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VMS VENTURES INC. TO PRESENT AT AGORACOM *ONLINE* GOLD AND COMMODITIES CONFERENCE – DECEMBER 3-4, 2009

Vancouver, B.C., November 25, 2009. VMS Ventures Inc. (TSX-V: VMS) (the “Company”) is pleased to announce it has been invited to present in the first ever [AGORACOM Online Gold & Commodities Conference](#) on December 3rd and 4th, 2009. The conference is limited to a maximum of 50 presenting companies, which are selected by invitation only, in order to maintain a high standard of quality for attending investors. Presenting companies are active in precious metals, base metals, rare metals, oil & gas and clean energy technologies.

CONFERENCE DETAILS

WHERE: Online – <http://agoracom.com/conferences>
WHEN: December 3rd and 4th, 2009
PRESENTATION: Please [see schedule](#) for specific times and details.
REGISTRATION: Investors [Register for free](#) using form in right hand column of any page
FORMAT: 15-minute presentation followed by live Q&A in monitored HUB
TECH REQUIRED: Your web browser

INVESTORS FROM MORE THAN 50 COUNTRIES EXPECTED TO ATTEND

VMS Ventures is extending an invitation to all of its shareholders and prospective shareholders to view our presentation and attend this first time event.

AGORACOM anticipates investors from more than 50 countries will participate, making this a truly international and environmentally friendly conference that will generate a fraction of the carbon footprint of traditional conferences. The online nature of the conference will allow investors, both retail and institutional, to connect with small and mid-cap resource companies faster, better and cheaper thanks to the elimination of all travel, lodging and time away from work.

KEYNOTE SPEAKERS

Keynote presenters at the conference include some of the most accomplished industry speakers and financial bloggers in the world:

- Peter Grandich - Chief Commentator, AGORACOM.com
- Eric Coffin - Co-Producer of The [Hard Rock Analyst](#)
- Barry Ritholtz - Author Of [The Big Picture](#), Rated The Web’s #1 Financial Blog
- Paul Kedrosky - Author Of [Infectious Greed](#), Rated The Web’s #2 Financial Blog
- Gregor Macdonald - The Top Ranked Energy Analyst On [StockTwits Blog Network](#)

VMS Ventures would also like to announce that in accordance with the Company's stock option plan, it has granted to certain of its directors, officers, employees and consultants incentive stock options to purchase up to an aggregate of 430,000 common shares exercisable on or before November 25, 2014 at a price of \$0.40 per share.

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, and the South Bay nickel-copper-cobalt PGE 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

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