THIS IS EXHIBIT "L"

Referred to in the Affidavit of Don Umbach

Sworn before me this 6th Day of December, 2013

A COMMISSIONER FOR OATHS
IN AND FOR THE PROVINCE OF ALBERTA

David LeGeyt
Barrister & Solicitor

Alston Energy Inc.
13-Week Cash Flow Forecast
December 9, 2013 to March 7, 2014
($CAD - Unaudited)

	Note	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	TOTAL Dec.9/13 to March.7/14
Week ending		13-Dec-13	20-Dec-13	27-Dec-13	03-Jan-14	10-Jan-14	17-Jan-14	24-Jan-14	31-Jan-14	07-Feb-14	14-Feb-14	21-Feb-14	28-Feb-14	07-Mar-14	
Operating Receipts															
Oil	A	-	-	332,000	-	-	-	-	345,000	-	-	-	345,000	-	1,022,000
Natural gas	A	-	-	50,000	-	-	-	-	54,000	-	-	-	53,500	-	157,500
NGL's	A	-	-	16,100	-	-	-	-	16,100	-	-	-	16,100	-	48,300
Joint venture receipts	A	-	36,000	2,300	-	-	-	31,000	-	-	-	34,000	-	-	103,300
Hedge settlements, net	B	-	-	16,000	-	-	-	-	1,900	-	-	-	-	-	17,900
Other		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Total operating receipts		-	36,000	416,400	-	-	-	31,000	417,000	-	-	34,000	414,600	-	1,349,000
Operating disbursements															
Operating costs	C	-	11,550	-	206,000	-	42,000	-	100,000	26,000	-	86,600	-	215,700	687,850
Payroll, benefits and contractor costs	D	18,400	4,200	18,500	12,000	-	24,000	-	19,900	12,000	19,900	-	19,900	7,500	156,300
Critical suppliers	E	-	25,000	-	125,000	-	50,000	-	-	-	-	-	-	-	200,000
Lease rentals and royalty costs	F	-	1,850	44,300	-	-	4,300	-	41,000	-	-	1,400	-	43,000	135,850
General and administrative costs	G	2,300	-	-	5,600	-	-	-	5,500	100	-	-	-	5,500	19,000
Interim Financing interest and fees	H	-	-	-	-	30,000	-	-	-	3,000	-	-	-	5,000	38,000
Capital expenditures	I	-	-	-	-	-	-	-	-	75,000	-	75,000	-	75,000	225,000
Total operating disbursements		20,700	42,600	62,800	348,600	30,000	120,300	0	166,400	116,100	19,900	163,000	19,900	351,700	1,462,000
Non-operating disbursements															
Restructuring costs	J	-	-	-	-	200,000	-	-	300,000	-	-	-	300,000	-	800,000
Other															-
Total non-operating disbursements		-	-	-	-	200,000	-	-	300,000	-	-	-	300,000	-	800,000
Interim Financing															
Borrowings (repayment)	K	-	-	-	-	300,000	-	-	100,000	100,000	-	100,000	250,000	-	850,000
Net change in cash flows		(20,700)	(6,600)	353,600	(348,600)	70,000	(120,300)	31,000	50,600	(16,100)	(19,900)	(29,000)	344,700	(351,700)	(63,000)
Opening cash	L	98,544	77,844	71,244	424,844	76,244	146,244	25,944	56,944	107,544	91,444	71,544	42,544	387,244	98,544
Net change in cash flow		(20,700)	(6,600)	353,600	(348,600)	70,000	(120,300)	31,000	50,600	(16,100)	(19,900)	(29,000)	344,700	(351,700)	(63,000)
Ending cash		77,844	71,244	424,844	76,244	146,244	25,944	56,944	107,544	91,444	71,544	42,544	387,244	35,544	35,544

	Note	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	TOTAL
Interim Financing reconciliation															
Proposed maximum availability						1,000,000	700,000	700,000	700,000	600,000	500,000	500,000	400,000	150,000	700,000
Borrowings (release of funds)						(300,000)			(100,000)	(100,000)		(100,000)	(250,000)		(550,000)
Remaining available cash	M					700,000	700,000	700,000	600,000	500,000	500,000	400,000	150,000	150,000	150,000

Don Umbach
President

December 6, 2013
Date

Alston Energy Inc.
Forecast Cash Flow Assumptions
December 9, 2013 to March 7, 2014

General Note: Management of Alston Energy Inc. ("Alston") have prepared this forecasted cash flow statement based on probable and hypothetical assumptions detailed in notes A - M. The forecast has been prepared solely for the Company's CCAA filing. As such, readers are cautioned that it may not be appropriate for their purposes.

Notes	
A	Receipt forecasts are based on oil, gas, NGL production estimates and strip prices. Monthly receipts relate to production from prior month.
B	Hedging receipts relate to estimated monthly settlements on current hedge contracts in place on oil and gas productions.
C	Operating forecasts consist of historical operating costs in relation to production volumes along with office rent and operator costs.
D	Payroll benefits and contractor costs are based on historical payments for salaries and benefits made to office staff and contractor services.
E	Critical supplier payments are forecast based on pre-filling amounts owed to certain vendors determined as critical to Alston's operations and production in accordance with the CCAA.
F	Certain lease and royalties are not offset against revenues and the forecast amount is based on managements expected production.
G	General and administrative cost forecasts are based on historical payments and represent payments made on insurance, bank fees and other miscellaneous costs.
H	Interim Finance interest and fees relate to anticipated costs associated on borrowings (subject to court approval) to cover operational, capital and restructuring costs in the CCAA proceedings.
I	Capital expenditure forecast of approximately $225,000 relating to Alberta Energy Regulator ("AER") mandated operational activities on certain wells to ensure Alton remains in good standing with the AER.
J	Restructuring costs consist of anticipated professional fees incurred during the CCAA proceeding.
K	Anticipated Interim Financing borrowings required to fund operational, capital and restructuring costs.
L	Opening available cash remaining under current line of credit with Alberta Treasury Branch ("ATB") as at December 9, 2013. Maximum credit facility with ATB is $9 million.
M	Subject to Court approval, anticipated requirement of Interim Financing of $1 million.

Don Umbach
President

December 6, 2013
Date