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VMS VENTURES BEGINS TOWER ZONE GROUND GEOPHYSICAL SURVEY AND COMMENCES SUMMER MAPPING PROGRAM NEAR SNOW LAKE, MANITOBA

Vancouver, B.C., June 17, 2009. VMS Ventures Inc. (TSX-V: VMS) (the “Company”) is pleased to announce that a deep penetrating ground geophysical survey is now underway testing the southeastern extent of the Tower Zone anomaly identified during the spring/winter program. Also, the summer 2009 geological mapping program has begun on the Company’s claims in the Snow Lake base metals camp.

Tower Zone DeepEM Survey

The deep penetrating geophysical survey now underway at the Tower Zone will cover up to 40 line km of newly cut grid lines and extend survey coverage a further 1.5 km further east of the last line surveyed on the Highway Zone-Tower Zone anomaly. The anomaly as measured to date extends over a distance of approximately 2km southeastwards from the Highway Zone copper-zinc occurrence and is modeled to be between 200m – 400m depth from surface. Vice President of Exploration, Dr. George Gale states: “Evidence of copper-zinc-gold-silver mineralization near the western end of the anomaly at the Highway Zone and the VMS-type alteration with trace copper and zinc sulphide minerals along the same trend at the Tower Zone, is very encouraging and greatly enhances the prospectivity of this target area.”

2009 Mapping Program

Two geologists and a geological assistant have now begun a 100 day mapping study over the Puella Bay, Sails Lake and Morton Lake properties, which are all situated north of the Flin Flon-Snow Lake VMS belt’s dolomite covered rocks. Each of these properties have large areas of exposed Precambrian rocks, and it is in these older rocks that the base metal deposits are hosted. The mapping will focus on locating areas with favorable deposit geology such as felsic volcanic units and areas with VMS related alteration minerals.

Puella Bay

The program will start at the Puella Bay project, with an initial focus on an area where the Company staked an additional 30 claims (75 sq km or 29 sq miles) in early 2009. That decision was based on two separate discoveries. First, in the 2009 Puella Bay drill program, two holes encountered an extensive VMS-type alteration zone with minor amounts of copper and zinc present. Second, Company geologists discovered a new precious metal-bearing exhalative unit with up to 1.4 g/t gold within the Puella Bay rhyolite by re-logging and analyzing samples from historic, archived drill core from the property.

This previously unrecognized mineralized strata on the east flank of the Puella Bay project extends the prospective geology for an additional 11 km. In addition to the geological mapping, the Company plans to undertake rock geochemical mapping surveys to identify and delineate additional VMS-type alteration zones within the 20 km long portion of the Puella Bay rhyolite complex being examined this summer. Samples of rock will be collected and analyzed to provide evidence of alteration which is best detected by geochemical methods.

Sails Lake

At the Sails Lake project, mapping is expected to commence in early July and focus on delineation of volcanic stratigraphy. Previous maps show the area to be underlain by mafic rocks, however, reconnaissance investigations by VMS Ventures in 2007, indicate that the area contains subaqueous felsic volcanic rocks, and distinctive mafic volcanic rocks that are visually identical to those found immediately above the rocks hosting the HudBay Minerals Anderson Lake VMS deposit at Snow Lake, approximately 25 km to the west.

Company geologists are enthusiastic about this property due to the presence of strong VTEM conductors on the property and in particular a 2 km long ground EM conductor, which is coincident with a unit of exhalite-bearing rocks. Minor zinc and copper are exposed in a trench that cuts this exhalite and a historic drill hole with 7.2% zinc over 60 cm appears to have cut the same unit in an area with multi-element soil geochemical responses. Vice President of Exploration, Dr. George Gale states: "The coincidence of significant zinc mineralization directly related to a 2 km conductor with key volcanogenic massive sulphide associated rock units such as the exhalite-bearing rocks makes this fertile ground for the discovery of new base metal deposits."

Morton Project

The Morton Lake project will be investigated in a reconnaissance manner later in the summer with the aim of delineating the felsic volcanic units that host the Dickstone copper-zinc deposit. This past producing mine, held by Xstrata, is located approximately 500m from the western boundary of the Company's claims in the area. Occurrences of base metal mineralization hosted within felsic volcanic rocks have been described from several locations on the Morton property and these will be investigated to determine their relationship to the rocks hosting the Dickstone deposit.

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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