

Exploration Highlights for November, 2010

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Claim Staking Update for Newfoundland and Labrador

Claims staked in November 6916

Total claims in good standing 105,952

Central Newfoundland

On November 1, 2010 **JNR Resources Inc.** provided an update from the Koorae copper-molybdenum-gold-silver prospect on its Topsails Project in west-central Newfoundland. The Topsails Project is a 50/50 alliance between the Company and Altius Resources Inc. that was established to explore for volcanic-hosted uranium (U) deposits in a defined area of west-central Newfoundland near the mining community of Buchans.

The 2010 exploration program was budgeted at approximately \$500,000 and focused on the Koorae Cu-Mo-Au-Ag prospect and five other significant areas (Railway U showing, Sheffield Lake South Cu prospect, Long Range Mountain U-REE prospects A and B, and Catcher's Pond Cu prospect).

Extensive trenching and an induced polarization/resistivity (IP) and ground magnetics survey were completed over the Koorae prospect. The trenching extended the main zone of porphyry Cu mineralization to a length of approximately 235 m, while a preliminary interpretation of the IP-magnetics survey revealed significant structural and alteration zones. Four other trenches were excavated over nearby soil geochemical anomalies. Detailed geological mapping and extensive sampling were completed on all the trenches. Samples have been submitted to the Saskatchewan Research Council's Geo-Analytical Laboratory for multi-element analysis.

www.jnrresources.com

On November 8, 2010 **Canstar Resources Inc.** reported that the hearing on the Mary March property title dispute between the Newfoundland and Labrador Mineral Recorder's office and Vinland Resources, scheduled for October 25th and 26th, had been rescheduled to November 30th with 3 days set aside. This delay was due to a medical emergency by the presiding judge.

The Company remains optimistic that a final resolution in Canstar's favour will be forthcoming by year end, in time for a resumption of drilling early in the new year.

www.canstarresources.com

On November 9, **Puddle Pond Resources Inc.** reported that it had completed the planned drilling program on its mineral projects optioned from North Range Resources Ltd., and located in the Lloyd's Valley area of the Central Volcanic Belt (CVB) in south-central Newfoundland. A total of 953.40 m of NQ size drill core were drilled on the Horn-Mesher and MolyPeak Projects.

On the Horn-Mesher Project, 3 holes aggregating 584.10 m intersected pyrite-enriched sulphide mineralization in a sequence of highly prospective volcanic rocks. The holes were positioned to test the source for copper – gold, surface mineralization and geochemical anomalies detected on the Lundberg Grid. The grid covers an area in the east section of the property where historical surface mineralization, principally in boulders, records high-grade base and precious metals mineralization with gold assays ranging up to 1 oz/ton. Five drill sites were selected for drilling and the first 2 holes were unable to penetrate a thick cover of boulder overburden, encountered up to 18 m below surface. The remaining 3 sites were successfully drill tested by holes HM-03-10 to HM-05-10. These holes intersected a thick sequence of intensely altered and structurally deformed volcanic rocks, displaying textures typical of epithermal gold deposits. The volcanic rocks display intense silica, carbonate, epidote, chlorite and graphite alteration. Silicified sections display exhalative horizons typically found in VMS districts and exhibit brown (umber) and red (jasper) silica horizons.

Based on historical exploration and geological mapping, these intensely altered rocks appear not to be documented in the area and therefore the drilling has succeeded in identifying a previously unrecognized package of prospective rocks. These holes are distinguished by a thick, up to 30 m section of extensive quartz – carbonate stockwork veining.

In mid October the drill rig was moved to carry out preliminary testing of the MolyPeak, molybdenum (bismuth – tungsten) mineralized zone located approximately 1500 m northeast and fringing the Horn-Mesher Project. Holes MP-01-10 and 02-10, collared to test the Discovery Vein Zone along a 100 m strike length section were both highly successful in intersecting the down dip extension of the molybdenum enriched mineralization hosted in quartz veins and traced on surface for at least 1200 m. The quartz vein system, which exhibits stringer and disseminated pyrite + pyrrhotite mineralization, was intersected from surface to the end of each hole respectively at 187.1 and 182.2 m. Quartz veins such as the Discovery Vein observed on surface appear to thicken with depth. A total of 77 representative mineralized samples from both holes have been shipped to Actlabs in Ancaster, ON for assaying.

www.puddlepondresources.com

On November 10, 2010 **Buchans Minerals Corporation** announced that it had commenced a 2,100 m drill program on its Buchans North high grade massive sulphide prospect. The program

will comprise no fewer than 5 holes positioned to follow-up the discovery of high grade massive sulphide drill intersections in four previous drill holes.

The drill program will attempt to further define and expand the known mineralization, particularly to the north and west where the Company believes the favorable horizon may thicken. The Buchans North prospect is located 500 m northwest of two of the old Buchans mine open pits (Oriental deposits) and is believed to represent a faulted repeat of the same horizon that hosted the Oriental deposits where former mine operators, Asarco, mined 3.3 million tonnes averaging 14.18% zinc, 7.90% lead, 1.47% copper, 154.0 g/t silver and 1.96 g/t gold between 1935 and 1983. A map showing the location of both the 2009 and historic drill holes can be viewed on the Company's website.

www.buchansminerals.com

On November 19, **Buchans Minerals Corporation** and **Benton Resources Corp.** provided an update on their 50/50 Long Range Nickel joint venture in central Newfoundland. Of note is the significant expansion of anomalous nickel, copper and cobalt values in the soil geochemistry covering a wide area around the original Portage prospect discovery trench.

