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PRESS RELEASE

VAALDIAM GRANTS STOCK OPTIONS

Vaaldiam Resources Ltd. (VAA: TSX VENTURE) announces that it has granted stock options to purchase a total of 800,000 common shares to directors, officers and a consultant. Each option entitles the holder to purchase a common share of the Corporation at a price of \$0.45 per share for a period of five years. The stock options are granted pursuant to the Corporation's stock option plan and are subject to regulatory acceptance.

For additional information please contact Kenneth W. Johnson, President and CEO, or Robert Yeoman, Vice President and Corporate Secretary, at (416) 363-6927.

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The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.