



For Immediate Release

Not for Distribution in the United States Newswire services or for dissemination in the United States

Executive Change

Calgary, Alberta – August 20, 2010 – **Palliser Oil & Gas Corporation** ("Palliser" or the "Corporation") (TSXV:PXL) wishes to advise that Gordon Timm, Vice-President, Land, has submitted his resignation as an officer of Palliser to pursue other opportunities and will continue to work with the Corporation until mid-September, 2010.

Palliser does not presently intend to fill its senior land position in the Corporation at the Vice-President level as current corporate land demands can be met either through consulting arrangements or through other part time arrangements.

About Palliser

Palliser is a Calgary-based emerging junior oil and gas company currently focused on high netback conventional heavy oil production in the greater Lloydminster area of both Alberta and Saskatchewan.

The TSX Venture Exchange has neither approved nor disapproved the contents of this press release.

For further information please contact:

Kevin Gibson
President and CEO
kevin@palliserogc.com
(403) 209-5717

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this Press release.