

Exploration Highlights for July, 2009

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Total Claims Staked in July, 2009 - 330

Total Claims in good standing as at 31, July, 2009 - 135,175

Newfoundland

- *Western*

On July 2, 2009, **Northern Abitibi Mining Corp.** provided assay results for 4 new surface trenches, new exposures around the Thor Vein and from new sampling of the 2008 drill core at the Viking gold property in Newfoundland. High grade mineralization in bedrock along the Thor Trend has now been traced over a strike length of 500 m, and the zone remains open along strike in all directions. Trenching has indicated mineralized widths up to 35 m or more, and surface sampling has demonstrated strong gold mineralization occurs along the known strike length. Trench 28 occurs 90 m north of the Thor Vein and partially exposes a large zone of mineralization over a 30 by 15 m area. Highlights from trench 28 include a quartz sulfide vein grading 37.1 g/t gold, and veined and altered granite with 19.0 g/t gold over 0.9 m, 14.6 g/t gold over 2.0 m, and 13.4 g/t gold over 1.0 m. Trench 30 occurs 285 m south of the Thor Vein and strong alteration and mineralization are partially exposed over a zone at least 15 m wide. Highlights from trench 30 include a grab sample with 44.3 g/t gold, and channel samples with 21.0 g/t gold over 0.65 m, 12.7 g/t gold over 4.0 m, and 8.6 g/t gold over 2.1 m. The exposure around the high grade Thor Vein (Trench 9) has been significantly expanded. Eighty two new channel samples have been taken within an area 25 m by 30 m. Gold values from these 82 samples range from trace to 98.5 g/t gold with an average of 5.6 g/t (includes non mineralized samples from outside the mineralized zone). The average of 61 channel samples from the entire mineralized zone, including the high grade Thor Vein and the roughly 20 m wide lower grade halo is 13.0 g/t gold. An additional 140 samples have been collected from previously unsampled 2008 drill core in zones with potential for additional gold mineralization. The new sampling has

identified new zones of high grade mineralization in hole 08VK-06, including 11.3 g/t gold over 0.5 m, 6.6 g/t gold over 0.7 m, and 6.1 g/t gold over 0.6 m.

Four new drill holes have been completed (holes 09VK-11 to 14). All of the holes have tested the 500 m long mineralized Thor Trend, to provide an initial indication of the size and grade potential of the zone. To date all of the new holes have intersected altered and quartz veined zones similar to those observed in trenching.

On July 20, 2009, **Northern Abitibi Mining Corp.** provide assay results for drill holes 09VK-11 to 14 from its ongoing drilling program at the Viking gold property. All 4 drill holes have intersected strong zones of gold mineralization along with larger intervals of lower grade mineralization. Hole 14 is located 210 m south of the high grade Thor Vein and tested the altered and mineralized zone exposed in trench 31. The hole intersected widespread gold mineralization including 45.5 g/t gold over 1 m within a larger interval grading 18.4 g/t gold over 4.3 m. Below this zone the hole encountered intercepts grading 36.2 g/t gold over 0.5 m and 7.0 g/t gold over 1 m. The high grade intervals occur within a larger halo containing 2.6 g/t gold over 57.4 m. Holes 09VK-11 to 13 are all located on the same section and tested the Thor Trend at trench 30, approximately 285 m south of the high grade Thor Vein. These drill holes did not intersect the east-west trending high grade quartz sulfide vein exposed at surface (with previously released grab samples containing 83.0 and 148.1 g/t gold) as this vein runs at shallow angles to the drill hole direction. The holes were drilled roughly perpendicular to the strong zone of northeast trending quartz veins exposed at surface. Holes 11 to 13 all contained highly anomalous gold throughout their lengths, with hole 09VK-11 averaging 0.4 g/t gold over 55.4 m. Each hole also intersected higher grade mineralization including 9.1 g/t gold over 0.7 m in hole 09VK-11, 4.7 g/t gold over 0.4 m in hole 09VK-12, and 9.3 g/t gold over 0.6 m in hole 09VK-13. The results of drilling to date are an excellent first step in delineating the potential of the Viking project. The ongoing trenching and drilling program is showing the Thor Trend has size potential and is well mineralized, with local zones containing grades above 1 ounce per ton gold. The Thor Trend contains mineralized quartz veins trending in multiple directions and not all of the veins can be tested with a single drilling direction. Additional drill holes oriented in different directions may be required to estimate the true grade of some zones.

www.naminco.ca

On July 3, 2009, **Vulcan Minerals Inc.** announced that the Vulcan-Investcan Robinson's #1 well in western Newfoundland commenced drilling on June 30, 2009. The well is currently being prepared to run and cement conductor casing at 88 m depth.