Expansion of Portage Nickel Prospect:

Since completing initial trenching and shallow drilling at the Portage Nickel prospect in 2009, the Companies have expanded the original trench and completed soil geochemical and high-frequency HLEM surveys over the surrounding area. Results from these surveys reveal the original trench is located adjacent to several coincident, open-ended, nickel-copper-cobalt soil anomalies measuring up to 800 m in length and as much as 250 m in width. The soil anomalies remain open in both strike directions and locally coincide with a number of weak conductive anomalies identified by the HLEM surveys. Having examined the results of the sampling and shallow drilling from the expanded trench in tandem with the wider spread soil geochemistry and HLEM anomalies, the Companies now believe the mineralization may be hosted within an undulating, sub-horizontal mineralized layer within the gabbro. With these results in hand, the Companies have now initiated a further expansion of the soil geochemistry survey area and trenching program designed to test the anomalies for sub-cropping disseminated nickel-copper-cobalt mineralization that may be amenable to bulk tonnage, open pit extraction.

Range Copper Prospect:

Since completing a four hole drill program to test the Range Copper prospect in April 2010, the Companies have worked to determine the extent and orientation of the mineralized zone. Previous drilling returned an intercept of banded, semi-massive and massive sulphides averaging 0.39% copper and 0.032% cobalt over a core length of 37.8 m. Results of subsequent borehole TDEM surveys, HLEM geophysical surveys and prospecting confirm the zone strikes to the northwest with a southwesterly dip. As a result, three of the previous drill holes that failed to intersect the zone are now understood to have drilled above and parallel to the zone, while two holes drilled parallel to and beneath the conductor. This interpretation is supported by the discovery of the zone in outcrop, approximately 120 m southeast of the original bedrock showing. As a result of this revised interpretation, the companies now intend to conduct further drilling on the prospect in the first quarter of 2011.

String Anomaly:

In addition to the soil geochemical and HLEM surveys completed around the Portage discovery trench, results from TDEM surveys completed in 2010 have identified a potentially significant conductive target located within the gabbro, approximately 3.8 km along strike to the southwest of the Portage prospect. This target, called the String Anomaly, has an apparent strike length of 600 to 800 m as defined by 2008 VTEM airborne surveys, and is located beneath a pond. The Companies hope to drill test the conductor when winter conditions permit drilling on the ice during the first quarter of 2011.

Regional Airborne Geophysical Surveys:

The Companies have now completed an initial program of ground prospecting to assess conductive anomalies identified by the joint venture's frontier airborne geophysical surveys completed in 2010. The 1,400 line-km Fugro HELITEM® airborne surveys cover unexplored gabbro bodies recently recognized to be prospective for magmatic nickel-copper sulphide deposits. Results from this work will assist with evaluation and prioritization of targets for further work.

Long Range Potential:

The Companies consider the discovery of nickel sulphide mineralization in gabbro to be particularly encouraging, as it not only identifies potentially large accumulations of low-grade disseminated sulphide mineralization near surface, but also has potential for buried high-grade massive sulphide deposits that may have segregated within the gabbro grading in excess of 4% nickel and 3% copper. Results to date support the Companies' interpretation that the project covers a newly recognized mineralized environment broadly analogous to other magmatic nickel-copper sulphide camps.

www.bentonresources.ca

www.buchansminerals.com

On November 24, **Buchans Minerals Corporation** announced assay results from the first hole of a planned 5 hole, 2,100 m drill program on its Buchans North high-grade massive sulphide prospect. Hole H-10-3421 intersected 3.1 m of semi-massive to massive sulphides averaging 7.32% zinc, 3.93% lead, 0.40% copper, 75.0 g/t silver & 1.75 g/t gold starting at a vertical depth of 376.5 m. The new intersection in H-3421, represents a 41 m step-out northwest of hole H-09-3416 drilled in 2009, that intersected 15.52% zinc, 7.61% lead, 0.92% copper, 148.9 g/t silver and 1.15 g/t gold over 2.1 m. The drill will now test for a western extension of this mineralization. A table summarizing assays from hole H-3421 and a map and cross section are available for viewing on the Company's website.

www.buchansminerals.com

On November 24, 2010 **Messina Minerals Inc.** announced that it had commenced exploratory drilling at the Boomerang massive sulphide prospect within its Tulks South Property located in central Newfoundland, Canada. The area 500 m along strike to the east of Boomerang hosts the 'Hurricane' prospect which currently has no mineral resource estimate. Hurricane zinc

mineralization has been intersected in 7 holes over a 225 meter distance at 200 m below surface including GA07-214 which intersected 13.2 m of 1.7% copper, 9.5% lead, 14.7% zinc, 231 g/t silver and 1.1 g/t gold. Hurricane remains open up dip and along strike to the east.

