

Exploration Highlights for August, 2009

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Claim Staking Update for Newfoundland and Labrador

Claims staked	799
Claims in good standing	130,265

Newfoundland

- ***Western***

On August 5 **Northern Abitibi Mining Corp.** provided assay results for drill holes 09VK-15 to 21 from its ongoing exploration program at the Viking gold property in Newfoundland. Drilling continues to intersect high grade zones of gold mineralization along with larger intervals of lower grade mineralization and the project continues to show excellent potential for near surface bulk minable zones of mineralization.

Drill Results

Holes 09VK-14 to 16 occur on the same section located 210 m south of the high grade Thor Vein. Hole 09VK-16 intersected the same mineralized zone encountered in hole 09VK-14 (2.6 g/t gold over 57.4 m including 45.5 g/t gold over 1 m as previously released on July 20th) and also intersected a larger, potentially bulk minable zone of lower grade mineralization. Hole 09VK-16 contains a 0.5 m zone grading 36.0 grams per tonne (g/t) gold within a larger mineralized interval grading 2.9 g/t gold over 17.5 m. Hole 09VK-29 tested the same zone approximately 50 m deeper than hole 09-VK-16, and intersected similar looking alteration and quartz veining suggesting the mineralized zone continues to depth. Results for hole 09VK-29 are pending. Hole 09VK-15 encountered anomalous gold mineralization over its entire length with patchy gold grades up to 3 g/t. Hole 09VK-15, along with holes 11, 12, and 13 located just south of the section, occur almost entirely within the footwall of the mineralized zone and do not properly test it. Future drill holes will be collared on the west side of the Thor Trend and drilled towards the east to properly test the west-dipping mineralized zone. The true widths of the mineralized intercepts have not been determined.

Holes 09VK-17 and 18 are located 80 m north of the Thor Vein. Hole 17 intersected a 1 m wide zone at the start of the hole grading 1035.5 g/t silver. This very high grade silver value has been confirmed in a repeat assay but how it fits into the otherwise gold-dominated system remains poorly understood at this time. Hole 09VK-17 also encountered 29.4 m grading 1.0 g/t gold and hole 09VK-18 intersected 10.3 m grading 0.9 g/t gold. Holes 09VK-19 to 21 have been drilled on the same section located 50 m north of the Thor Vein and are shown on cross section B-B' (http://media3.marketwire.com/docs/805nai_map3.pdf). All 3 holes have intersected strong zones of gold mineralization over considerable widths and highlight the excellent potential for near surface bulk minable resources in the area. Hole 09VK-19 intersected 41.4 m grading 2.0 g/t gold starting at surface, including 18.2 m grading 4.1 g/t gold. A high grade intercept within this zone contained 37.5 g/t gold over 1.2 m. Hole 09VK-20 intersected 30 m grading 1.7 g/t gold including narrow higher grade intervals such as 34.7 g/t gold over 0.2 m. Hole 09VK-21 intersected 40.5 m grading 1 g/t gold, including 13.2 g/t gold over 0.5 m. A duplicate sample from this high grade interval returned 57.5 g/t gold over 0.5 m and the large variation in gold grades is attributed to the presence of coarse free gold within the high grade zones.

The company is very pleased with the results of the 2009 exploration program to date. A sizable zone of near surface potentially bulk minable mineralization is starting to be outlined by drilling and significant narrow high grade intervals occur within this zone. Additional surface exploration has increased the strike length of the Thor Trend to 600 m, and the zone remains open in all directions. Trench Results Trench 29 is the northern most trench on the Thor Trend and is located 125 m north of the high grade Thor Vein. The trench returned a high of 11.8 g/t gold over 1.1 m. A total of 7 channel samples were taken from the trench and have an average grade of 3.2 g/t gold. Trench 34, the southern most trench on the Thor Trend has extended the Trend further to the south. Results from trenches 32 to 34 will be available for release shortly.