On July 24, 2009, **Vulcan Minerals Inc.** announced that the Vulcan-Investcan Robinson's #1 well in western Newfoundland has set and cemented 13 3/8 inch casing at 829 metres depth. The well is currently being prepared to drill ahead. The well is planned to a total depth of 3600 m and will be the first deep well in the underexplored Bay St. George basin. The drilling program is being conducted pursuant to a 50/50 joint venture with Investcan Energy Corporation. Because the well is a wildcat well in a new basin it is being constructed with an extra string of casing requiring a larger diameter hole in the upper sections of the well. This adds to the drilling time compared to a similar

depth well in a basin with lots of geological control. This is normal in a frontier environment and is part of the drilling program.

www.vulcanminerals.ca

On July 16, 2009, **Messina Minerals Inc.** reported assay results from surface sampling on the York Harbour Property located in western Newfoundland. Messina may earn a 100% interest in the York Harbour Property by expending \$1 million in exploration by July 2014. The original outcropping A Zone lens was 'rediscovered' after being covered by debris for 100 years. Five A Zone samples assayed between 10.4% and 19.7% copper, with up to 0.15% cobalt. The discovery of economically interesting amounts of cobalt is the first time this has been documented. A total of eighteen samples were collected at the York Harbour mine site. Nine of eighteen samples assayed at least 8.3% copper up to 19.7% copper. Six of eighteen samples collected assayed at least 7.0% zinc up to 34.2% zinc. The initial assay survey of mineralization types indicates there is mineralization at York Harbour that could conceptually be classified as 'direct shipping' ore.

The Sea Level adit portal is in excellent condition and is easily accessible. The adit extends some 800 m from the portal towards the York Harbour Mine workings at an elevation approximately 200 m below the main 4th Level adit of the York Harbour Mine. The adit is an important asset that may be useful for future underground exploration or development programs.

Prospecting and mapping programs are underway with the objective of determining a regional geological model for mineralization. Compilation of underground geology and assay records continues with the objective of determining local controls to mineralization and identifying drill targets around the copper-zinc sulphide lenses. The overall objective is to identify initial drill targets on the property in the latter part of 2009.

The York Harbour Property covers the past-producing York Harbour copper-gold mine and approximately 4 km of under-explored strike length. The York Harbour mine produced copper and gold between 1898 and 1913; the underground workings were last refurbished and permitted for underground development in 1977. The mineralization at York Harbour is described as ophiolite-hosted "Cyprus-type". Mineralization of this style is widespread in the ophiolitic rocks of western Newfoundland and includes more than 175 showings and 14 past-producing copper deposits.

www.messinaminerals.com

• *Central*

On July 7, 2009, **Cornerstone Resources Inc.** and 50% joint venture partner **Thundermin Resources Inc.** announced the results of a National Instrument 43-101 mineral resource estimate for the Little Deer copper deposit located approximately 10 km north of Springdale, north-central Newfoundland. Micon has estimated that the Deposit contains Indicated Resources of 1,087,000 tonnes at an average grade of 2.9% Cu and an Inferred Resource of 1,950,000 tonnes at an average grade of 2.3% Cu. Assaying of drill core since 2007 by Thundermin and Cornerstone suggests that the reported mineral resource may contain from 0.02% to 0.03% cobalt. However, a reliable estimate of the

overall cobalt grade for the reported mineral resource is not possible at the present time as cobalt was not consistently assayed on historical drill core.

The Little Deer mineral resource estimate was calculated using a database containing 85 current and historical drill holes. The database includes all of the holes drilled by Cornerstone and Thundermin up to and including holes LD-09-22 and LD-08-16A, the results of which were released on June 16, 2009.

The Deposit is well situated to take advantage of Newfoundland's developed infrastructure. The Deposit is located approximately 16 km from the Trans Canada Highway and it is easily accessible by a 10 km network of paved and gravel roads north of Springdale, where there is an available skilled mining workforce. The site is approximately 8 km from a major power transmission grid and there is a plentiful supply of fresh water in the area. To date, the Little Deer copper deposit has been intersected over a strike length of approximately 1,050 m and to a vertical depth of approximately 895 m. The Deposit remains open to the east, west and at depth and the potential for discovery of additional mineral resources is believed to be high. Diamond drilling on the Deposit is on-going and it is expected that two new holes, designed to expand the reported initial mineral resource estimate, will be completed as part of the \$900,000 exploration program outlined for the first half of 2009. Results from these holes will be released once they have been completed and assays are received.