Three drill holes are planned to test the Hurricane target area for an estimated 1,000 m of drilling. The objective of the drill program is to infill an area of significant copper-lead-zinc sulphide mineralization that, contingent upon positive results, would support a first estimate of mineral resources for this target.

www.messinaminerals.com

Baie Verte

On November 3, 2010, **Commander Resources Ltd.** provided an update on the status of exploration carried out over the past season. Work has commenced on the Orion gold project by partner Maritime Resources Corp. This program is being funded by Maritime Resources and will include 4,000 m of diamond drilling. Strategic planning in relation to uranium holdings in southern Newfoundland is underway, reflecting the current revival in uranium prices.

www.commanderresources.com

On November 4, 2010, **Silver Spruce Resources Inc.** reported that it had received the results for three short channel samples, two selected grab samples taken on the Brass Buckle showing, 6 composite grab samples and 5 check samples from the recent trenching and channel sampling on the Krissy zone, on the road accessible Rambler South gold property.

Brass Buckle: Two selected grab samples and three channel samples were taken over an approximate 10 m strike length, from the surface exposure of the Brass Buckle quartz-pyrite vein, a short strike length vein localized along the contact between a quartz porphyry unit and mafic volcanics of the Pacquet Harbour Group. The channel cuts, taken at 5 m intervals using a Quikcut diamond saw, varied from 0.5 to 0.7 m. Samples were analyzed for gold, tellurium (used in solar panels, cameras and to make metals more machinable) and 30 other elements. The two grab samples taken approximately 5 m apart assayed 573.3 g/T Au, 60 g/T Te and 23.6 g/T Ag and 84.3 g/T Au, and 73.2 g/T Ag. The three channel samples gave values of 25.3, 248.9 and 189.1 g/T Au, 94, 45 and 17 g/T Te and 31.7, 15 and 2.1 g/T Ag respectively. Bismuth was elevated with values from < 100 to 598 ppm indicating that the Te may be associated with gold as a bismuth telluride.

Krissy: Six composite grab samples were taken from the trenches on the Krissy trend. They all comprise recrystallized quartz vein material with variable sulphide content (pyrite, chalcopyrite and chalcocite/bornite, galena). The highest gold value (65.8 g/T) was found in a sample containing ~40 % pyrite in quartz veining, with 0.91 % Cu and 28.4 g/T Ag. A second sample containing ~10 % pyrite and some galena gave 13.4 g/T Au, 0.42 % Pb and 10.4 g/T Ag. A third sample with only minor pyrite (2-3 %) gave 7.8 g/T and 2.9 g/T Au on duplicate samples with elevated copper in the 700 ppm range and Ag at 11.9 g/T in the original sample. Two samples gave insignificant results for gold and a final sample gave 363 ppb Au.

www.silverspruceresources.com

On November 18, **Tawsho Mining Inc.** announced the results of its summer 2010 drilling program on its Whisker Valley property, Newfoundland. Eleven exploratory holes totaling 1,044.1 m were drilled to extend mineralization and to collect geological, structural and mineralogical data that would define the mineralized attributes for this area.

All holes intersected rock units that contain hydrothermally altered intervals. The mineral assemblages and the presence of carbonate-silica vein stockwork in felsic volcanic units intruded by their parental magma source are very encouraging. This association has been noted in other large gold deposits that have been recently discovered in the Yukon and elsewhere. The core intervals generally have poor to very poor recovery, largely due to their altered and brecciated nature. In most instances, however, it can be assumed that the missing rock intervals still contain gold. For example, the drill-cutting sludge in hole 10-04 was panned and several visible gold flakes were recovered indicating that the ground rock intervals contain gold.

www.tawshomining.com

On November 30, **Cornerstone Capital Resources Inc.** and 50% joint venture partner **Thundermin Resources Inc.** announced that a new, \$1,600,000 diamond drilling program, comprising approximately 12,000 to 13,000 m of drilling in 16 to 20 holes and employing two drills, will commence shortly on the Little Deer Copper Deposit, located approximately 10 km north of Springdale in north-central Newfoundland.

The primary purpose of this drill program is to increase the estimated mineral resources outlined to date to the five to six million tonne range. The potential increase is conceptual in nature.

The drilling program will focus on three main areas: 1) above the -400 m elevation where historical drilling suggests that there is good potential for outlining high grade resources in the eastern portion of the Deposit, especially above the -250 m elevation; 2) along strike both east and west of the limits of the current resource outline between the -650 m and the -400 m elevations; and 3) at depth below the -650 m elevation.

A recent compilation of data from historical surface and underground diamond drill holes suggests that there is potential to add significant resources of high grade copper mineralization at shallower levels in the eastern portion of the Deposit above the -400 m elevation and, in particular, above the -250 m elevation. Historical surface holes graded up to 2.9% Cu over 60.1 m, including intervals of 3.1% Cu over 11.6 m, 5.3% Cu over 15.5 m and 5.9% Cu over 7.9 m. Underground holes graded up to 8.1% Cu over 13.1 m. New drilling will be undertaken to confirm and further delineate the copper mineralization in this area so that it can be incorporated into the existing mineral resource estimate.

