

COMPANIES WEST GROUP INC. REDIRECTS INVESTMENT IN ALTERNATIVE ENERGY

Denver, Co.-November 19, 2008—Companies West Group Inc.—(OTC:COWS) Frankfurt:A38- has reversed its decision to proceed with the financing for a Biodiesel Reactor as mentioned in an earlier company press release. After considerable due diligence Companies West Group has decided to arrange financing to acquire an Anaerobic Digester from American Alternative Energy Systems.

An Anaerobic Digester breaks down organic waste such as manure, cereals, crops, baking grease, yard waste, etc. with micro-organisms in the absence of oxygen in an enclosed vessel. This process produces a biogas of methane and carbon dioxide.

A generator then converts the biogas into electricity and heat, which is used to power the farm and the excess electricity can be sold to hydro grids.

The processed manure and waste is then free of bacteria and pathogens and is safe to be spread as fertilizer on fields.

The company remains committed to pursuing viable opportunities in the renewable energy field that will sustain long term economic returns for the corporation.

About Companies West Group Inc.

Companies West Group Inc. corporate focus is on the green Energy or biofuel sector.

Established back in 1958, it became a Colorado corporation in 1986. Most of this Company's investments will be in instruments that provide a contribution to a clean and sustainable environment. The Company invest in firms that prevent or reduce air and water pollution as well as those which use fewer chemical pesticides. We seek to provide alternative to clear cutting forests and to promote recycling. Companies West Group Inc. believes that the area in which we invest such as clean water and clean air will continue to present opportunities. Please visit our website for more information and updates. <http://www.companieswestgroupinc.com>

Forward Looking Statements

This press release contains "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995. Statements in this release that are forward-looking statements are based on current expectations and assumptions that are subject to known and unknown risks, uncertainties, or other factors which may cause actual results, performance, or achievements of the company to be materially different from any future results, performance, or

achievements expressed or implied by such forward-looking statements. Actual results could differ materially because of factors such as the effect of general economic and market conditions, entry into markets with vigorous competition, market acceptance of new products and services, continued acceptance of existing products and services, technological shifts, and delays in product development and related product release schedules, any of which may cause revenues and income to fall short of anticipated levels. All information in this release is as of the date of this release. The company undertakes no duty to update any forward-looking statement to conform the statement to actual results or changes in the company's expectations.

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