

Exploration Highlights for June, 2010

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Claim Staking Update for Newfoundland and Labrador

Claims staked in June	1,340
Total claims in good standing	107,437

Newfoundland

Central Newfoundland

On June 1, **Manson Creek Resources Ltd.** provided an exploration update on the Virgin Arm gold project, Newfoundland. Trenching on three distinct zones of gold mineralization, the Hank, Homer and Barney showings, is now complete. A strike length of over 400 m of mineralized felsic dyke(s) were exposed in the Hank and Homer areas. At the Barney area, located 3.7 km to the south east, approximately 140 m of strike length of mineralized felsic dykes was exposed. Importantly, the dykes remain open along strike in both directions. Detailed structural and geological mapping was completed with over 240 continuous saw cut channel samples collected. Samples have been shipped to Eastern Analytical Ltd. assay laboratory in Newfoundland for analysis. Results will be released once they have been received and interpreted. During the program, fine grained to millimeter scale visible gold was observed in outcrop in the Hank and Homer trenched areas. Panning of excavated trench bedrock produced heavy mineral concentrates containing abundant fine gold.

The Virgin Arm Property

The road accessible Virgin Arm gold property, covering 1,047 ha of prospective geology, is located 65 km north of Gander, Newfoundland. The 42 contiguous mineral claims encompass five known gold showings and a regional gold in soil/silt sample anomaly. Gold mineralization, present in outcrop, has been discovered over a three km long, northeast - southwest trending structural corridor. A compilation of known gold occurrences and anomalous gold in soil/silt anomalies shows mineralization is present over five km along this structural trend. Until the current exploration program, the property has seen limited exploration with historical work focused on sampling the known mineralized outcrops.

www.manson.ca

	Million Tonnes	Zinc %	Lead %	Copper %	Silver g/t	Gold g/t
Boomerang						
Indicated Mineral Resources(i)	1.4	7.1	3.0	0.5	110	1.7
Inferred Mineral Resources(i)	0.3	6.7	2.9	0.4	97	1.3
(i)(Snowden Mining Consultants, 2007)						

Domino lies beneath Boomerang from 450 meters to 550 m depth from surface and contains approximately 0.4 million tonnes of mineralization as follows:

	Million Tonnes	Zinc %	Lead %	Copper %	Silver g/t	Gold g/t
Domino						
Inferred Mineral Resources(i)	0.4	6.3	2.8	0.4	94	0.6
(i)(Snowden Mining Consultants, 2007) /T/						

A review of surface information and field follow-up completed during autumn 2009 identified new areas of mineralized alteration at surface along strike to the east from Boomerang-Domino mineralization which were upgraded by identification of new zinc soil anomalies in 2009.

New Drill Target Areas Identified: Hurricane and Domino

HURRICANE

Work in 2010 examined drill hole data in light of the new surface information obtained in 2009. The area along strike to the east of Boomerang hosts the 'Hurricane' prospect which currently has no mineral resources estimated. Hurricane zinc mineralization has been intersected in 7 holes between 3875E and 4100E over a 225 m distance at 200 m below surface including GA07-214 on 3925E 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 entirely open along strike to the east. Surface work in autumn 2009 identified mineralization and soil anomalies to 4600E or 500 m further along strike that are untested by drilling. An historic intersection in Noranda hole GA97-08 of 0.1 m of 0.6% copper, 27.8% lead, 5.0% zinc, 337 g/t silver and 0.5 g/t gold is now interpreted to lie along the Hurricane horizon at 3625E and indicates the Hurricane prospect also has exploration potential to the west.

DOMINO

Domino has an inferred mineral resource of approximately 0.4 million tonnes situated between 3600E and 3900E over a 300 m distance. Nine holes have tested to the west of Domino between 3600E and 2875E: only one of these holes did not intersect mineralization. An intersection beneath Boomerang in hole GA06-171 which intersected 1.35 m of 0.4% copper, 5.6% lead, 22.0% zinc, 212 g/t silver and 1.9 g/t gold on 2875E is interpreted to correlate with the western strike extension of Domino suggesting untested exploration potential over at least 700 m length. A map of Zinc (%) times Thickness (m) values is available on Messina's website and is titled "Boomerang Vertical Longitudinal Map" located in the Maps section at the bottom of the webpage and can be found at: <http://www.messinaminerals.com/s/TulksSouthProperty.asp>.

The map shows the Snowden-estimated NI43-101 mineral resource areas and new "Target Areas" proposed for drill testing.

Planned Work Program

Drilling is planned to test for extensions to the Hurricane mineralization (Target A on the map) and to locate and test the potential of the horizon along strike to the east (Target B on the map) over a strike length of 900 m. Approximately 2,100 m of drilling is planned. An update of the Boomerang (2007) mineral resource estimate and an initial estimate of Hurricane mineral resources is contemplated contingent upon new drill results.

www.messinaminerals.com

On June 7 **Royal Roads Corp.** announced new assay results from its 100% owned Buchans North volcanogenic massive sulphide ("VMS") property in Buchans, Newfoundland & Labrador. The Company assayed core samples drilled by previous mine operators, Asarco, as original assay data from hole H-1030 could not be located. Hole, H-1030 returned assays of 24.85% zinc, 10.75% lead, 2.65% copper, 212.9 g/t silver, and 1.48 g/t gold over 2.38 m core length, including 32.40% zinc, 14.50% lead, 2.70% copper, 218.6 g/t silver, and 1.64 g/t gold over 1.19 m core length. The samples were taken from archived drill core stored within the Government of Newfoundland and Labrador's core storage facility in Buchans.