Drilling will also be carried out between the -650 m and -450 m elevations along strike both east and west of the current mineral resource outline and at depth below the -650 m elevation. The eastern and western extent of the Deposit between the -650 m and -450 m elevations has not been delimited by the drilling undertaken to date and additional drilling is warranted in these

areas. Likewise, a preliminary interpretation of the results from borehole Pulse electromagnetic surveys suggests that there is potential for the discovery of additional copper mineralization below the -650 m elevation.

www.cornerstoneresources.com

www.thundermin.com

Western Newfoundland

On November 4, 2010, **Northern Abitibi Mining Corp** provided assay results for drill holes 89, 91, 94, 96, 98, 100, and 101 from the Viking gold property in Newfoundland.

During 2010 a total of 9735 m of core in 58 holes have been drilled (holes 46 to 103) and the program was completed on schedule and under budget. To date Northern Abitibi has drilled 13,922 m of core in 103 holes at the Viking Project and has collected sufficient drilling information to calculate an initial resource estimate on the Thor Trend gold zone, one of the project's five current exploration targets.

Drill holes 89, 91, 94, 96, 100, and 101 were designed to infill and expand the known mineralized zone along the Thor Trend. The holes intersected strong zones of mineralization, including high grade intercepts consistent with previous drill holes in the zone, and continue to demonstrate the strength and continuity of the gold zone. Highlights include drill hole 100 which intersected a 38 m zone averaging 0.9 g/t gold including a 15 m zone averaging 1.3 g/t gold and a separate higher grade zone containing 7 g/t gold over 1 m. Drill hole 101 also intersected a high grade vein containing visible gold which returned 12.5 g/t gold over 0.5 m.

Drill hole 96 tested the northern part of the Thor Trend and has extended the mineralized zone further to the north. This hole encountered anomalous gold from 3.0 to 122.6 m depth, with the best interval returning 10.0 m grading 0.7 g/t gold including a 1.5 m interval grading 1.6 g/t gold.

Drill hole 98 tested the Asgard Trend located about 200 m east of the Thor Trend. The hole intersected zones of highly anomalous gold from 17.5 to 154.2 m depth, with a high of 0.9 g/t gold over 0.4 m. This single hole into the Asgard Trend confirms that the zone is gold-bearing and has significant size potential.

www.naminco.ca

On November 4, **Vulcan Minerals Inc.** provided an update on its operations. The Company advised that Finnegan #1 has not reached total depth and drilling is ongoing. Finnegan is the second of a proposed three well program in the Parsons Pond area. The well is a wildcat test being drilled to ~3,250 m in an area known historically for oil seeps at surface and in shallow wellbores within the basin.

The Company mobilized equipment to the Robinsons #1 and Red Brook #2 sites for injectivity testing. These tests will provide parameters to design the optimal hydraulic fracture stimulation of the zones previously perforated and pressure-tested.

The Company is also carrying out one of the largest seismic programs ever acquired in the onshore area of western Newfoundland. Approximately 80 line km of data have been recorded out of a total program of 130 km.

The Company has completed its re-entry on the Flat Bay #1 well to acquire additional reservoir information. Flat Bay #1 is cased to a depth of 239 m and encountered a thick oil-charged conglomerate in excess of 100 m gross thickness commencing at a depth of 120 m. The reservoir has low porosity and permeability. It was previously fracture stimulated over a zone 192 -197 m. Though initial flow-backs immediately following stimulation were encouraging, with an increasing oil cut in the retrieved frac fluid, the well's flow rate and oil cut decreased significantly and could not be produced. Based on the physical characteristics of the oil, this may be related to the shallow reservoir having a temperature that does not exceed the pour point of the oil. This inhibits flow of oil. As a result, the Company carried out a detailed temperature survey of the well and perforated a new zone to recover downhole fluid samples. Preliminary analysis indicates that the reservoir temperatures at shallow depths of Flat Bay #1 are below the measured pour point temperature of the oil which prohibits flow of oil into the wellbore. As a result, part of the current seismic program is designed to trace the Flat Bay reservoir downdip to a favourable target in a higher reservoir temperature regime. As well, the Company continues with its strategy of locating favourable permeability/porosity zones within the reservoir which could be subject to the injection of heat to reduce the pour point of the oil and allow it to be recovered. This strategy includes detailed integration of new seismic with high resolution magnetic data to map the structure of the Flat Bay oil deposit and locate faults with naturally enhanced permeability.

The Company will carry out a GORE Amplified Geochemical Imaging Survey over the Bay St. George project area. This survey entails placing small, retrievable modules in the soil to measure and map hydrocarbon compounds. The data will assist in drill target prioritization, seismic and structural interpretation of the Bay St. George basin.

www.vulcanminerals.ca

On November 8, **Spruce Ridge Resources Limited** announced that it has commenced a 1,000 m drill program focused on the newly discovered Whiskey Jack prospect on the 100% owned Kramer Property, located in Western Newfoundland. The program will test the depth and strike extent of the Whiskey Jack prospect where recent channel sampling returned up to 45.16 grams per tonne gold over 1.0 m. The high grade mineralization is located within a fine-grained granitic unit hosting widespread lower grade gold mineralization that returned an average of 1.90 g/t Au from 21 random 0.50 m channel samples ranging from 0.189 g/t Au to 6.11 g/t Au; a second parallel zone returned an average of 2.98 g/t Au from 14 random 0.50 channel samples ranging from 0.153 g/t Au to 11.19 g/t Au. The tenor and style of mineralization at the Whiskey Jack prospect strongly resembles the Thor prospect mineralization located less than 500 m to the west on the adjoining Viking property. The bulk of the proposed 1,000 m of drilling will test the northeast and southwest extent of Whiskey Jack mineralization which is exposed in a trench measuring ~50 m by 30 m. At least two holes will test newly exposed mineralization at the Quartzite trench ~150 m northeast of the Whiskey Jack prospect and from which recent channel

sampling returned 3.14 and 3.51 g/t Au over 1.50 and 1.30 m lengths respectively. Mineralization hosted within quartzite is known from elsewhere in the region, particularly at Kermode Resources' property along trend to the northeast of the Kramer property.

