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VMS VENTURES TO BEGIN PHASE ONE DRILLING ON THE TOWER ZONE AT THE REED LAKE PROPERTY, SNOW LAKE MANITOBA

Vancouver, B.C., October 30, 2009. VMS Ventures Inc. (TSX-V: VMS) (the “Company”) will begin drilling Phase One targets at the Tower Zone on, or about, November 4th, 2009, on its 100% held Reed 5188 claim, part of the Reed Lake property in the Snow Lake mining district of Manitoba. Phase One targets are proximal to, and hosted within, the same rock package as the Company’s Reed Lake Discovery Zone.

As announced October 15, 2009, a drill program to test at least five conductive zones, primarily modeled from DeepEM geophysical surveys, is planned.

Phase One will include a minimum of 1,500 m of diamond drilling with up to 5,000 m planned. Upon completion of drilling, each hole will undergo electro-magnetic borehole surveying to look for adjacent conductive sulphide bodies not identified in the drill core. A fourth target has been added to Phase One, following exploration team meetings earlier this week. This target will test the relationship of the geology and geophysical responses, in particular magnetic responses, as well as test a conductor identified in the DeepEM geophysical survey which appears to have coincident geochemical anomalies. Phase One drilling and borehole surveying is expected to take approximately three weeks.

Phase Two will commence following freeze-up in areas north and east of the Tower Zone, where wet ground conditions currently prevent drilling.

Of particular interest in Phase Two is a zone of conductance identified in reprocessed borehole geophysical survey data from a drill hole completed prior to the Company’s acquisition of the claims. The drill hole intersected anomalous zinc and copper values within altered felsic volcanic rocks near the upper edge of the modeled plate. This is a common geological setting for copper-zinc-gold-silver deposits in this belt and the hole appears to have intersected only the upper edge of the anomaly associated with the mineralized zone.

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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