The Buchans North prospect was discovered by previous mine operators, Asarco, in the early 1950's having returned assays of 2.74 m averaging 23.7% zinc, 9.0% lead, 2.6% copper, 147.4 g/t silver and 3.4 g/t gold in hole H-885. In Q4 2009, the Company completed an initial two-hole diamond drill program designed to assess the Buchans North prospect and test for possible extensions into areas where large accumulations of high-grade massive sulphides may be discovered. Hole H-3415 was drilled 22 m northwest of H-885, and hole H-3416 was drilled 63 m north of H-3415. A map showing the location of Royal Roads drill holes as well as holes H-1030 and H-885 can be viewed on the Company website. A table summarizing Royal Roads' assays is presented below.

Hole	From (m)	Width (m)	Est. True Width (m)	Zinc (%)	Lead (%)	Copper (%)	Silver (g/t)	Gold (g/t)
H-3415	306.30	0.30	0.26	4.70	2.06	0.20	10.7	0.34
	311.30	0.30	0.26	5.80	1.85	15.50	214.8	2.92
H-3416	342.70	0.50	0.43	3.80	1.34	0.28	18.4	0.19
	352.10	2.10	1.79	15.52	7.61	0.92	148.9	1.15
including	352.10	1.00	0.85	20.20	9.20	1.26	180.2	0.96
including	353.10	0.50	0.43	6.80	3.50	0.34	57.9	0.63
including	353.60	0.60	0.51	15.00	8.40	0.84	172.6	1.90

H-1030	296.11	2.38	2.02	24.85	10.75	2.65	212.9	1.48
including	296.11	1.19	1.01	32.40	14.50	2.70	218.6	1.64
	297.30	1.19	1.01	17.30	7.00	2.60	207.1	1.32

Assay highlights table. Estimated true widths are estimated to be 85% of core length intercept based upon the inferred dip of the mineralized zone. Assays presented are from samples collected and assayed by Royal Roads in 2009 and 2010.

Management believes the area has potential to host additional massive sulphide mineralization, particularly to the north, where sufficient untested room exists to host a larger high-grade VMS deposit. It is believed that Buchans North; located approximately 500 metres northwest of former Oriental Mine, represents a faulted repeat of the same horizon that hosts the former Oriental Mine, where 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 between 1935 and 1983.

www.royalroadscorp.ca

On June 16, **Manson Creek Resources Ltd.** provided the results of the first trenching program conducted at its Virgin Arm gold project, Newfoundland. Three historic gold showings were initially examined during the spring program. Work completed on the Hank and Homer zones has resulted in the discovery of a new gold bearing system. Significant gold assays, ranging from 0.50 grams per tonne (g/t) gold to 10.07 g/t gold, were received from continuous channel samples perpendicular to the exposed 410 meter (m) long mineralized zone. Seven trenches were completed in the Hank and Homer zones, while two trenches were completed on the Barney zone during the program. Continuous rock saw channel samples were taken from exposed bedrock in the nine trenches. Please see the website, www.manson.ca, for maps showing the location of the trenching for the Hank and Homer zones. Two exploratory trenches extending 85 m along strike length at the Hank showing returned strong gold mineralization values with the zone remaining open along strike. Outstanding gold values of 0.69 g/t gold to 10.07 g/t gold were delineated over widths of 4.50 m and 1.12 m respectively. The Homer showing, located 170 m to the west of the Hank gold zone, was examined, with five trenches extending over 230 m along strike, with gold mineralization remaining open in all directions. Significant gold values ranged from 0.54 g/t gold to 5.40 g/t gold over widths of 4.50 m and 1.00 m respectively. The Barney showing, located 3.7 kilometers to the southeast of the Hank and Homer zones, has seen relatively little historic work with the recent trenching program outlining broad zones of low grade mineralization of 0.10 g/t gold to 0.13 g/t gold over widths of 7.55 m and 4.35 m respectively. This distal zone demonstrates the widespread nature of the gold mineralization within this system.

This program has clearly demonstrated a widespread, previously unrecognized, gold system and has confirmed the potential for the discovery of large, bulk tonnage gold mineralization. Along with the high grade gold results over meter scale widths it has been observed that a pervasive lower grade gold halo is present in the Hank and Homer gold zones. An analysis of all the assay results further confirms this observation. The weighted average of the 46 continuous channel samples from the Hank zone gives an average value of 0.71 g/t gold with the 72 continuous channel samples from the Homer zone giving a value of 0.45 g/t gold. Detailed geological work has outlined several styles of gold mineralization on the property. The gold mineralized felsic

dykes in the Hank and Homer zones are hosted within the structurally complex Badger Group sedimentary rocks with the felsic dykes cross cutting the stratigraphy and structure. The felsic dykes are strongly silicified with strong pervasive sericite alteration and local strong iron carbonate alteration. Gold appears to be present as free gold within the felsic dyke matrix and is also present in the pervasive quartz veins and quartz stockwork. With outcrop being sparse across the claim block, mechanized trenching remains the most cost effective method for the early stage work on this newly discovered system. Permits are in place for continued trenching in the priority areas. Historical soil geochemical data is being integrated into the current dataset to assist in further outlining priority targets on the extensive claim block.

www.manson.ca

On June 18, **Bella Viaggio, Inc** and **KAT Exploration** reported that preliminary review and interpretation of the Induced Polarization (IP) and geophysical survey data is completed by Abitibi Geophysics of St. John's, Newfoundland on the Handcamp and we are now ready to begin drilling on June 28th, 2010. As announced earlier, KAT Exploration will manage and oversee the Handcamp drilling.