Drilling Update

Nineteen drill holes for a total of 1700 m have been completed to date during the 2009 drill program. All of the holes have been logged, sampled, and sent to the lab for assay. Additional drill hole results are expected within about two week's time. The drill will be shut down for approximately 3 weeks in August for a scheduled break, and the drill program will resume in early September.

www.naminco.ca

On August 17, **Northern Abitibi Mining Corp.** provided assay results for drill holes 09VK-22 to 25 from its ongoing exploration program at the Viking gold property in Newfoundland. Drill hole 09VK-23 has intersected one of the widest high grade zones encountered in drilling so far and continues to highlight the excellent potential of the Viking project. Drilling to date has partially tested the Thor Trend over a strike length of 500 m and numerous well mineralized zones of near surface potentially bulk minable mineralization have been identified. Recent exploration data indicate the Thor Trend could have a strike length exceeding 1200 m, and permitting is underway to allow trenching and drill testing along the entire strike length.

Drill Results

Holes 09VK-22 and 23 tested the nose of a fold that appears to control the distribution of the high grade Thor Vein. Hole 09VK-22 intersected 22.2 m grading 1.9 grams per tonne (g/t) gold, including 0.2 m grading 37.2 g/t gold. Hole 09VK-23 intersected 27 m grading 7.9 g/t gold, including 4.8 m grading 41.4 g/t gold and 0.5 m grading 136 g/t gold. The occurrence of such a wide intercept of high grade gold mineralization associated with a fold nose is a very significant development in the exploration of the Thor Vein. The identification of a fold nose structure provides an exploration model which will help guide future drill testing and high grade resource delineation at the Viking project. Other examples of high grade gold mineralization occurring in fold noses (including saddle reefs) can be found in the Meguma gold deposits of Nova Scotia (around 1.3 million ounces gold produced) and the Bendigo Goldfield in Australia (around 22 million ounces gold produced). Gold mineralization associated with fold noses is one of several structural styles of mineralization found at the Viking project. Holes 09VK-24 and 25 were both drilled on the same section located 115 m north of the Thor Vein. The holes did not intersect the mineralized zone uncovered in Trench 29. Hole 09VK-24 intersected anomalous gold values up to 1.2 g/t over a 40 m core length, and hole 09VK-25 intersected intermittent weakly anomalous gold with values to 0.4 g/t over a 40.5 m core length.

Exploration Update

The company has recently received the results of a high resolution airborne magnetic survey flown over the Viking project. The results of this survey are being analyzed by Northern Abitibi personnel and will be available for release shortly. Drill results from holes 09VK-26 to 29 should be available for release in about 2 weeks time. Drilling will resume at Viking in early September.

www.naminco.ca

On August 7, **Delta Uranium Inc.** announced the results of trenching at Incinerator Road, on the 85,000-hectare Deer Lake uranium property in western Newfoundland. Seventeen new trenches have exposed uranium mineralization at the Dan Showing over a strike length of 600 m. Assays of grab samples range from 23 to 1392 ppm U₃O₈, with an average of 346 ppm U₃O₈. The Incinerator Road trend is an 8 km long section of the unconformity at the western edge of the Carboniferous age Deer Lake basin, where sedimentary rocks rest on older basement rocks. Just above the unconformity, uranium mineralization is found in carbonate conglomerates, carbonate breccias and carbonate sandstones. All three rock types contain uranium at numerous showings along the trend, which is generally very poorly exposed. The best exposed area is referred to as the Dan Showing, where Spruce Ridge Resources Ltd. carried out sampling and some shallow diamond drilling in 2007. Seventeen new trenches were excavated at the Dan Showing, extending the strike length to 600 m. Twenty-one grab samples were sent for assay. Results ranged from 23 to 1392 ppm (0.05 to 3.06 pounds per tonne) U₃O₈, with an average of 346 ppm U₃O₈. Elsewhere on the Incinerator Road trend, twelve new trenches were excavated, of which ten exposed significant radioactivity. Ten samples from these trenches gave assays from 6 ppm to 746 ppm U₃O₈, with an average of 223 ppm U₃O₈.

www.deltauranium.com

On August 7, **Vulcan Minerals Inc.** announced that it has been notified by the operator of the Parson's Pond petroleum exploration permits in western Newfoundland that Nalcor Energy Oil and Gas Inc. has acquired an average 67% gross working interest and operatorship in the three permits. Nalcor Energy is a Newfoundland and Labrador provincial crown corporation whose business base has been the generation and transmission of electrical power. Over the past three years Nalcor Energy has expanded into the broader energy sector including offshore oil and gas. The company is also leading the development of the provinces energy resources, including the lower Churchill hydro-electric development in Labrador. The Company is pleased that the Parson's Pond project has found a substantial partner and that a drilling program is being proposed. It is planned that the working interests partners will meet in the coming weeks to finalize a drilling program. Vulcan's working interests in the exploration permits, remains unchanged as follows:

18.57% - EP 03-101

7.39% - EP 03-102

10% - EP 03-103

The Company, with its joint venture partner Investcan Energy Corporation, is currently carrying out a drilling program in the Bay St. George Basin in western Newfoundland. The Vulcan-Investcan Robinson's #1 well is planned to a total depth of 3600 m and is the first deep well in this frontier basin. The well is currently drilling ahead at 1840 m.

www.vulcanminerals.ca

On August 25, **Vulcan Minerals Inc.** announced that 9 5/8 inch casing has been set and cemented at 2057 m in the Vulcan-Investcan Robinson's #1 well. The well is currently drilling ahead at 2155 m. The well is a frontier wildcat well designed to test a seismically defined structure in the Carboniferous aged Bay St George basin onshore western Newfoundland. The structure and offsetting play area could exceed 100 square km in aerial size. It is being carried out pursuant to a 50/50 joint venture with Investcan Energy Corporation. The Bay St. George basin has a proven active petroleum system confirmed by several wells which have encountered oil and gas shows at depths less than 1000 m deep. The Robinson's #1 well will be the first deep well in the basin interpreted to penetrate a stacked sequence of sandstones and shales favorably located to the source rock area which will optimize the charging of potential reservoir rocks. The company is permitting two additional locations for follow up wells following Robinson's #1 in an attempt to systematically explore the three petroleum permits covering approximately 250,000 acres held by the Vulcan-Investcan joint venture. Two of the permits, 03-106 and 03-107 are due to expire in February 12, 2010. If petroleum discoveries are made on the permits, the permits are extended upon filing a development plan application towards obtaining a production lease subject to regulatory approval. The Company also expects to be participating, subject to financing, in an upcoming drilling program at Parsons Pond, western Newfoundland where Nalcor Energy recently acquired majority ownership and operatorship. The company owns an average 12% working interest over three onshore Parson's Pond permits. Exploration plans for this area are expected to be announced in the near future.

www.vulcanminerals.ca

- ***Central***

On August 10, **Mountain Lake Resources Inc.** reported that it has commenced drilling on the Valentine Lake property (the "Property") located in Central Newfoundland, 55 km south of the town of Buchans. The Property consists of four (4) mineral licenses covering a total area of 13,475 hectares. Mountain Lake currently owns a 30% interest in the Property and has an option to acquire the remaining 70% from Richmond Mines Inc. Mountain Lake is the operator of the Valentine Lake project and the primary objective of the current program will be to determine the significance of several, single to multi drill hole, isolated intercepts that have been encountered in previous drill campaigns in areas several kilometers northeast of the Leprechaun Pond deposit or Main Zone. The program will also focus on drill testing the southwest end of the Leprechaun Pond deposit to determine if it remains open in that direction. This next phase of exploration is designed to demonstrate both the potential for further deposits within the 29 km strike length of the property as well as the potential to increase the current resource in the area of the Main Zone. www.mountain-lake.com

On August 10, **Messina Minerals Inc.** announced assay results from surface sampling on the Haven Steady Property located in central Newfoundland, Canada. Messina may earn a 100% interest in the Haven Steady Property by expending \$600,000 in exploration by June 2014. The objective of the initial reconnaissance program was to locate the bedrock source of two separate copper-in-soil anomalies identified by Noranda in the 1980's which have not been explained or tested by diamond drilling. The discovery of copper mineralization may be economically interesting as the Haven Steady property lies 15 km south of the operating Duck Pond copper-zinc mill. Summary: Two samples of outcropping felsic sub-volcanic porphyry assayed 6.6% copper and 9.0% copper respectively. Both samples contain chalcopyrite and bornite. The felsic porphyry is interpreted to represent the feeder to the massive sulphide system and the amount of copper mineralization it contains is a positive exploration indicator. The initial prospecting survey to assess the copper soil anomalies indicates there is potential for a copper-enriched massive sulphide zone along strike from zinc-lead enriched massive sulphides historically identified on the Haven Steady property.

