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MILL BAY VENTURES INC.

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June 24, 2009

VALENTINE MOUNTAIN COMPLETION OF SURVEYING AND ROCK CHIP SAMPLING

Mill Bay Ventures Inc. ("the Company") is pleased to announce the completion of surveying and rock chip sampling of the Log Dam zone on their 100% owned Valentine Mountain mineral tenures. The Valentine Mountain claims are located 40 miles west of Victoria on southern Vancouver Island, cover approximately 7,084 acres (2,867 hectares) along a trend estimated at 7km long and 500m wide. The property hosts a historic mineral resource, known as the Discovery Zone, with an estimated 30,660 tonnes grading 14.7 grams (0.473 ounces) of gold per tonne (not NI 43-101 compliant).

The Log Dam zone is located 1,100 meters west of the Discovery Zone (site of main previous workings, diamond drill holes, trenching, and small milling operation). The Log Dam zone consists of variable auriferous quartz veining (minor pyrite-arsenopyrite), associated with anomalous Au in soil which coincides with pyritic-tourmaline-garnet altered metamorphosed volcanic host rocks (aka amphibolite). Two 30-60 meter thick amphibolite bands coincide with increased IP chargeability, and the swampy area where the Log Dam was built coincides with a total field magnetic decrease, suggesting the presence of secondary alteration. Rock chip sampling of 13 quartz veins in the vicinity of the Log Dam revealed the following significant assays:

Sample No.	Width	Description	g/t Au	opt Au
599250	0.4 meters	30% qtz, 2% lim, 2% py	32.02	0.934
599319	0.3 meters	30% qtz, 2% lim, 2% py	2.13	0.062

The recent logging that took place around the Log Dam has created good access roads to the quartz veins of interest and management is engaged in a permit application with the Ministry of Energy and Mines to carry out a program of approximately 3,000 meters of diamond drilling that would target gold bearing quartz fissure vein structures in the Log Dam and Discovery zones.

Rock chip sampling, geological mapping and GPS surveying were carried out by Andris Kikauka, P.Geo., a Qualified Person for the purposes of NI 43-101.

For further information please contact Darryl Glasier at e-mail: darrylg@shaw.ca

ON BEHALF OF THE BOARD

"William Glasier"

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