SCHEDULE "E"

GUIDE TO COMPLETING THE D&O PROOF OF CLAIM FOR CLAIMS AGAINST FORMER DIRECTORS OR OFFICERS OF ARGENT ENERGY LIMITED (THE ADMINISTRATOR OF ARGENT ENERGY TRUST), ARGENT ENERGY (CANADA) HOLDINGS INC. AND ARGENT ENERGY (US) HOLDINGS INC.

This Guide has been prepared to assist Claimants in filling out the D&O Proof of Claim against any Directors or Officers of Argent Energy Limited (the administrator of Argent Energy Trust), Argent Energy (Canada) Holdings Inc. and Argent Energy (US) Holdings Inc. (collectively, the "Debtor"). If you have any additional questions regarding completion of the D&O Proof of Claim, please consult the Monitor's website at http://cfcanada.fticonsulting.com/argent/default.htm or contact the Monitor, whose contact information is shown below.

The D&O Proof of Claim is to be used only by Claimants asserting a claim against a former director and/or officer of Argent Energy Limited (the administrator of Argent Energy Trust), Argent Energy (Canada) Holdings Inc. and Argent Energy (US) Holdings Inc. and NOT for claims against Argent Energy Trust, Argent Energy (Canada) Holdings Inc. and Argent Energy (US) Holdings Inc. themselves.

Additional copies of the D&O Proof of Claim may be found at the Monitor's website address noted above.

Please note that this is a guide only, and that in the event of any inconsistency between the terms of this guide and the terms of the D&O Claims Procedure Order made on August 30, 2016 (the "D&O Claims Procedure Order"), the terms of the D&O Claims Procedure Order will govern.

Section 1 - Original Claimant

1. A separate D&O Proof of Claim must be filed by each legal entity or person asserting a claim against any Directors or Officers of the Debtor.

2. The Claimant shall include any and all D&O Claims it asserts in a single D&O Proof of Claim.

3. The full legal name of the Claimant must be provided.

4. If the Claimant operates under a different name, or names, please indicate this in a separate schedule in the supporting documentation.

5. If the D&O Claim has been assigned or transferred to another party, Section 2 must also be completed.

6. Unless the D&O Claim is assigned or transferred, all future correspondence, notices, etc. regarding the D&O Claim will be directed to the address and contact indicated in this section.

Section 2 - Assignee

7. If the Claimant has assigned or otherwise transferred its D&O Claim, then Section 2 must be completed.

8. The full legal name of the Assignee must be provided.

9. If the Assignee operates under a different name, or names, please indicate this in a separate schedule in the supporting documentation.

10. If the Monitor is satisfied that an assignment or transfer has occurred, all future correspondence, notices, etc. regarding the D&O Claim will be directed to the Assignee at the address and contact indicated in this section.

Section 3 - Amount of Claim of Claimant against Director or officer

11. Indicate the amount the Director or Officer is claimed to be indebted to the Claimant and provide all other request details.

CURRENCY, ORIGINAL CURRENCY AMOUNT

- 12. The amount of the D&O Claim must be provided in the currency in which it arose.
- 13. Indicate the appropriate currency in the Currency column.

14. If the D&O Claim is denominated in multiple currencies, use a separate line to indicate the Claim amount in each such currency. If there are insufficient lines to record these amounts, attach a separate schedule indicating the required information.

15. D&O Claims denominated in a currency other than Canadian dollars will be converted into Canadian dollars in accordance with the D&O Claims Procedure Order.

Section 4 - Documentation

16. Attach to the claim form all particulars of the D&O Claim and supporting documentation, including amount, description of transaction(s) or agreement(s) or breach(es) giving rise to the D&O Claim.

Section 5 - Certification

- 17. The person signing the D&O Proof of Claim should:
 - (a) be the Claimant, or authorized representative of the Claimant.
 - (b) have knowledge of all the circumstances connected with this D&O Claim.
 - (c) have a witness to its certification.

18. By signing and submitting the D&O Proof of Claim, the Claimant is asserting the claim against the Directors and Officers identified therein.

Section 6 - Filing of Claim

19. The D&O Proof of Claim must be received by the Monitor by no later than 5:00 p.m. (prevailing Mountain Time) on September 30, 2016. D&O Proofs of Claim should be sent by prepaid ordinary mail, courier, personal delivery or electronic or digital transmission to the following address:

FTI Consulting Canada Inc. Monitor of Argent Energy Trust, Argent Energy (Canada) Holdings Inc. and Argent Energy (US) Holdings Inc. Suite 720, 440 2nd Avenue SW Calgary, AB T2P 5E9

Attention: Deryck Helkaa / Dustin Olver Telephone: 403-454-6031 / 403-454-6032 E-mail: deryck.helkaa@fticonsulting.com / dustin.olver@fticonsulting.com

Failure to file your D&O Proof of Claim so that it is received by the Monitor by 5:00 p.m. (prevailing Mountain time), on September 30, 2016 will result in your claim being barred and you will be prevented from making or enforcing a D&O Claim against any former directors or officers of the Debtor. In addition, you shall not be entitled to further notice in and shall not be entitled to participate as a D&O claimant in these proceedings.