www.sprucridgeresources.com

On November 9, **Triple Nine Resources Ltd** announced that it had increased the size of the Four Corners Vanadium – Titanium – Magnetite (Iron Ore) Project with the staking of 70 claims in 2 separate blocks, increasing the total number of claims from 194 to 264 and adding 8.5 kms of strike length to the project area that now extends 21 kms west of the Neils Prospect, marking the eastern limit of the mineralized target zone.

www.triplenineresources.com

On November 9, **Triple Nine Resources Ltd** also released details of the latest exploration results from its 2010 exploration program on the Four Corners Vanadium – Titanium – Magnetite (Iron Ore) project situated along the Burgeo Highway in Southwestern Newfoundland.

The assay results from the 136 samples, from sections of 3 of the 5 holes completed in October, confirm the continuity of mineralization along strike and down dip.

These samples, which represent a total of 297.90 m of drill core assayed to date (a total of 955.80 m was drilled in the 5 holes), record improved metal grades with weighted averages of 25.70% Fe₂O₃ T, 6.31% TiO₂ and 0.132% V₂O₅ representing a total oxide metal content of 32.14%. This first round of assays is impressive as it confirms thick layers of high grade mineralization including:

	Fe ₂ O ₃ T	TiO ₂	V ₂ O ₅
28.90 m in FCP-01-10 grading	42.74%	9.62%	0.227%
76.20 m in FCP-03-10 grading	36.20%	9.15%	0.190%

www.triplenineresources.com

On November 12 **Northern Abitibi Mining Corp** announced that it was awarded the Prospector/Explorer of the Year Award by the Canadian Institute of Mining, Metallurgy and Petroleum, Newfoundland Branch.

The award was presented to Dr. Shane Ebert on behalf of Northern Abitibi at the annual Newfoundland and Labrador Mineral Resources Review Conference in St John's, Newfoundland on November 6, 2010. Northern Abitibi earned the award for its role in the discovery and delineation of a new gold deposit at the Viking Project, Newfoundland. Newfoundland based prospector Paul Crocker was a co-winner of the award for his outstanding contributions at the Viking Project and elsewhere in Newfoundland and Labrador.

www.naminco.ca

On November 16, **Northern Abitibi Mining Corp.** provided assay results for drill holes 88, 90, 92, 93, 95, 97, 99, 102, and 103 from the Viking gold property in Newfoundland. These 9 drill holes all tested parts of the Viking Trend, located on the western side of the Viking property, ~2 km west of the Thor Trend. Surface exploration and drilling along the Viking Trend in 2010 resulted in the discovery of a large new zone of alteration and anomalous gold mineralization that is up to 70 m thick and has been traced for over 2 km along strike. The zone appears to be controlled by a gently east-dipping fault zone and remains open in all directions.

Surface sampling, trenching, and drilling have partially outlined a new zone of alteration and quartz veining along the Viking Trend on the western side of the Viking Property. The zone of alteration has been traced for 2000 m along strike and remains open in all directions. Surface grab and channel samples from the zone returned grades ranging from trace to 8.7 grams per tonne (g/t) gold. Channel sampling along a hand dug trench returned 0.5 g/t gold over 11.5 m. Drilling at the southern part of the Viking Trend (known as the Viking Pond area), indicates the altered zone is up to 70 m wide and dips at a moderately to the southeast. Surface work and drill results show the zones contain highly anomalous gold, silver, zinc, and copper.

www.naminco.ca.

On November 25, **Triple Nine Resources Ltd** reported assay results of all 346 samples from the 955.70 m of core drilled in September. These assays record a weighted average of 0.124% vanadium pentoxide (V_2O_5), 6.00% titanium oxide (TiO_2) and 23.73% iron oxide (Fe_2O_3T). The company regard these drill results to be highly encouraging as they demonstrate the consistency of the mineralization observed in the anorthosite – gabbro host.

Significant high grade sections were recognized in all 5 holes including:

	$Fe_2O_3 T$	TiO_2	V_2O_5
28.90 m (95 feet) in FCP-01-10 grading	42.74%	9.62%	0.227%
76.20 m (250 feet) in FCP-03-10 grading	36.20%	9.15%	0.190%
123.50 m (380 feet) in FCP-04-10 grading	31.50%	7.90%	0.170%

Four of the 5 holes were drilled to test a 400-m along strike section of the 1300 m zone detailed earlier in 11 surface trenches. These 4 holes were drilled at dips of 50° and 60° to allow a true drill-intersected thickness of the mineralization which is dipping 55° west, as observed in the higher grade semi-massive to massive magnetite layers. Hole FCP-04-10, drilled to test the down-dip extension of the mineralization, was highly successful with an apparent thickening of the higher grade sections with depth, confirmed by the highest grade drill results to date with the total core length of FCP-04-10 averaging 27.10% Fe_2O_3T , 6.90% TiO_2 and 0.144% V_2O_5 .

www.triplenineresources.com

Eastern Newfoundland

On November 3, **Silver Spruce Resources Inc.** provided the results of an induced polarization (IP) geophysical survey and geological interpretation on the road accessible, Big Easy gold/silver property on the island of Newfoundland.