On July 16, 2009, **Thundermin Resources Inc.** and 50% joint venture partner **Cornerstone Resources Inc.** announced that they have extended the option with Weyburn Investments Limited to earn a 100% interest in the Little Deer Copper Deposit which is located approximately 10 km north of Springdale in north-central Newfoundland. Diamond drilling, designed to expand the reported initial mineral resource estimate on the Deposit, is on-going as part of a \$900,000 exploration program for the first half of 2009. Results from all unreported holes will be released once assays are received and results compiled.

www.thundermin.com

www.cornerstoneresources.com

On July 07, 2009, **Mountain Lake Resources Inc** reported that field exploration work has commenced on the Little River Gold Property in southern Newfoundland to prepare for the Company's initial phase of drilling. Line cutting got under way last month and the soil sampling grid has been extended to the northeast of the 2008 grid over an area of poorly delimited historic soil anomalies. Very strong gold-arsenic soil anomalies were identified in the northern portion of the 2008 grid and several impressive arsenopyrite occurrences have been identified and sampled in this year's follow-up program. Assays are pending and gold is almost always associated with arsenopyrite on the property, which is quite visible and easily identifiable. No historic drilling has taken place in the areas of these anomalies and occurrences. Upon receipt of the analytical results from the soil geochemical survey, the Company plans to prospect and then trench and sample the priority anomalies. The analytical results from trenching samples will determine the drill hole locations for the initial drill program.

On July 21, 2009, **Mountain Lake Resources Inc** reported that it has commenced follow-up drilling on the mineral claims optioned from Cornerstone Capital Resources Inc., which are adjacent to Mountain Lake's 100% owned Bobby's Pond base metals deposit located approximately 45 kms west by road of Teck Cominco's Duck Pond mine/mill operation. Mountain Lake's exploration objective is to find new, near surface, ore bodies in close proximity to the Bobby's Pond deposit. This year's program is designed to follow-up on the new volcanogenic massive sulphide (VMS) zone the Company encountered on the Cornerstone property in its Fall 2008 drill program. Last month, the Company completed a gravity survey over the area of the new VMS zone. The results of the survey defined two gravity anomalies along strike from the 2008 intercept in drill hole CS-08-03 (0.6 m of 7.0% Zn, 0.15% Cu, 4.7% Pb, 80.6 g/p/t Ag and 1.05 g/p/t Au) and another gravity anomaly behind the collar of hole CS-08-03. Gravity anomalies can be indicative of massive sulphide ore bodies due to the high specific gravity of the sulphide minerals. The interpretations of the gravity survey results have been used to finalize drill targets with the objective of testing the extent of the new zone.

www.mountain-lake.com

On July 21, 2009, **JNR Resources Inc.** provided the following update and results on the Topsails uranium project (central Newfoundland), a 50/50 alliance between the Company and **Altius Resources Inc.**, established to explore for volcanic-hosted uranium deposits in a defined area of west-central Newfoundland near the mining community of Buchans. An extensive prospecting and mapping program is now underway and will continue into the fall. It will focus on six separate areas identified by the 2008 program that returned highly anomalous geochemistry, including up to 5,260 ppm uranium in one sample and 35,000 ppm copper in another. A nominal amount of trenching and soil geochemistry will also be carried out. Also completed during the winter of 2009, was an advanced re-processing and interpretation of an 18,812 line-km fixed wing radiometric and magnetic survey flown in 2008. This work identified more than 60 targets for follow up, several of which were not evaluated by prospecting in 2008. A property-wide lake sediment geochemical survey, completed during 2008, indicated anomalous uranium values with associated molybdenum and fluorine in a number of areas, the largest being 20 by 10 km in size. With background values less than 10 ppm, anomalous uranium values of greater than 30 ppm, to a maximum of 535 ppm, were identified in more than 30 lakes. These samples combined with historical surveys highlighted four distinct areas of extensive uranium-molybdenum enrichment. The geochemically anomalous lakes lie within or adjacent to granitic rocks related to the caldera complexes targeted for exploration, and confirm the prospectivity of the Topsails rocks for hosting volcanic-related uranium mineralization.

