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NEWS RELEASE

March 14th, 2005

Mr. J. Lewis Dillman reports;

Abenteuer Resources Corp. (the Company) is pleased to announce that its 2006 drilling program has commenced on its Kingsford Saskatchewan property with the spudding of Grand Banks W. Kingsford HZ 92/7-13-4-07W2M. This is a follow up to the successful vertical well at 8-13-4-7W2M that the Company and its partners completed in September 2005. Abenteuer has a 45.9% working interest in the well.

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