The time domain IP survey covered the altered (silicified) / mineralized area, defined by prospecting and trenching, which extends north-northwesterly over an area of > 1 km by 300 to 500 m wide, narrowing to the north and south.

Results indicate nine shallow (i.e., 25 m depth or so) anomalous IP features, all of which are of the "non-conductive" type, indicating disseminated to stringer sulphides, which extend through the altered / mineralized area, in a north to north-northeast direction. The IP anomalies appear to be grouped to form two linear trends, one of which falls along the corridor of silicification in the central part of the grid which appears to show potential for outlining a significant pyritized zone.

Further geological evaluation of the zone indicates that the epithermal style, banded quartz veins that crosscut the bedding are found in the central and northern part while the more sinter-like banded zones, which appear to parallel bedding, occur exclusively in the southern portion of the zone. Some quartz breccias, where the banded, sinter-like veins are broken up, occur in the southernmost part of the zone.

www.silverspruceresources.com

On November 4, **Cornerstone Capital Resources Inc** announced that **Vale Exploration Canada Inc. (VEC)** commenced a 1,500 m diamond drilling program on the Red Cliff copper property on the Bonavista peninsula, Eastern Newfoundland. VEC is the operator working in consultation with Cornerstone. The properties target sediment-hosted stratiform copper (SSC) deposits similar to those of the prolific Central African Copperbelt, also of Late Neoproterozoic age.

The drilling program is testing the prospective Blue Point Horizon in three separate areas: 1) North of Duntara; 2) South of Duntara; and 3) east of Swibbs Cove Pond. Previous drill testing of the Blue Point Horizon in 2001 returned significant copper grades and thicknesses including 0.8% Cu and 7.7 g/t Ag over 9.69 m in hole RC-01-01 and 1.0% Cu and 12.1 g/t Ag over 14.25 m in hole RC-01-02. A map showing the location of the planned holes is available on the Company's website.

www.cornerstoneresources.com

On November 15, **Manson Creek Resources Ltd.** announced the discovery of 10 new gold-bearing occurrences on the Virgin Arm Project, Newfoundland. Work to date continues to demonstrate the previously unrecognized wide spread gold mineralization on the property.

Manson Creek geologists examined many of the high priority geophysical and geochemical anomalies identified in the late summer exploration program. The majority of anomalies are located in areas of abundant vegetation and ground cover with hand dug pits revealing many of

the latest discoveries. Significant discoveries include the Lake Shore, GBY, Knob and Barney West showings. The Lake Shore showing, which is 25 m by at least 3 m wide before it disappears under cover, returned grab sample assays to 0.675 g/t gold. This new area is located proximal to the Hank zone. The Homer zone has been extended a further 40 m by the discovery of the 4 m wide GBY showing which returned values to 0.491 g/t gold. Additional discoveries were found in a series of pits over 4.1 km of strike length. Prospecting the southern portion of the block resulted in two new discoveries: the Knob and Barney West which are located 430 m east and 120 m west of the Barney zone, respectively.

www.manson.ca

On November 22 **KAT Exploration Inc.** reported that the drilling program on the Rusty Ridge property is complete. Two targets were tested, one deep and one near surface for a total of 1058m. Samples have been sent to the lab for analysis and results are pending.

www.katexploration.com

Southern Newfoundland

On November 1, **Canada Fluorspar Inc.** announced that it had received the Federal Environmental Assessment Screening Report from the Federal Government in respect of the Company's proposed fluorspar development project in St. Lawrence. The report concluded that "the Project is not likely to cause significant adverse environmental effects with the application of the mitigation measures specified in the report", and as such the Federal Government has released the Project from further environmental assessment.

Approvals from the Federal Government closely followed environmental approval from the Government of Newfoundland and Labrador. Both pave the way for the Company to pursue its stated objectives of commencing construction of its mine, mill, tailings facilities and wharf in the second half of 2011.

www.canadafluorspar.com

On November 11, **Mountain Lake Resources Inc.** reported that drilling had commenced on the Little River Gold (+/- Antimony) Property, located in southern Newfoundland. The Little River Property has a strike length of ~35 km and Mountain Lake has an option to earn 100% interest in the Property.

