

Sheltered Oak Resources Corp.

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March 5, 2009

Trading Symbol: TSX-V OAK

GRANT OF STOCK OPTIONS

TORONTO, ONTARIO – Sheltered Oak Resources Corp. announces that on March 4, 2009 it granted stock options to directors and officers of OAK to purchase in the aggregate up to 400,000 common shares (“Common Shares”) in the capital of OAK at an exercise price of \$0.12 per Common Share. The stock options will vest on March 4, 2010 and expire on March 4, 2012. The options were granted pursuant to OAK’s incentive stock option plan, under which a maximum of 10% of the issued and outstanding Common Shares are reserved for issuance. The current number of issued and outstanding Common Shares is 30,010,808.

FOR FURTHER INFORMATION PLEASE CONTACT:

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About OAK :

OAK is the parent company of Sheltered Oak Resources Inc., an Ontario corporation with its head office located in Oakville, Ontario. OAK is a junior mineral exploration corporation which has an option to acquire a 55% interest in and to the Kerrs Gold Property which consists of 43 unpatented mining claims and 12 mining leasehold patents located in the Matheson area of Ontario.

The TSX Venture Exchange does not accept responsibility for the accuracy or adequacy of this news release.