Results thus far have allowed for a much better understanding of the structures and mineralized zones at the Handcamp Property which has assisted in identifying new drill targets and in determining orientation of holes in the drill program.

Ground geophysics and high resolution Geological Survey of Canada airborne magnetic survey that was completed in 2005 has assisted our geologist in outlining several northeast trending highs that correlate with structures that host mineralization in the area. The final stages of trenching will commence on June 21st, 2010.

This drilling will test geophysical anomalies in gold and other base metals in soil anomalies. The first series of drill testing will be carried out on areas where the chip samples returned results of 7.1 g/t Au mineralization exposed over 28ft in an outcrop showing visible gold.

A National Instrument NI 43-101 will be compiled to cover both, precious (gold and silver) and base metals (copper, zinc, lead, etc) throughout the property. The drill results will be announced as soon as we have them from the lab.

www.katexploration.com

On June 23, **Paragon Minerals Corporation** and exploration partner, **Golden Dory Resources Corp.** announced the completion of a 14 hole, 2,816-m drill program on the Huxter Lane project in central Newfoundland, Canada. The drill program succeeded in extending the Mosquito Hill gold mineralization along strike and down/up dip of the existing NI 43-101 compliant gold resource. Assay results have been received for 7 of the 14 drill holes. The Mosquito Hill Deposit is a large, near surface bulk tonnage gold target that has now been tested by 60 broad-spaced drill holes. The deposit has a NI 43-101 compliant resource which includes an indicated resource of 4.47 million tonnes averaging 0.526 g/t Au for 75,600 ounces gold and inferred resource of 32.9 million tonnes averaging 0.461 g/t Au for 488,800 ounces gold (see Paragon news release dated March 4, 2010). Over 90% of the resource estimate occurs at depths shallower than 200 m below surface. The mineralized intrusion is exposed along its northern edge and dips gently to the southwest. The mineralization remains open for expansion along strike and dip.

Highlights of the current drill program include:

- Drilling returned broad mineralized zones with up to 110 m grading 0.5 g/t gold.
- Assay results to date contain higher grade gold mineralization than those used in the initial resource calculation.
- Ten of the drill holes were oriented perpendicular to previous drilling and show increased gold mineralization.
- Mosquito Hill Gold Deposit remains open for expansion in all directions.

The Huxter Lane project is under option to Golden Dory, whereby Golden Dory can earn a 70% interest in the project by funding a bankable feasibility study. Golden Dory is the project operator.

www.paragonminerals.com

www.goldendoryresources.com

On June 24, **Crosshair Exploration & Mining Corp.** announced that it has awarded the contract for the planned bulk sample program at Golden Promise in central Newfoundland, Canada to Stantec Consulting Ltd. The Golden Promise Project is a joint venture with **Paragon Minerals Corporation**. An application for a Mining Lease has been made to the Department of Natural Resources. Stantec will immediately commence the preparation of the Environmental plan and the design of the trench in anticipation of commencing the overburden removal in early September. Given the high-nugget gold effect at the Jaclyn Main Deposit, a bulk sample is being carried out in order to determine a more representative gold grade for the Jaclyn resource. Assay results from diamond drilling alone may not be an effective means of reliably determining grade in these types of systems. Studies of other high-nugget effect gold deposits, including deposits from the Bendigo Goldfield, indicate that assays from surface diamond drill holes may understate the actual in-situ gold grade. The bulk sample is also aimed at testing structural and grade continuity and mining/milling characteristics for the Jaclyn Main Deposit. Stantec will provide planning, design and project management services to the bulk sample program. They will be preparing an Environmental Compliance Plan, a cost estimate for the bulk sample and milling program, a design for the trench to remove approximately 2,000 to 3,000 tonnes from the vein system, as well as hiring all the contractors for the removal of the overburden, blasting of the vein, and removal and trucking of the ore to one of the nearby mills.

www.crosshairexploration.com

www.paragonminerals.com

Baie Verte

On June 3 **New Island Resources Inc.** and **Mountain Lake Resources Inc.** announced that they have entered into a Letter of Intent (the "Agreement") whereby Mountain Lake proposes to acquire New Island by way of a corporate arrangement (the "Arrangement"). The Arrangement will effectively combine the assets and liabilities of both issuers on a consolidated basis, with New Island becoming a wholly-owned subsidiary of Mountain Lake. By the Agreement dated June 2, 2010, it is proposed that all of the shareholders of New Island will exchange their issued common shares of New Island for new common shares of Mountain Lake, on the basis of every

five and one-half (5.5) shares of New Island for one (1) new share of Mountain Lake, provided that such proposed exchange ratio is non-binding and specifically subject to the completion of all due diligence investigations, confirmation by independent fairness opinions, any further negotiations based on the relative market values of Mountain Lake and New Island, and such other factors as management may consider appropriate. All convertible securities of New Island will be exchanged for convertible securities of Mountain Lake on the same basis, adjusted accordingly to reflect the final agreed share exchange ratio.

