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TOWER ZONE EXPLORATION PLANS

Vancouver, B.C., May 21, 2009. VMS Ventures Inc. (TSX-V: VMS) (the “Company”) is pleased to announce that it will complete the DEEPEM ground geophysical survey, begun earlier in the year, to extend it over the Tower Zone anomaly, near Snow Lake, Manitoba.

Line cutting is anticipated to commence by month end and will be followed by up to 30 line km of DEEPEM coverage. This survey area will examine the southern and eastern strike extents of the deep geophysical anomaly first reported January 22, 2009. This survey will extend coverage approximately 2 km further onto 100% VMS held ground. The purpose of the survey is to assist in establishing drill targets to further test the Tower Zone.

The anomaly is interpreted as representing a separate geological unit and appears to be situated several hundred meters north of the strata hosting the Reed Lake Discovery Zone. At the Tower Zone, the DEEPEM anomaly appears to separate into two parts and appears to represent two distinctive stratigraphic units. The southernmost DEEPEM anomaly is coincident with a strong MMI Zn anomaly for approximately 400m on the VMS claim. This geochem anomaly occurs south of the Tower alteration zone drilled in 2008. Although it is possible that this anomaly may represent the eastward extension of the Discovery Zone, there is no geological or geophysical evidence at this time to corroborate this idea; the Discovery Zone strata may extend eastwards in the undrilled area several hundred metres to the south where there is a broad DEEPEM anomaly and a strong magnetic anomaly.

The mineralization found at the Discovery Zone is of two varieties, one of which appears to be remobilized mineralization from what is believed to be a nearby source, and the other appears to be a debris flow (rock slide) from a large body. Previous drilling by VMS at the Tower Zone has not intersected a conductive unit of mineralization that would explain the VTEM, DEEPEM or geochem anomalies identified to date; however, weak to moderate VMS-type alteration and minor amounts of copper and zinc sulphide minerals have been identified in drill core. This new modeling of the anomaly predicts the conductor target is located between 200 and 400 metres below surface.

This extension of the Highway-Tower DEEPEM anomaly will be examined using a deep penetrating, large Loop Time Domain EM survey. The survey will also test other VTEM and geochem anomalies on the property. The ground survey being employed is the same DEEPEM system, operated by the same field personnel (Koop Geotechnical Services), used in the 2007 discovery of HudBay Minerals’ Lalor Lake deposit, at a depth of approximately 800 m.

Dr. George Gale states: “The coincidence of a strong deep geophysical conductor, oriented parallel to and only 300 m north of the Discovery Zone makes these strata a very prospective drill target. The Tower Zone anomaly strikes NW-SE for at least 2 km, and is bound by the Highway Zone copper/zinc occurrence at its NW end and VMS associated alteration and mineralizations at its SE end. These are strong indicators that this geophysical trend is a highly prospective VMS target.”

All technical information in this release has been reviewed by Dr. George Gale, P.Eng, who is the Qualified Person for the Company and Vice President of Exploration, VMS Ventures Inc.

VMS Ventures Inc. currently has a profile on Corebox.net which is updated as soon as assay results are released. The link to visit our Corebox profile is:

http://www.corebox.net/properties/reed_lake/.

Investors are invited to visit the VMS Ventures IR Hub at <http://www.agoracom.com/IR/VMSVentures> where they can post questions and receive answers or review questions and answers already posted by other investors. Alternatively, investors are able to e-mail all questions and correspondence to VMS@agoracom.com where they can also request to be added to the investor e-mail list to receive all future press releases and updates in real time.

VMS Ventures Inc. is focused primarily on acquiring, exploring and developing copper-zinc properties in the Flin Flon-Snow Lake VMS Belt. The Company also holds the largest land package considered prospective for nickel-copper mineralization at Lynn Lake, which is to date Canada's third largest nickel producing camp. The Company's project portfolio consists of the Snow Lake VMS project, the Lynn Lake Gabbros nickel-copper project, the Nickel Belt project, the South Bay nickel-copper-cobalt PGE property, and the Eden Lake Carbonatite Complex, Specialty Metals property. All VMS Ventures Inc. properties are located in the mining friendly province of Manitoba, Canada.

ON BEHALF OF THE BOARD OF DIRECTORS

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