

**Turner Valley Oil & Gas, Inc.  
Officer Stock Transaction Filing**

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<b>Issuer</b>	Turner Valley Oil and Gas, Inc.
<b>Date</b>	Period Ending June 30 2014
<b>Transaction Executed by</b>	CEO & Director Steve Helm
<b>Type of Transaction</b>	Purchase
<b>Type of Rights</b>	Restricted Shares
<b>Total Amount of Rights</b>	5,000,000
<b>Transaction Value</b>	USD\$ 10,000
<b>CUSIP</b>	900382102
<b>Further Transaction Details</b>	N/A

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