Projects will include:

Pine Cove Gold Project: A 70% interest in the Pine Cove Gold deposit, which will be reduced to 40% once certain production criteria are met by Anaconda Mining Inc., who are operators of the project. Pine Cove, which is due to commence production in June, 2010, has probable mineral reserves of 2,332,676 tonnes grading 2.76 g/t Au, which is planned to be mined at a rate of 1,000 tonnes per day. The Pine Cove property also has additional exploration potential on which to expand the current reserves.

Valentine Lake Gold Project: A gold exploration and development project that is controlled by Mountain Lake and will be 50% owned by Mountain Lake upon completion of the sub-option agreement with Marathon PGM Corp. The Valentine Lake Property is over 30 km long and to date the Leprechaun Deposit (at approx. km 3 going northeast along strike) is the first defined gold resource within the highly prospective Property. The Leprechaun Deposit, has a NI 43-101 compliant underground inferred mineral resource of 1,314,780 tonnes grading 10.50 g/t gold using a 5 g/t gold minimum cut-off and a 3 m minimum width for a total estimated mineral resource of 443,000 ounces of gold. Currently and as follow-up to the successful winter 2010 drill program, a 8,000 m spring/summer drill program is underway to focus on advancing the Leprechaun Deposit towards an open pit resource, and exploring the multiple gold occurrences identified along the Property's 30 km strike length.

Glover Island Gold Property: A gold exploration property 100% owned by New Island that is situated roughly 70 km from Mountain Lake's Valentine Lake gold project, and is host to several significant gold prospects over an 11 km strike length. Significant drill intercepts at Glover Island include 16.7 m of 5.31 g/t Au at the LPSE prospect, 10.0 m of 4.93 g/t Au at Kettle Pond South, and 8.0 m of 10.18 g/t Au at the Lucky Smoke deposit. Non NI 43-101 compliant resources have been calculated at the LPSE and Kettle Pond South prospects, and Mountain Lake believes that these could be upgraded to NI 43-101 disclosure standards, once data verification and quality control measures are completed.

www.newislandresources.com

www.mountain-lake.com

On June 16, **New Island Resources Inc.** reported that on June 11, 2010, **Anaconda Mining Inc.** announced that it has commenced an unsolicited offer (the "Offer") to acquire all of the outstanding shares New Island in consideration for one share of Anaconda for each three shares in New Island. New Island has retained Cox & Palmer as legal advisors and is in the process of retaining financial advisors in connection with the Offer. The Board together with its financial advisors and legal advisors will review the full terms of the Offer, and following that review the

Board will make a recommendation that is in the best interests of shareholders. New Island urges shareholders to wait for its Board to make its recommendation to shareholders before making a decision with respect to the Offer.

www.newislandresources.com

www.anacondamining.com

On June 21, **Altius Minerals Corporation** provided an update of exploration work ongoing on a number of its wholly owned and joint venture projects and within companies of which Altius is a significant shareholder.

Rambler Metals and Mining Plc ("Rambler") - Altius holds 12 million shares or a 12.5% interest in Rambler (www.ramblermines.com), which is listed on the Alternative Investment Market of the London Stock Exchange (AIM:RMM), and on the TSX-V (TSX-V:RAB). Rambler continues to make significant progress towards planned 2011 production from its Ming copper-gold deposit in central Newfoundland. Highlights include:

- Concluded the purchase of the Nugget Pond site and processing facility
- Completed a gold sale agreement for a portion of its expected gold production with Sandstorm Resources for total proceeds of U.S. \$20,000,000 upon reaching certain development milestones.
- Received environmental approval and project release from the Newfoundland and Labrador government.
- Completed a \$4.2 million (CAD) equity financing.

Viking Gold Project - Northern Abitibi Mining, TSX-V:NAI (www.naminco.ca) recently announced commencement of a 6,000 m drilling campaign on the Viking Gold Project that will initially focus on infill and resource delineation along the Thor trend, which remains open for expansion. The company also plans to test several additional exploration targets within the Viking claim block. In addition, Northern Abitibi recently reported positive results from preliminary metallurgical test work on mineralized drill core. Altius holds a 2-4 percent sliding-scale net smelter royalty on the Viking gold project as well as an equity stake in Northern Abitibi. Altius also holds a 100% interest in several large claim blocks in this emerging belt of gold mineralization and will conduct additional field work this summer.

Rocky Brook Uranium Project - JNR Resources Inc. recently provided an update on its 2009 fall diamond drilling program at the Rocky Brook project located in the Deer Lake sandstone basin of west-central Newfoundland. A total of 1,958.2 m in 38 holes were completed. Anomalous uranium enrichment and fault structures were intersected in drill core, however, the source of the high-grade uraniferous boulders continues to be enigmatic. A program is being finalized for 2010.

