Paramount Resources Ltd.

Paramount Resources Ltd. Annual and Special Meeting of Shareholders to Be Webcast

CALGARY, ALBERTA - May 11, 2009 /CNW/ - Paramount Resources Ltd. (TSX:POU) ("Paramount") announces that the annual and special meeting of its shareholders to be held in the Conference Center at Centrium Place, 332 - 6th Avenue S.W., Calgary, Alberta, at 10:30 a.m. (Calgary time) Wednesday, May 13, 2009, will be webcast. To listen to the annual and special meeting and view the presentation to be provided at the meeting, please go to the following internet address:

http://events.onlinebroadcasting.com/paramountres/051309/index.php

The webcast will also be available at the same internet address for a period of time following the meeting.

Paramount is a Canadian oil and natural gas exploration, development and production company with operations focused in Western Canada. Paramount's common shares are listed on the Toronto Stock Exchange under the symbol "POU".

For further information: Paramount Resources Ltd., C.H. (Clay) Riddell, Chairman and Chief Executive Officer, or J.H.T. (Jim) Riddell, President and Chief Operating Officer, (403) 290-3600, (403) 262-7994 (FAX), www.paramountres.com, Paramount Resources Ltd., 4700 Bankers Hall West, 888 - 3rd Street SW, Calgary, AB T2P 5C5

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https://stage.mediaroom.com/paramount/news-releases?item=122580