funds flow2	(1,229)	(2,047)	(76)	4,776	
er share - Basic and Diluted (\$/share)2	-	(0.01)	-	0.02	
oss	(14,164)	(24,179)	(34,175)	(30,704)	
er share - Basic and Diluted (\$/share)	(0.04)	(0.08)	(0.10)	(0.10)	
apital expenditures	2,175	815	3,997	1,810	
et Debt2	69,273	58,162	69,273	58,162	
roduction (Boe/d)	18,968	19,123	19,068	18,933	
ercentage natural gas (%)	92%	92%	91%	93%	
/eighted-average common shares outstanding (000s)					
asic and diluted	327,784	314,130	327,784	310,623	
ombined sales price (\$/Boe)	12.57	12.35	13.58	15.63	
perating netback (\$/Boe)2	0.59	0.18	1.42	2.88	
orporate netback (\$/Boe)2	(0.71)	(1.18)	(0.02)	1.38	
perating netback (\$ per Mcfe)2	0.1	0.03	0.24	0.48	
orporate netback (\$ per Mcfe)2	(0.12)	(0.20)	-	0.23	