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Trading Symbol: TSX-V OAK

SHELTERED OAK PROVIDES UPDATE AND OUTLOOK FOR 2010

OAKVILLE, ONTARIO – Sheltered Oak Resources Corp. (“OAK”) today reported on recent and upcoming activities on the ongoing development of the Kerrs Gold Property, and its corporate outlook.

RECENT ACTIVITIES

The Company’s 100% owned subsidiary Sheltered Oak Resources Inc. and Sage Gold Inc. (“SAGE”) announced on December 22, 2009, that the parties closed OAK’s acquisition 100% interest in what was Sage’s unpatented claims and leasehold interests in the Larder Lake Mining District in Kerrs Township in the Abitibi Greenstone Belt of Ontario (the “Kerrs Gold Property”). It is important to note that unpatented mining claim L1140877 was relieved from forfeiture on December 21st and hence was included in the Kerrs Gold Property transfer to the OAK.

UPCOMING ACTIVITIES

OAK Management will announce its first results from the recently completed Phase 4 drilling campaign at Kerrs within the next few weeks. The Phase 5 drilling at Kerrs will comprise in-fill diamond drilling to commence and be completed in Q2 2010. The results of which will provide the geotechnical data required to prepare an NI 43-101 compliant resource estimate of the mineralization. The resource estimate is expected to be published before the end of Q3 2010.

OUTLOOK

The Company expects to make regular news releases over the next several weeks to report the Kerrs’ assay results as they are received, and on new initiatives presently under consideration. The outlook for Sheltered Oak Resources Corp. in 2010 is for steady, measured, progressive development of projects in the Abitibi Greenstone Belt.

ABOUT SHELTERED OAK RESOURCES CORP.

Sheltered Oak Resources is a British Columbian corporation with its head office located in Oakville, Ontario. OAK is focused on mineral exploration opportunities within Canada and owns 100% of the Kerrs Gold Property, located in the prolific area of the Abitibi Greenstone Belt in northeastern Ontario. The Kerrs Gold Property is highly prospective in a region with a long and active mining history.

To receive Company news via email please contact chris@chfir.com and mention "Sheltered Oak News" in the subject line.

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 release.



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