The gold and antimony (stibnite) drill targets include the four high priority areas in the central part of the Property delineated in the recent trenching program along with the high grade stibnite vein (antimony-Sb) in the northeastern portion of the Property, where values of up to 50% Sb and 24 g/t Au were recently reported.

www.mountain-lake.com

On November 17, **Castillian Resources Corporation** provided an update on its diamond drilling and exploration program at its Hope Brook Gold Project located on the southwest coast of Newfoundland. Highlights include:

- **5.43 g/t Au over 10.7 m** (8.1 m true width) from 404.0 to 414.7 m in a new hanging wall zone and a second intersection of **2.16 g Au/t over 8.8 m** (6.7 true width) from 473.0 m to 481.8 m in the upper part of the main zone in Hole HB10-003. The hanging wall intersection is located approximately 60 m from the mine workings at a vertical depth of approximately 325 m; and
- **1.48 g/t Au over 10.7 m** core length (8.1 m true width) from 459.7 m to 470.4 m in the main zone within a broader mineralized zone grading **1.07 g Au/t over 25.0 m core length** (19.0 m true width) from 459.7 m to 484.7 m in Hole HB10-001.

Holes HB10-003 and HB10-001 are spaced about 100 m apart directly below the past producing Hope Brook Mine. Both intersected strongly silicified zones approximately 50 m and 70 m, respectively, below the 4,800 level (~340 m below surface), the lowest level developed in the mine. The strongly silicified zones in both holes have the characteristic bluish-grey colour and vuggy texture disseminated pyrite and local chalcopyrite that is typical of gold-bearing mineralization historically reported. Hole HB-10-002 drilled about 35 m east of the 4800 level intersected a mixed zone of mafic and granitic rocks which appears to have disrupted the main silicified zone in this area.

In addition to the drilling, induced polarization (IP/RES) geophysical surveys both on surface and down hole are being carried out. A total of 22.5 line km of surface lines have been completed. Physical property measurements have been completed on core samples in Hole HB10-001 to correlate the IP/RES response with different rock types and zones of silicification with mineralization. A downhole IP/RES survey has been completed on hole HB10-003 but down-hole caving preventing adequate surveying of the other two holes.

www.castillian.ca

Central Labrador

On November 10, **Wolverine Exploration Inc.** announced that the planned induced polarization (IP) survey is now underway on the Cache River Property in Labrador. Approximately 45 line-km of IP data will be acquired on cut-lines spaced 100 m apart. The survey is designed to detect disseminated sulphide that may be sub-surface extensions of known surface showings and drillhole intersections containing copper. The IP survey will be conducted on three separate grids. The main grid includes known surface showings and some drillhole intersections of disseminated copper. The second grid will cover an airborne electromagnetic anomaly that has not yet been drill-tested. The third grid will cover a malachite showing that returned high copper values.

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

On November 17, **Rare Earth Metals Inc** reported Rare Earth Element/Niobium/Beryllium results from three additional drill holes completed on the Two Tom Mineralized Zone at the Red Wine property located approximately 110 km northeast of Churchill. The northeast-striking Two Tom Zone has been traced by prospecting, trenching, and drilling for a minimum of 1.3 km and is located at the eastern end of the Red Wine Peralkaline Complex. The results include a best intersection of 1.32% TREO, 0.37% Nb₂O₃, 0.18% BeO over 88.5 m in hole DDH-TT-03. The HREO/TREO ratio from this composite is 7.37%. Included in this intersection was a 40.5 meter section assaying 1.67% TREO, 0.54% Nb₂O₃, 0.22% BeO with a HREO/TREO ratio of 7.09%. Results for DDH TT- 02 include 1.40% TREO, 0.7% Nb₂O₅ and 0.28% BeO over 51 m within a wider zone of 1.11% TREO, 0.29% Nb₂O₅ and 0.23% BeO over 81.1 m. The HREO/TREO ratio from the 51 meter intersection is 6.10% and the 81.1 meter composite is 6.60%. DDH TT-02 was drilled to test the down dip extension of the zone intersected in DDH TT-01. A 73 meter intersection in DDH TT- 04 returned values of 1.18% TREO, 0.38% Nb₂O₅ and 0.18% BeO with a HREO/TREO ratio of 9.06%. Holes TT-03 and TT-04 were drilled 200 m southeast of TT-01 and TT-02 along the Two Tom Mineralized Zone. Four of the eleven drill holes have now been reported for the Two Tom Mineralized Zone, and all holes intersected multiple REE/Nb/Be zones up to 105.7 m wide.

www.rareearthmetals.ca

On November 22, **Rare Earth Metals Inc** reported results from an additional 167 samples collected from various locations within the Company's Red Wine Property in central Labrador. These new results include values up to 11.9% total rare earth oxides (TREO), 2.88%NbO₅, 0.73%BeO, and 2.49% zirconium oxide (ZrO₂).

Several new occurrences of rare earth mineralization were discovered on the Mann #2 Block, the B3N Block, and the Two Tom Block, further extending the previously reported mineralized zones and showings

To date, 892 prospect samples with values up to 11.9% TREO, 8.705% Nb₂O₅, 2.00% BeO, and 5.82% ZrO₂, 271 channel samples from 20 trenches with a best result of 1.35% TREO over 30 m, and 860 drill core sample results from 10 holes with a best result of 1.35% TREO, 0.31% Nb₂O₅ and 0.32% BeO over 105.7 m have been reported.

www.rareearthmetals.ca

On November 25, **Silver Spruce Resources Inc.** announced it had awarded a contract for a 73 line km ground geophysical survey to Abitibi Geophysics of St John's, Newfoundland. The work will focus on the Pope's Hill (PH) claim block in Central Labrador. The surveys include GPS controlled magnetics, with readings taken every 2 seconds, VLF-EM on flagged lines with readings at 12.5 meter spacing, and radiometrics at the same sample spacing. The rare earth mineralization is variably magnetic, is associated with thorium and uranium values (therefore radioactive), may be shear-hosted and may respond to the VLF-EM survey.