Topsails Porphyry Copper-Molybdenum and Uranium - A 50/50 alliance between JNR Resources Inc and Altius in a defined area of west-central Newfoundland near the former mining community of Buchans has resulted in the discovery of several new prospects of granite-hosted uranium and porphyry copper-molybdenum-gold-silver mineralization. A field program starting in July will include IP geophysical surveys, soil sampling, trenching and rock sampling to further evaluate these grassroots discoveries and to identify drill targets.

Taylor Brook Nickel-Copper-PGE - This wholly-owned 185 square kilometer project is located in western Newfoundland and hosts the high grade nickel-copper-PGE Layden Prospect. Recent drilling in the area revealed that four of five airborne EM conductors tested were due to separate occurrences of high-tenure nickel sulphides. The four zones of Ni-Cu-Co mineralization occur within an area exceeding 300 meters by 800 meters, and all four zones remain open for expansion and delineation. Altius has recently awarded a 2100-line km airborne EM-magnetics survey over an expanded claim area and will conduct ground testing of any identified anomalies later this summer. The company is seeking a partner to advance this drill-ready project.

Natashquan Nickel-Copper-PGE - Altius plans to conduct additional mapping and prospecting, soil geochemistry, trenching and sampling on its wholly-owned 103.5 square km Natashquan project located in southern Labrador. An airborne EM and magnetics survey in 2008 and subsequent follow up has resulted in the discovery of several high grade nickel-copper-PGE semi-massive to massive magmatic sulphide occurrences associated with coincident magnetic and EM anomalies. The company is seeking a partner to advance these grassroots discoveries.

Altius continues to generate new mineral exploration opportunities through a dedicated grassroots project generation program and is committed to pursuing new agreements under its well established joint venture business plan. Its 2010 generative exploration work will be conducted in Newfoundland and Labrador, Nunavut and Quebec and is targeting a variety of commodities. This year the company is pursuing 17 base metal, gold and iron ore projects at a generative or early stage and has an additional 8 active earn-in or joint venture agreements.

www.altiusminerals.com

On June 22, **Cornerstone Capital Resources Inc.** reported that it has identified new gold targets from its recent exploration programs on the El Strato gold property located in north-central Newfoundland. The property comprises 169 mineral claims (42.25 km²) which lie immediately east of the Baie Verte Line, a major regional tectonic suture which, along with subsidiary structures, is a classic environment for orogenic gold deposits such as those of the Mother Lode gold district of California.

Current Exploration Program and Plans

During the first half 2010, Cornerstone completed a 25.75 line km dipole-dipole IP survey and a 631 sample, B-horizon soil geochemistry survey southwest of the El Strato and Voodoo gold showings. Cornerstone's geophysical consultant identified a total of fifty-one shallow (generally GBP 15 m vertical) IP chargeability anomalies, most of which define two main IP anomaly trends, informally referred to as the Rocky Bottom and DD trends. The Rocky Bottom trend is 1.75 km long and has coincident gold-in-soil anomalies over its entire strike length. The most pronounced anomalies are at its southern end where thirteen soil samples exceeded 100 ppb Au and the three highest returned 1,211 ppb, 1,453 ppb and 2,098 ppb Au. The northern portion of the Rocky Bottom trend has been drill-tested by a number of historical holes but the middle and southern 1.2 km of the trend have been tested only by two short drill holes, which intersected 0.3 m and 0.7 m mineralized zones. The DD trend is a newly identified 1.25 km long IP chargeability anomaly which lies on a small peninsula 500 m west of the El Strato showing and

500 m southwest of the Voodoo showing. Gold-in-soil values over this IP anomaly are not anomalous with the exception of a single sample which returned 63 ppb Au. This zone has not been previously trenched or drill tested. Cornerstone is currently planning an early summer mechanical trenching program, which will provide a surface test of up to eight selected anomalies as well as aid in understanding the structural controls on the mineralized quartz vein systems. Trenching will be followed by a 1,000 m drill program designed to test the highest priority targets.

www.cornerstoneresources.com

Western Newfoundland

On June 1, **Northern Abitibi Mining Corp.** announced extremely positive results from preliminary metallurgical test work on mineralized drill core from the Viking gold project, Newfoundland. Metallurgical testing was conducted on a single composite sample of representative drill core from the Viking project by Met-Solve Laboratories Inc. of Burnaby, British Columbia. The objectives of the metallurgical test work were to obtain a better understanding of the metallurgical characteristics of the mineralization at Viking and to identify any potential metallurgical difficulties at an early stage. The test work included screen analysis to determine average free gold particle size, preliminary grind size versus recovery studies, and determination of gravity recoverable gold and gold recovery by bottle roll cyanide leaching.

Highlights from the test work include:

- Gold recovery of 97% was achieved by cyanide leaching of a 59 micron grind size; - Gold recovery of 95% was obtained with a combination of gravity separation and cyanide leaching at a 59 micron grind size;
- Gold recovery of 86% was obtained with a combination of gravity separation and cyanide leaching at a coarser grind size of 258 microns;
- 70% of the gold is gravity recoverable at a 97 micron grind size; - Results indicate even higher gravity recoveries could be possible with further optimization;
- The gold mineralization is not refractory and should be amenable to standard ore processing techniques.

