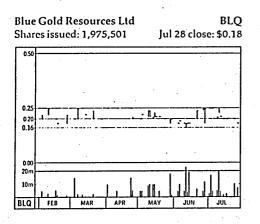
Vancouver STOCKWATCH July 31 1989

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News Release . . . 400 metres of drilling completed

Mr Charles S. Underhill reports:

The company has recently completed a total of 400 metres of diamond drilling on its 100% owned Keystone property located approximately 53 kilometres north of Hope, BC. The majority of this drilling was conducted near the Julie zone where previous diamond drilling conducted by Westmin Resources in 1981 encountered an intersection of 6.1 metres of 0.252 oz/ton Au. Although the recent diamond drilling did (not) result in any significant gold intersections - DD No. 89-J3 intersected 5 metres of significant silver values - one metre of which assayed 14.68 oz/ton Ag.

The limited drilling conducted recently is considered inconclusive and the company's consultant - Orcan Mineral Associates Ltd is currently preparing further recommendations which will likely include additional diamond drilling.

Due to previous exploration work which has been conducted on the 80 unit Keystone property the possibility exists for the establishment of large tonnage porphyry-type copper-molybdenum deposits, in addition to the potential to host high grade, fissure vein-type, precious metal deposits.

During the past few months, managmeent has been approached by several major mining companies who have expressed interest in entering into a jont venture agreement with the objective of escalating drilling activity on the property. When the current discussions are concluded, shareholders will be fully informed of the details of the any joint venture agreement.

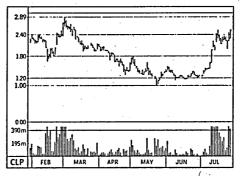
British Medical Services Ltd BMD Shares issued: 3,482,986 Jun 27 close: \$0.22 Delinquent Filer

The superintendent of brokers advises that the company is delinquent for interim financials dated March 1989.

Cache D'Or Resources IncCCIShares issued: 21,398,660Feb 24 close: \$0.08Delinquent Filer

The superintendent of brokers advises that the company is delinquent for interim financials dated March 1989.

Calpine Resources Incorporated CLP Shares issued: 14,116,426 Jul 28 close: \$2.55



News Release . . . Complaint re Calpine/Canarc Ski 4 claim expected to be dismissed

See Canarc Resource Corp (CCM) News Release

Calvada Resources IncCVHShares issued: 1,816,000Jul 28 close: \$0.25Delinquent Filer

The superintendent of brokers advises that the company is delinquent for interim financials dated March 1989.

Cam-Net Communications Network Inc CWK Shares issued: 4,469,361 Jul 28 close: \$6.75 Delinquent Filer

The superintendent of brokers advises that the company is delinquent for annual financials dated February 1989.

Camborne Industries LtdKAVShares issued: 9,100,751Jul 28 close: \$2.50Prospectus Amended

Further to the VSE notice dated effective July 25 1989, amendment No. 1 dated July 28 1989 to the company's prospectus dated July 13 1989 has been filed with and accepted by the superintendent of brokers effective May 31 1989.

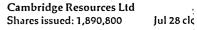
This amendment discloses the following changes:

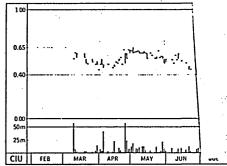
The offering has been reduced to 3,250,000 shares at an unchanged price of \$2.50 per share and unchanged minimum subscription of 3,250,000 shares.

The greenshoe option exercise price is now 60 calendar days.

Consequential changes to reflect the above have been made to the prospectus.

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News Release . . . No further drilling recommended on Rain, Wind and Sleet claims Mr Daryl Pollack reports:

The phase one exploration program on the Rain, Wind and Sleet claims in Left Clear Creek, Yukon was completed in early July 1989. Cambridge carried out a four hole diamond drill program to test the IP anomaly existing on the claims. The IP anomaly was found to be due to graphite and to pyrite films on bedding and shear planes in altered sediments.

A report prepared by J.C. Stephens Explorations recommended that due to the poor results of the drilling and the limited potential of the tonnage, no further drilling be carried out.

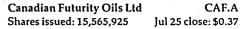
A \$30,000 exploration porgram on the Nor property in the Toodoggone area of BC was also recently completed. A final report on the program is expected shortly.

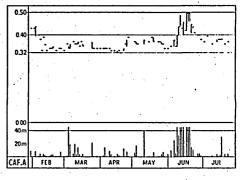
Canada Orient Resources Inc CDO Shares issued: 2,657,501 Jul 27 close: \$0.38 Delinquent Filer

The superintendent of brokers advises that the company is delinquent for interim financials dated March 1989.

Canadian Angus Resources LtdAGBShares issued: 6,790,170Jul 28 close: \$0.03Delinquent Filer

The superintendent of brokers advises that the company is delinquent for annual financials dated December 1988.





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