Work Results: Compilation of previous surface exploration results is complete. Compilation of historical drilling results in the center of the property which targeted the zinc-lead soil anomaly is nearing completion. Previous work by Asarco (1960's) and Noranda (1980's) identified a 1.6 km long soil anomaly on Messina's Haven Steady property. The soil anomaly is zoned. The western portion is copper-enriched and extends 150 m in length and is untested. The central portion is zinc- and lead-enriched and extends over 800 m in length. Noranda tested the zinc-lead portion of the soil anomaly with twelve widely spaced drill holes of which six intersected economically interesting zinc-lead bearing massive sulphides over a strike length of 600 m and to a vertical depth of 375 m, and ten of eleven holes intersected wide zones of anomalous zinc-lead mineralization. The eastern portion of the soil anomaly is copper-enriched and extends 400 m in length and is untested. Prospecting efforts by Messina targeted the eastern and western copper-in-soil anomalies. A total of 47 samples were all collected from outcrop or 'in-place' subcrop.

Eastern Copper Anomaly A total of 7 samples was collected from a 50 meter area within the 400 meter long eastern copper soil anomaly. One sample contained only sphalerite mineralization and assayed 1.8% zinc. Two samples assayed 6.6% copper and 9.0% copper and contained both chalcopyrite and bornite. The remaining four samples assayed between 0.9% copper and 2.4% copper and contained only chalcopyrite hosted by stockwork within altered tuffaceous felsic volcanics. The samples containing bornite with chalcopyrite were from an outcropping felsic subvolcanic porphyry unit containing coarse 5-20cm stringers of copper-silica stockwork. This is interpreted to be a copper-enriched sub-volcanic feeder to the Haven Steady zinc-lead massive sulphide however no significant amount of copper has been intersected to date in previous drilling, which has not tested the prospective areas with copper-in-soil anomalies.

Western Copper Anomaly A total of 40 samples was collected from the western copper soil anomaly of 150 m length. Of the 40 samples, 12 samples assayed between 0.5% copper and 2.9% copper and contain chalcopyrite mineralization in stockwork within altered tuffaceous felsic volcanics. The initial prospecting survey to assess the copper soil anomalies indicates there is potential for a copper-enriched massive sulphide zone along strike from the zinc-lead enriched massive sulphides historically identified on the Haven Steady property.

On-going Work: Prospecting and mapping programs continue in the area of the eastern copper soil anomaly with the objective of locating more copper mineralization and tracing the extent of the sub-volcanic porphyry. Compilation of historical drilling is nearing completion. The overall objective is to identify initial drill targets on the property in the latter part of 2009.

www.messinaminerals.com

On August 19, **Canstar Resources Inc.** reported that the Canstar Board of Directors has been advised by legal counsel that the Mineral Rights Adjudication Board has requested and received from the Newfoundland and Labrador Ministry of Natural Resources, an extension of time to complete its decision in the dispute between the Mineral Recorder's Office and Vinland Resources on Canstar's Mary March mineral property in the Buchans area. The Adjudication Board has indicated that they will have a decision out before the end of October.

www.canstarresources.com

On August 27, **Thundermin Resources Inc.** and 50% joint venture partner **Cornerstone Resources Inc.** announced that they have intersected additional copper mineralization along with a new zone of zinc mineralization at the Little Deer copper project which is located approximately 10 km north of Springdale in north-central Newfoundland.

On July 7, 2009, Thundermin and Cornerstone announced that Micon International Limited ("Micon") of Toronto, Ontario had completed a National Instrument 43-101 ("NI 43-101") compliant mineral resource estimate for the Little Deer Copper Deposit ("Deposit") under the supervision of Mr. Reno Pressacco, M.Sc.(A), P.Geo., Senior Geologist with Micon and an independent Qualified Person ("QP") in accordance with NI 43-101. Micon estimated that the Deposit contains Indicated Resources of 1,087,000 tonnes at an average grade of 2.9% Cu and Inferred Resources of 1,950,000 tonnes at an average grade of 2.3% Cu. To date, the Deposit has been outlined to varying degrees of detail 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.

Micon concluded in the supporting NI 43-101 Technical Report that the potential exists for the discovery of additional mineral resources on the property.