Exploration Update

A second drill rig has arrived on site and has started drill testing the southern portion of the Thor Trend. To date over 1040 m of core have been drilled and 8 core holes have been completed as part of the ongoing 2010 exploration program.

The Viking Property

The Viking Property contains numerous high grade veins within larger bulk tonnage style zones of gold mineralization located within a 3 to 4 km long gold-in-soil anomaly. Drilling highlights from previous drill programs include high grade intercepts of 5.75 m grading 33.7 g/t gold, 3.7 m grading 50.1 g/t gold, 0.5 m grading 218.8 g/t gold as well as lower grade intercepts including 27 m grading 7.9 g/t gold, 23.0 m grading 5.1 g/t gold, and 57.4 m grading 2.8 g/t gold.

www.naminco.ca

On June 22, **Northern Abitibi Mining Corp.** provided assay results for drill holes 47 to 52 from its ongoing drill program at the Viking gold property in Newfoundland. There are currently two diamond drill rigs working at Viking in addition to a surface trenching and mapping program. A location map showing the 2010 drill holes is available in the Map Gallery on our website at www.naminco.ca. The current round of drilling is focused on both infilling and expanding the known gold bearing zone along the Thor Trend.

Drill Results

Holes 47 to 52 have all encountered gold-bearing intervals over significant widths. Hole 47 encountered anomalous gold throughout most of its 200 m length including 0.7 grams per tonne (g/t) gold over 19.5 m and a second zone grading 0.5 g/t gold over 13.5 m. The hole ended in mineralization grading 0.9 g/t gold over 1 m. Hole 48 intercepted 2 high grade intervals including 6.0 g/t gold over 0.9 m and 7.6 g/t gold over 0.4 m. Hole 50 encountered anomalous gold throughout its 47 m length, including 1.3 g/t over 6 m.

Holes 51 and 52 have encountered larger zones of mineralization at depth than have been recognized previously along the Thor Trend. Hole 51 encountered a quartz vein with visible gold which returned 13.2 g/t over 1.0 m. Hole 51 was 215 m in length and of that 158.9 m was sampled for assay. The hole had the longest continuously mineralized core interval intersected on the project to date with 80.9 m grading 0.7 g/t gold. Excluding lower grade intervals, drill hole 51 had cumulative mineralized intervals totaling 40.3 m in length and averaging 1.2 g/t gold. Hole 52 was 205 m in length of which 194.9 m was sampled for assay. Hole 52 encountered a long continuously mineralized interval of 62.3 m grading 0.8 g/t gold followed by a second shorter interval of 7.1 m grading 0.9 g/t gold. Excluding lower grade intervals, hole 52 had cumulative mineralized intervals totaling 42.05 m in length and averaging 1.2 g/t gold. Both holes 51 and 52 contained intervals with visible gold.

Exploration Update

Over 2,600 m of core in 16 holes has been drilled during the 2010 program to date (holes 46 to 61). Assay results have been received for holes 45 to 52. Drill holes 53 to 61 have been logged and sampled and have been sent to the laboratory for assay. Drill holes 62 and 63 are currently in progress. Additional assay results will continue to be released through the program as they are received and compiled. A surface exploration program is underway and several new zones of alteration and mineralization outside of the Thor Trend have been discovered by trenching. These new discoveries are currently being mapped and sampled and the best targets are scheduled to be drill tested in July.

www.naminco.ca

On June 8, **Vulcan Minerals Inc.** reported that final planning and procurement are underway to complete and test the Robinsons #1 and Red Brook #2 wells in western Newfoundland. Field operations are scheduled to commence in July. Based on petrophysical analysis, three zones, A, C and D have been initially prioritized for evaluation in Red Brook #2. Further zones exist in the well, which based on the initial tests, may also warrant further evaluation. Zones A, C and D are relatively low porosity/permeability sandstones of 105 m, 18 m and 41 m respectively in thickness. Zones D and C flowed gas on drill stem tests. Zone A was not tested at that time. It is a thick sand which will be perforated to determine if it is gas or water bearing. A minimum of

two of the three zones will be hydraulically fracture stimulated which will allow reservoir fluids to enter the well from beyond any near well bore reservoir damage created during drilling. This should provide reliable flow test results for the respective zones. At Robinsons #1 a long interval over 157 m will be perforated with a deep penetrating procedure to access multiple sands over the interval in order to acquire reservoir pressure and fluids. The upper part of the interval will be hydraulically fractured and flow tested. A second zone will also be fractured and tested. Robinson #1 contains many low porosity/permeability sandstones over a gross interval exceeding 1200 m.

