

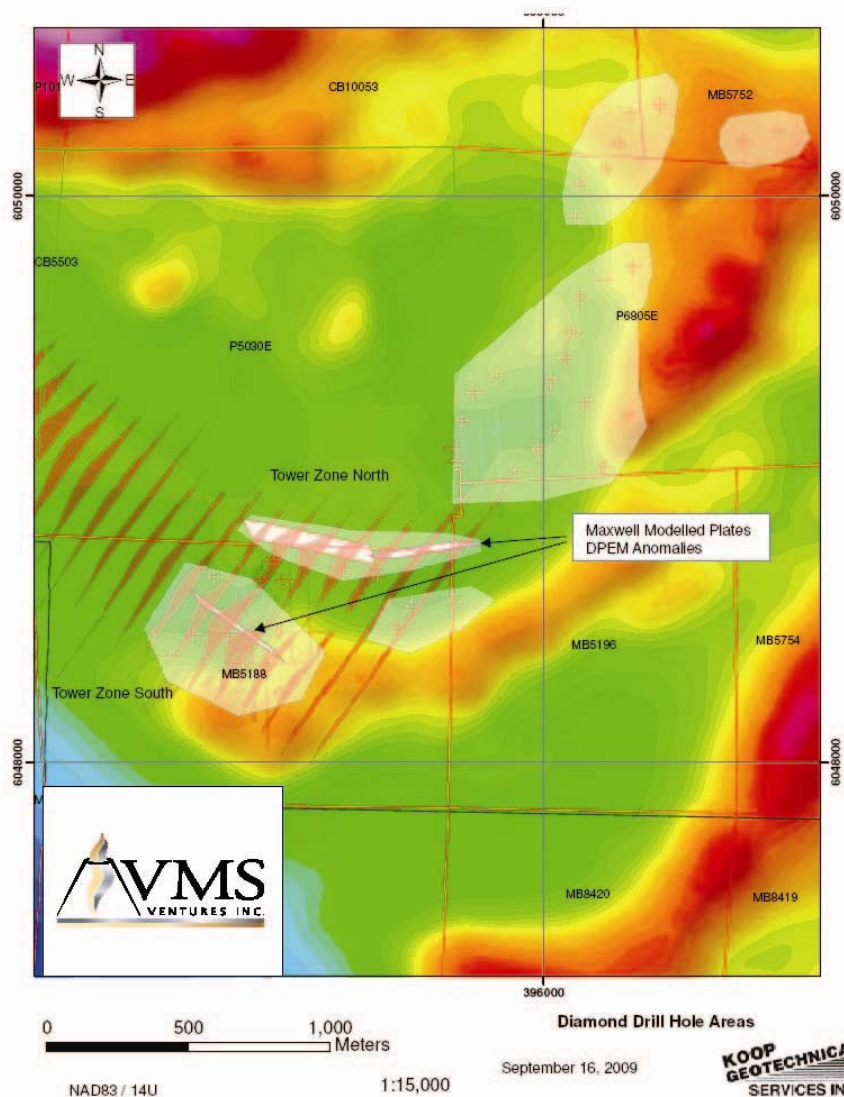


**VMS VENTURES INC.**  
301 – 260 W. Esplanade  
North Vancouver, B.C.  
V7M 3G7  
Tel: (604) 986-2020  
Fax: (604) 986-2021  
Toll Free: 1-866-816-0118  
[www.vmsventures.com](http://www.vmsventures.com)

## VMS VENTURES REPORTS DRILL TARGETS IDENTIFIED ON ITS 100% OWNED TOWER ZONE PROPERTY

Vancouver, B.C., September 18, 2009. VMS Ventures Inc. (TSX-V: VMS) (the “Company”) is pleased to announce that following detailed analysis of geophysical and geochemical data, drill target areas have been identified on the Company’s 100% Tower Zone claim (MB5188), located approximately 1,000 metres east of the Reed Lake Discovery Zone, near Snow Lake, Manitoba.

Koop Geotechnical Services Inc. has been summarizing and collating various data sets over the past six weeks and has presented the Company with a preliminary drill target report. The two major areas featured are Tower Zone North and Tower Zone South presented as: **Tower Zone Drill Target Areas**



**Tower Zone North** is an area of approximately 700 x 150 metres with clusters of electromagnetic anomalies and coincident magnetic trends. Drilling completed to date by the Company intersected up to 30% sulphides locally, but failed to explain the strong-late channel electromagnetic anomalies seen in the VTEM or DPEM surveys. The geometry of deposits in the Reed Lake area is generally “pipe-shaped” therefore making them difficult to model with geophysics. The top of this DPEM anomaly is modelled to be 100 metres below surface and it has a down plunge extent of 500 metres.

**Tower Zone South** is an area of approximately 500 x 200 metres with similar clusters of electromagnetic anomalies as the Tower Zone North Area. Drillhole TZ-08-07 intersected 34 metres of rhyolite with disseminated pyrrhotite, chalcopyrite and magnetite mineralization. Chlorite alteration elsewhere in the drillhole and layered sulphides in an adjacent drillhole (TZ-08-04) suggests it is proximal to a volcanogenic massive sulphide deposit. The geophysical data suggests “pipe-shape” deposits similar to our Reed Lake Discovery. The disseminated mineralization encountered represents the very upper portion of the modeled geophysical plate and will be followed up with a number of diamond drillholes. The top of the target is estimated at 170 metres below surface and has a down plunge extent of 400 metres.

VP Exploration, George Gale, states: “We are very encouraged by this initial report. It appears to confirm that we were near the top or edge of several anomalies in our earlier drilling and this program should allow us to determine the true potential of these now, very well defined targets. These are substantial target areas. The Discovery Zone’s drilling to date covers a strike length of only 200 meters. Further, the report’s suggestion that the shape of at least two of these anomalies is like a cone or rod appears to be similar to the shape of the Reed Lake Discovery and fits our hypothesis that this could be a VMS Camp”.

The Highway-Tower Zone anomaly is now known to extend to the eastern limits of the area surveyed and the target horizon remains open in the east and north east direction. Additional geophysical surveys are planned to commence following freeze-up, most likely in late October or November depending on weather conditions in the area. The Company is still awaiting results from the MMI soil sampling program undertaken this summer

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/](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](mailto: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

John Roozendaal B.Sc.  
President & Director

For further information contact:

**Keith Patey**  
**Director of Communications**  
**Telephone: (604) 986-2020**

**Dale Paruk**  
**Coal Harbor Communications**  
**Telephone: (604) 662-4505**

**Toll Free: 1-866-816-0118**

**Toll Free: 1-877-345-3399**

*Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.*