



**FOR IMMEDIATE RELEASE**

Date: January 10, 2006

TSX-V Symbol: SAE

Sable Resources announces that it has granted 650,000 options to directors of the Company at a price of \$0.30 per share for a period of five years.

Sable Resources is focused on the exploration and development of its Shasta and Chappelle Properties. The Company has a 200-ton per day mill and supporting infrastructure required for production. It is management's goal to finance future exploration through the production of gold and silver.

For further information please contact:  
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President

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