It should be noted that lakes in the vicinity of uranium deposits in the prolific Athabasca Basin are commonly anomalous in uranium and pathfinder elements associated with the mineralization. Molybdenum and fluorine are common pathfinder elements diagnostic of volcanic-hosted uranium deposits. Furthermore, volcanic-hosted uranium deposits are a significant source of high-tonnage moderate-grade uranium, with one of the best examples being the Streltsovka caldera, Russia's largest uranium resource.

www.jnrresources.com

On July 8, 2009, **Paragon Minerals Corporation** reported that joint venture partner **Golden Dory Resources Corp.** has completed a 15 hole, 2,024-m Phase 1 diamond drill program on the Huxter Lane Gold Project in central Newfoundland, Canada. Highlights of the drill program include:

Mineralized porphyry intersected in all drillholes over widths of up to 98 m;

Significant drill intercepts of 0.38 g/t gold over 77.5 m, 0.57 g/t gold over 38.7 m, and 0.51 g/t gold over 33.8 m;

Gold-bearing porphyry remains open along strike and to depth.

The Huxter Lane project is a near surface, bulk-mineable gold target where wide-spaced drilling at the Mosquito Hill prospect has outlined a near surface, gold-bearing porphyry intrusion over a strike length of 1000 m and to a vertical depth of 225 m. The mineralized porphyry is exposed at surface, dips gently to the south and remains open along strike and to depth. The 2009 drill program focused on a specific area of the Mosquito Hill prospect where previous drill results have include 2.21 g/t over 35.0 m (HX06-16) and 1.68 g/t gold over 20.2 m (HX07-24). Drillholes HX09-32 to HX09-46 were completed in a grid pattern at 50-m centers covering an area of approximately 100 by 300 m. The gold-bearing porphyry was intersected in all of the completed drillholes over thicknesses of up to 98 m (core length). Paragon and Golden Dory plan to review the results of the drilling to date to further understand the alteration and structural controls focusing the gold mineralization. Golden Dory can earn a 60% interest in the Huxter Lane gold property by spending \$2.0 million in exploration over four years, and an additional 10% (to 70% interest) by delivering a bankable feasibility study.

www.paragonminerals.com.

<http://www.goldendoryresources.com/>

• *Baie Verte Peninsula*

On July 2, 2009, **Anaconda Mining Inc.** announced that it has begun custom milling ore from the Pine Cove gold mine at Crew Gold's Nugget Pond mill as per their Toll Processing Agreement with Crew. Milling of Pine Cove ore commenced at Nugget Pond on June 29 from stockpiled ore that was trucked from the mine site during the previous week. The Nugget Pond mill has a rated milling capacity of 450 tonnes per day and it is anticipated gold recoveries will be in excess of 90%. Anaconda recommenced normal mining operations on June 1 to facilitate the stockpiling of ore ahead of the scheduled start-up of custom milling. The Company also continues to process ore at its Pine Cove mill. The Company will be providing additional updates on the redevelopment of the Pine Cove mill in the coming weeks.

www.anacondamining.com

On July 16, 2009, **Silver Spruce Resources Inc.** reported that it has optioned the Rambler South gold property located on the Baie Verte peninsula in north central Newfoundland. The property hosts three areas of structurally related gold mineralization - the SB gold in till anomaly, and the Krissy and Brass Buckle gold trends. The property was optioned from Northeast Exploration Services, Krinor Resources Inc. and Peter Dimmell (P. Terms of the option to earn a 100% interest, subject to a 2.5% NSR with a 1.0% buyback for \$1.5 M, are:

	Cash	Shares	Work Commitment
On signing:	\$15,000	300,000	\$100,000
1st anniversary	\$30,000	350,000	\$150,000
2nd Anniversary	\$50,000	400,000	\$250,000
Totals	\$95,000	1,050,000	\$500,000

In addition, a yearly advance royalty payment, deducted from future NSR payments, of \$10,000 per year, is payable from the 4th anniversary on.

The host rocks are the Pacquet Harbour Group (PHG), mainly mafic volcanic units, the host for the gold rich Rambler deposits located to the north, which are cut by intrusive units - the Burlington Granodiorite to the west and a number of quartz porphyry dikes thought to be related to the Cape Brule Porphyry, to the east. All gold mineralized zones, from north to south - the Krissy, SB and Brass Buckle, are structurally related. Gold mineralization at the Krissy and Brass Buckle zones, both of which have visible gold, is associated with sulphide rich quartz veins emplaced along shear zones and related to the intrusion of linear quartz porphyry bodies. Values vary from background (100 ppb or less) to 12.5 g/t / 1.5 m - Krissy channel and 65 g/t over 1 m (including 280 g/t over 0.25 m) - Brass Buckle - DDH. The South Brook till anomaly appears to be related to shearing along the southern contact of the northeasterly trending "tongue" of Burlington Granodiorite that cuts the PHG to the northeast of Gull Pond. Four till exploration programs, carried out from 1989 to 2007, defined a gold in till anomaly, 3.5 km long and up to 1.5 km wide to the south of the "tongue" which gave gold grain counts up to 200 grains and background values less than 10 grains with many at 0 grains. The assumed source area, defined in 2007 by close spaced (50 m) sampling, gave gold grain counts up to 1,360 grains with 95% being pristine, lies along the south side of the "tongue" and is believed to be a chlorite altered shear zone in the mafic volcanics of the PHG.

