



Trading Symbol: TSXV: BMC
Shares Outstanding: 150,898,545

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BUCHANS MINERALS GRANTS OPTIONS TO DIRECTORS, OFFICERS & EMPLOYEES

Buchans Minerals Corporation (BMC-TSX-V) ("Buchans Minerals" or the "Company") announces the grant of a total of 4,500,000 options to an aggregate of 12 directors, officers and employees of the Company. Each option is exercisable for one common share of Buchans Minerals until December 19, 2016 at an exercise price of \$0.10. All of the options vested immediately.

About Buchans Minerals:

Buchans Minerals is an Atlantic Canada based resource company that has been focused on exploring and developing base metal properties in the historic Buchans mining camp in central Newfoundland, Canada and manganese properties in Western, New Brunswick, Canada.

Neither the TSX-V nor its Regulation Services Provider (as that term is defined in the policies of the TSX-V) accepts responsibility for the adequacy or accuracy of this release, and no securities regulatory authority has either approved or disapproved of the contents of this release.

FOR FURTHER INFORMATION, PLEASE CONTACT:

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