The purpose of the current program is to test the lower zones which will allow for additional testing of the upper zones at some future date. All of the necessary services to carry out the operations have to be mobilized to the site from out of the province. The company is currently finalizing service contracts and coordinating the operational schedule which is anticipated to entail field work over the course of three months. This testing program is the culmination of a major wildcat drilling program in the Bay St. George Basin carried out by a 50/50 joint venture with Investcan Energy Corporation. These results, combined with additional delineation drilling, will provide the necessary information to support a resource and reserve assessment for the southern portion of the Bay St. George permits.

www.vulcanminerals.ca

Eastern Newfoundland

On June 11, **Kat Exploration Inc.** announced that it has signed an option agreement with Vale Exploration Canada Inc., a wholly-owned subsidiary of Vale S.A. ("Vale"), on its North and South Lucky copper properties on the Bonavista peninsula in eastern Newfoundland. Under the terms of the agreement VEC has committed to an initial C\$20,000 cash payment on signing and may elect to make further cash payments totaling C\$75,000 over the three-year option period, and may elect to incur a minimum of C\$750,000 in exploration expenditures within the option period to earn an 80% interest in the Lucky properties.

Upon Vale's exercise of the option, a joint venture will be formed to further develop the properties, with each party contributing to further approved exploration programs as per their interest. VEC will be the operator of the exploration programs during the option period.

The Lucky properties are in a geological setting with the potential for sediment-hosted stratiform copper (SSC) deposits. The Lucky properties have the potential to produce low-grade, large tonnage copper deposits similar to those of the Zambia copper belt.

The Lucky properties are located on the Bonavista Peninsula in eastern Newfoundland, and are accessible by well-maintained roads, allowing for exploration programs to be carried out fairly quickly and comfortably.

Copper mineralization is quite visible in an old pit near a gravel road with impressive malachite staining along with chalcocite strata bound within the more sandy beds of the sediments with assay results of 2.5% Cu in the more concentrated areas. The most recent discovery was on our

North Lucky property where well-disseminated chalcopyrite was found in exposed outcrop approximately 10KMs north of the South Lucky property.

www.katexploration.com

On June 16, **KAT Exploration** announced that a deep drilling program on its Rusty Ridge Iron Oxide, Copper & Gold (IOCG) property is being initiated in order to test two major Induced Polarization (IP)/Magnetics targets. The Rusty Ridge targets have been identified by an airborne survey and ground geophysics which can be viewed on KAT's website.

The coincidental magnetic IP resistivity and soil geochemical anomalies suggests potential for a body of Iron Oxide +/- Base, Precious and Rare Earth Element type mineralization, similar in style and settings to the giant Olympic Dam deposit in Australia. The presence of a large magnetic body that appears to be intrusive into the overlying rock sequence that appear regionally altered, are variably pyritic and contain vein type fluorite mineralization and appears to suggest a magnetic origin for the mineralization.

Anomalous levels of the Light Rare Earth Elements (LREE) cerium and lanthanum, all present in Olympic Dam were not only detected in soils but also in rock samples as well in our Rusty Ridge property. In addition, the soil geochemistry also produced anomalies in silver, gold & copper.

www.katexploration.com

Southern Newfoundland

On June 29, **RockBridge Resources Inc.** reported results of sample analysis resulting from saw-cut sampling of the No. 12 and other historic showings, along with additional sampling from its Cross Hills property in Newfoundland. This prospecting program was performed to better delineate the known zones of mineralization, locate any historic zones that could not be identified during the prior field investigation and identify additional mineralization on the property. The main historic target co-ordinates were sampled by channel cuts and representative grab sampling. Anomalous values were encountered, however, historic results could not be reproduced. During the prospecting program, two material new mineral discoveries were made.

A new zone of rare earth mineralization was encountered approximately 1.3 km to the southwest of the historic No. 12 showing. The showing occurs in outcrop and can be traced for a distance of up to 250 m, with widths reported up to three m. The zone occurs within highly prospective peralkaline granites of the Cross Hills intrusive complex. Highlights of the sampling are listed in the table.

ROCKBRIDGE -- CROSS HILLS

Sample No.	Niobium pentoxide (Nb ₂ O ₅) %	Zirconium oxide (ZrO ₂) %	Yttrium plus total rare earth oxides (Y plus TREO) %
CRCH 10-36	0.32	2.53	1.11
CRCH 10-45	0.24	2.14	1.00

A new showing grading 1.89% copper has also been discovered within a previously unmapped gabbroic intrusive unit on the property. Only one sample was collected from the outcrop at this location. Additional work will be performed to better define these two zones.

www.rockbridgeenergy.com

Western Labrador

On June 10, **New Millennium Capital Corp.** and **Naskapi Nation of Kawawachikamach** (NNK) announced that they have signed an Impact and Benefit Agreement (IBA). The "life of mine" agreement promotes and governs a mutually beneficial development of New Millennium's direct shipping iron ore (DSO) project located in western Labrador and north eastern Quebec, near Schefferville, Quebec. The IBA establishes the processes and sharing of benefits that will ensure an ongoing positive relationship with all affected First Nations. In return for their consent and support of NML's DSO project, the First Nations will benefit through training, employment, business opportunities and financial participation in the project. The IBA also commits the Corporation to implement the project in a manner that safeguards the environment and provides the NNK with social and cultural protection. The agreement with NNK is the first of four such agreements that are in the process of being concluded. Negotiations with three other affected First Nations, namely Nation Innu Matimekush-Lac-John (NIMLJ), Innu Takuaikan Uashat mak Mani Utenam (ITUM) both of Quebec and the Innu Nation from Labrador are currently in progress.

www.nmlresources.com

On June 30, **Labrador Iron Mines Holdings Limited** (LIM) reported results for its fiscal year ended March 31, 2010. As at March 31, 2010, the Company held \$48.3 million in cash and cash equivalents with no debt and is in sound financial condition. Current liabilities, comprising accounts payable and accrued liabilities were \$2.1 million.