Exploration will consist of compilation, rehabilitation of the Krissy grid along the Krissy Trend, soil geochemistry and prospecting followed by trenching / diamond drilling on the Krissy Trend and linecutting followed by diamond drilling on the SB gold in till anomaly. No work is planned on the Brass Buckle trend this year.

www.silverspruceresources.com.

- *Southern*

On July 21, 2009, **Silver Spruce Resources Inc.** reported that it has optioned the Lazyman gold property located in the Bay D' Espoir Area of southern Newfoundland where gold mineralization was discovered in the summer of 2009. There is no recorded exploration work on the property which hosts structurally related gold mineralization in altered / sheared metasediments and stockwork quartz veins. The property was optioned from prospectors Alex Turpin and Colin Kendell. The terms to earn a 100 % interest in the property, subject to a 2.5 % NSR with a 1.5% buyback for \$2.0M, are:

	Cash	Shares
On signing:	\$20,000	200,000
1 st anniversary	0	150,000

2 st anniversary	0	200,000
3 rd Anniversar	0	250,000
Total	\$20,000	800,000

In addition, a yearly advance royalty payment, deducted from future NSR payments, of \$20,000 per year, is payable from the 4th anniversary on. The host rocks for the mineralization are the Baie d'Espoir Group (BEG), mainly siliciclastic marine sediments and locally minor intermediate and felsic

volcanics, of Cambro -- Ordovician age. The only known work on the property is prospecting carried out by the vendors in the spring of 2009, followed by a site visit by SSE in June. A total of 37 rock samples were taken from outcrops of either arsenopyrite-bearing sheared sediments and/or quartz veins, 36 from the Lazyman Showing and a single sample from an outcrop 2 km to the west. Thirty one samples contain > 0.1 g/t gold, with 18 > 0.5 g/t and 10 > 1 g/t gold. The remaining 6 samples gave < 0.1 g/t gold. The gold mineralization occurs in sheared, arsenopyrite bearing, sedimentary units and in stockwork quartz veins exposed in outcrop over an area of approximately 300 m by 60 m. The showing is surrounded by bog and is open in all directions. Values vary from background (100 ppb or less) to 11.4 g/t gold. The property has the potential to host a large tonnage, low grade gold deposit similar to the Touquoy Deposit, Meguma Group of Nova Scotia, (13.2 million tonnes grading 1.5 g/t gold) presently being prepared for production by Atlantic Gold.

Fifteen due diligence samples taken by SSE's Senior Geologist, Guy Mac Gillivray gave Au values from 5 to 1309 ppb with all samples taken from areas away from the higher grade quartz veining. The results confirm that the host sedimentary units are auriferous. Exploration, to begin immediately will consist of detailed prospecting over the entire claim block in conjunction with soil geochemistry. The mineralization at the Lazyman Showing will also be systematically channel sampled. Trenching / Diamond drilling is contingent on positive results from the initial surveys.

www.silverspruceresources.com.

Labrador

• Central Mineral Belt

On July 21, 2009, **Bayswater Uranium Corp.** announced that it has commenced a six week exploration program on its 100% owned Boiteau Lake Uranium Project located in the Central Mineral Belt of Labrador. A nine man field crew has been mobilized to the work area to evaluate several priority uranium targets identified by prospectors late in the 2008 field season. A detailed exploration program including grid establishment, detailed geological mapping, soil geochemistry, ground geophysics, scintillometer surveys and prospecting will be carried out over the highest priority areas. The objective of the program is to evaluate the potential of these targets for future drill testing. The Boiteau Lake Trend represents one of several high priority targets identified by Bayswater during 2008 requiring detailed ground follow-up. Highlights from the Boiteau Lake Trend include the identification of four outcropping uranium showings from which 23 of 28 rock samples collected returned values greater than 0.10% U₃O₈ and up to 0.723% U₃O₈.

www.bayswateruranium.com