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

Issuer	Turner Valley Oil and Gas, Inc.
Date	Period Ending March 31 2016
Transaction Executed by	CEO & Director Steve Helm
Type of Transaction	Purchase
Type of Rights	Restricted Shares
Total Amount of Rights	1,250,000
Transaction Value	USD$ 2,500
CUSIP	900382102
Further Transaction Details	N/A

Turner Valley Oil And Gas, Inc. - OTC Markets Filing
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