Holes LD-09-23, 25 and 25A intersected additional copper mineralization which lies outside of the mineral resource block defined by Micon. Therefore, these new intersections would be expected to increase the overall tonnage for the Deposit. In addition, holes LD-09-25 and LD-09-25A intersected a new zone of zinc mineralization, consisting of disseminated to stringer sphalerite within mafic volcanic rocks, that is interpreted to occur stratigraphically above the copper mineralization intersected to date. The best zinc zone assayed 1.8% Zn over 9.5 m from 703.9 to 713.4 within hole LD-09-25. The geological and economic significance of this zinc zone is not known at the present time as no other holes have been drilled in this area. Hole LD-09-24, an infill hole in the western portion of the Deposit, intersected 2.6% Cu over a core length of 4.2 m. This intersection is approximately 50 m below the intersection in hole LD-09-22, that assayed 3.8% Cu over 9.1 m, and 75 m above and to the west of the intersection in hole LD-09-23.

It is anticipated that a new diamond drilling program will commence on the Deposit in September 2009. This program will be primarily designed to expand on the mineral resources defined to date. The details and magnitude of this program will be announced once it has been agreed upon by the joint venture partners.

www.thundermin.com

www.cornerstoneresources.com

- ***Baie Verte Peninsula***

On August 7 **New Island Resources Inc.** advised that as a result of being unable to reach satisfactory terms and conditions with Crew Gold Corp. (Crew) relating to a 'milling agreement' covering the use of the facility by Crew for custom milling ore for third parties during the period from closing to June 2010, it will not be proceeding with the acquisition of the Nugget Pond facility as originally set out in the news release of May 6, 2009. New Island further advises that failure to proceed with the purchase of the mill should in no way affect Crew's existing contract with Anaconda Mining Inc. for custom milling of Pine Cove ore which is now in process and in which New Island has an interest.

www.newislandresources.com

On August 12, **Rambler Metals and Mining plc** announced that it has entered into exclusive negotiations with Crew Gold Corporation for the purchase of the Nugget Pond processing facility situated on the Baie Verte Peninsula in Newfoundland, just 40 km from Rambler's Ming Mine. Crew received Rambler's original bid for the facility in April 2009, however the previous owner of the facility was entitled to exercise a Right of First Refusal to reacquire the assets under the same conditions of the sale and purchase. On August 7, 2009, the previous owner confirmed they were unable to exercise this Right thereby allowing Rambler to enter into final negotiations with Crew for this asset. The acquisition of the facility will give Rambler immediate access to the site allowing a retrofit of the existing CIL Gold Mill with the addition of a copper flotation circuit. The retrofit will not affect the current operation of the facility as Crew Gold currently toll

mills ore from the Pine Cove Gold Mine under an agreement scheduled to expire on June 30, 2010.

Further information will be released to the market as and when negotiations are concluded.
www.ramblermines.com

Labrador

- ***Northern Labrador***

August 13, **Freeport Resources Inc.** announced regulatory approval for bulk sampling at its Hutton Garnet Beaches is basically complete, with the final permit received today. This landmark development is the result of over a year's work. Selection of suitable barges is subject to availability and well underway. Collection and processing of the 5,000 tonne bulk sample will confirm logistics for commercial-scale production. The Hutton project consists of several garnet-rich 'bayhead' beaches created by marine reworking of offshore glacial deposits; heavy minerals are washed ashore to collect between headlands projecting out into the sea. Freeport's extraction concept intends to work with natural processes, removing sand in areas of accumulation to minimize visual impact. Importantly, annual tonnage for full scale production is minor in comparison to the volume of onshore and offshore sand at the site, with South Beach about 1.8 km and North Beach just over 2.2 km in length. As geologically 'young' deposits, formed after the last ice age, their garnet grains are quite angular, with few inclusions. Hutton garnet has performed well in many abrasive waterjet tests and is considered of a high quality. Target markets are eastern North America as well as Europe.

www.freeportresources.com

- ***Western Labrador***

On August 25, **Labrador Iron Mines Limited** announced it has submitted its revised Environmental Impact Statement ("EIS") for its Schefferville Area Iron Ore Project (the "Project") to the Department of Environment and Conservation of Newfoundland and Labrador. The EIS incorporates the Company's original EIS submission of December 2008 prepared in accordance with the Guidelines issued by the Minister of Environment and Conservation, and specifically addresses the requests for certain additional information itemized in the Department of Environment and Conservation's Environmental Assessment Bulletin of March 13, 2009. The EIS identifies and addresses the potential environmental effects of the Project on communities, the economy and business, caribou, fish and other ecological habitat.

www.labradorironmines.ca