www.silverspruceresources.com

On November 30, **Silver Spruce Resources Inc.** announced that it has acquired another 491 claims (~ 123 km²) in five licences on the southwest and northeast extensions of the company's road-accessible Pope's rare earth element (REE) property in south-central Labrador. The original PH property and claims added in October, are 100% owned by Silver Spruce, while the new extension claims, staked on November 6 and held in the name of Silver Spruce Resources Inc., have been acquired in a 50/50 deal with another company. A joint venture agreement is under discussion. The new claims lie along the extreme southwest extension and the northeast extension of the PH REE trend and cover areas considered to be prospective for REE mineralization based on geology, geochemistry (lake bottom results - anomalous La and Ce) and structural features. No REE exploration has been carried out in the area to date.

www.silverspruceresources.com

Northern Labrador

On November 22, **New Dimension Resources Ltd.** reported that an exploration program has been completed by the Company at its Voisey's Bay nickel property (Project 61) in Labrador. The Voisey's Bay Property, held under a joint venture with North Group Finance Ltd., is located approximately 44 kms southwest of the community of Nain.

During the recent exploration program, a total of 36 rock channel samples were collected across three gossans zones. A total of 25 samples were collected along a 24.7 m long channel cut across the South Gossan. Six of the 25 samples were sulphide-rich, with one sample returning values of 0.93% nickel, 0.1% cobalt and 0.31% copper over a length of one m. Three 3 m long samples collected across a second gossan to the west of the South Gossan returned weakly elevated nickel and copper. The remaining channel samples tested a third gossan, also located to the west of the South Gossan. Highlights from the eight one-m samples include 0.4% nickel and 0.23% copper. Ten of the 36 samples collected from all three gossans returned only traces of nickel and copper.

www.newdimensionresources.com

Eastern Labrador

On November 2, **Search Minerals Inc.** and its wholly-owned subsidiary, Alterra Resources Inc., announced the discovery of four new heavy REE (HREE) showings in the HighREE Hills, in the Port Hope Simpson REE district in SE Labrador. Grab samples from these showings reveal high concentrations of HREE, Nb, Zr and Y.

Geologist-pro prospector crews have discovered four new HREE-Nb-Y-Zr showings in the HighREE Hills on the southern shore of St. Lewis Inlet. These showings, Piperstock Hill, Southern Shore, Toots Cove and Pesky Hill, are found along a 13km trend. The mineralization occurs in magnetite-quartz-amphibole veins and associated magnetite-amphibole pegmatites similar to those found on HighREE Island, which is now the focus of Search's 2000m NQ drilling program. Exploration continues in this portion of the Port Hope Simpson REE District and will include prospecting, additional sample collection, channel sampling and geological mapping.

Analytical results for rare metals indicate that Nb ranges from 2,027 to 17,197 ppm, Zr ranges from 314 to 40,460 ppm and Y ranges from 5,663 to 13,270 ppm. Summary statistics for the rare earth elements give Total REE values (no Y) of 6,706.3 to 54,816.1 ppm, HREE/Total REE (% heavy REE) of 13.40% to 73.87% and HREE+Y/Total REE+Y (% heavy REE+Y) of 30.28% to 87.71%.

www.searchminerals.ca

Western Labrador

On November 3, **New Millennium Capital Corp.** announced completion of the first phase of Airborne Gravity Gradiometer and High Sensitivity Magnetometer survey. The preliminary interpretation of the data indicates several strong gravity anomalies associated with low magnetic values. These occur in the iron formation and trend north-westerly over a length of ~50 km from near Schefferville to beyond the large Goodwood deposit. All anomalies are located on NML's 100% owned claims and licences in Quebec and Newfoundland and Labrador. High gravity anomalies associated with low magnetism are favourable targets for locating enriched Direct Shipping Ore deposits. The second phase, an airborne magnetometer survey, is underway.

www.nmlresources.com

On November 15, **Labrador Iron Mines Holdings Limited** provided an update on project construction and development. Construction of the beneficiation plant and associated facilities have progressed well. All foundations required for plant erection have been poured. All piers for the conveyors have been installed and many are in place. The steel structure for the secondary screens tower has been completed and the chutes, stairs and flooring are installed.

All major processing equipment items have been installed, including the primary and secondary screens, tumblers and chutes. The dome roof structure is being assembled. Its completion will enable installation of the piping, electrical and other work to be carried out in winter.

Mine site preparation at the James Mine has commenced with the development of the mine haul road and clearing and grubbing of the site is almost complete.

The Company is on track to substantially complete construction of the processing plant and accommodation camp by the end of 2010 and to commence production activities in April 2011. The Company is currently targeting production of about 2 million tonnes of iron ore in 2011.

The 2010 exploration program has been completed with 4,500 m of drilling and 1,400 m of trenching achieved at the Denault, Ruth 8, and Houston properties. Drilling at Houston has indicated some extensions to the resource and these, together with Denault results, will be incorporated into revised resource estimates.

www.labradorironmines.ca