Schefferville Area Project Update

Rail Spur Line Completion

The first major construction activity has been the laying of the planned 4.5 km railway spur line from the Sept-Iles – Schefferville main line to the Company's processing site at Silver Yards. Installation of the new track commenced in May 2010 and has now been completed including ballast and tamping work. The new rail spur line will be used to move to site the main components of the processing plant and the accommodation camp. In due course the spur line will be further extended to facilitate future operations. LIM has submitted the required information to support an operating certificate for the use of the railroad and is awaiting the approval for its operation.

Beneficiation Plant and Camp

All of the items of the beneficiation plant have been ordered and manufacturing of the components has been largely completed. These items are now being brought to railheads at Sept-Iles and at Labrador City awaiting delivery to site. Some pre-assembly is taking place in

Labrador City. Subject to receipt of outstanding permits and licences, final assembly on site should take place this summer to enable the beneficiation facilities to be commissioned during the fall of 2010. A contract has been signed with a Labrador City based contractor for the mining and beneficiation activities. Once the mine operating permit has been issued, the mining contractor will be mobilized to site to commence mining activities, including stockpiling of iron ore ahead of the crusher pad.

Environmental and Permitting

Numerous environmental permits have been received over recent weeks including the Mining Leases for the first stage James and Redmond deposits and Surface Use Leases over the Silver Yards beneficiation area, the camp, Redmond roads and pipeline. Final approvals from the Department of Fisheries and Oceans have been received, including the real time water monitoring program, and programs encompassing surface water quality sampling have been authorized and completed.

The Environmental Protection Plan for Mine Construction and Operation, which was the final condition of the environmental assessment release, has been approved by the Minister of Environment and Conservation. The permits for the 2010 exploration drilling season for Quebec and Labrador have also been received.

LIM has submitted all required information in support of the Certificate of Approval for Mine Construction and Operation and for the Certificate of Approval for the Operation of the rail spur and is awaiting issue of these Certificates by the Government of Newfoundland and Labrador. The receipt of these permits has taken longer than anticipated, which has resulted in a delay in the Company's planned construction and production time line.

Negotiations with Quebec Innu

LIM has recently been in negotiations towards an Impact Benefit Agreement with the Innu Community of Matimekush-Lac John (based in Schefferville, Quebec), one of four First Nations who claim Aboriginal rights in the general Schefferville area. In May 2010 LIM proposed a comprehensive package of jobs, contracts, social benefits, infrastructure grants and revenue sharing, which addressed all of the demands made by Matimekush. This proposal has not been accepted. The Innu Matimekush are currently in an election period, with the elections for Chief and Band Council to be held July 7, 2010.

On June 11, 2010, the "Innu Strategic Alliance" (comprised of five Innu communities living in northeastern Quebec, including the communities of Matimekush and Uashat), as part of a campaign to have their ancestral rights in the territory called Nitassinan (which includes parts of northeastern Quebec and western Labrador) recognized by Government, set up a barricade at the edge of the town of Schefferville, in Quebec, to block access from the town to mining properties in the Schefferville area.

In March 2008 LIM entered into a Memorandum of Understanding with the Innu Community of Matimekush-Lac John, wherein the parties agreed to negotiate an Impact Benefit Agreement and LIM agreed to use its best efforts to employ or contract with individuals and businesses of Matimekush. LIM has been in discussions and consultations with the Chief, Council and Elders

of Matimekush continuously thereafter and up to date. Over the past four years LIM has worked well with the Quebec Innu and has employed many Innu members in its exploration and environmental activities, as well as contracting with Matimekush and Uashat businesses.

In July 2008, the Company and Innu Nation of Labrador signed an Impact Benefit Agreement with respect to the development of the Company's iron ore project in western Labrador. The Labrador Innu, as represented by the Innu Nation are the only aboriginal party with a land claim that has been accepted by the Government of Newfoundland and Labrador.

The Federal Minister of Indian and Northern Affairs has proposed creating a forum for talks between the Innu residing both in Quebec and Newfoundland and Labrador regarding their overlapping claims. The Minister indicated that Canada is willing to provide funding to both Innu parties to enter into exploratory talks and has appointed a special representative to act as facilitator in hopes of resolving these overlapping land claim issues. Canada is currently negotiating land and resource rights with the Innu of Labrador.

LIM respects the legitimate aspirations of all First Nations but believes that negotiations on impact benefit agreements for mining projects should not be side tracked by larger land claim considerations, where LIM has no say or ability to provide solutions. LIM has indicated that it is ready to continue negotiations with the Quebec Innu and is currently in discussions with representatives of the Matimekush and Uashat and with the relevant governments.

Outlook

Upon receipt of all remaining necessary permits, licenses and approvals, the Company is planning to commence site construction of the mine and beneficiation facilities during the summer of 2010 and hopes to achieve start up and initial production before the seasonal shut down of operations at the end of November 2010. The Company plans to commence full scale production in April 2011 and expects production of 2 million tonnes of iron ore during that calendar year.

www.labradorironmines.ca