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	FAMILY NAME OR CORPORATE NAME	ALBERTA NEWFOUNDLAND
	GIVEN NAMES	BRITISH COLUMBIA NOVA SCOTIA
BOX 2. INSIDER DATA	NO. STREET APT	FEDERAL ONTARIO
RELATIONSHIP(S) TO REPORTING ISSUER  DATE OF LAST  DAY MONTH YEAR	СПУ	BANK ACT QUEBEC
REPORT FILED	PROV. POSTAL CODE	ica Saskatchewan
OR  CHANGE IN RELATIONSHIP FROM LAST REPORT YES NO RELATIONSHIP FROM LAST REPORT YES NO RIF INITIAL REPORT, DAY MONTH YEAR DAY BECAME AN INSIDER	BUSINESS TELEPHONE NUMBER  CHANGE IN NAME, ADDRESS OR TELEPHONE NUMBER FROM LAST REPORT YES NO	TLCA UNITED STATES  CBCA NASDAQ  MANITOBA SEC
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The personal information requested on this form is collected under the authority and used for the purposes of administering and Canada Business Corporations Act. Under the CBCA All information provided, it also permits public disclosure pursuant to section 266 of the CBCA. All information provided, it also permits public disclosure pursuant to section 266 of the purposes of administering and Canada Business Corporations Act. Under the CBCA All information provided in this form is collected under the authority and used for the purposes of administering and Canada Business Corporations Act. Under the CBCA. All information provided in the purpose of administering and Canada Business Corporations Act. Under the CBCA. All information provided in the purpose of administering and Canada Business Corporations Act. Under the CBCA. All information provided in the purpose of administering and Canada Business Corporations Act. Under the CBCA. All information provided in the purpose of administering and Canada Business Corporations Act. Under t

BOX 1. NAME OF THE REPORTING ISSUER (BLOCK LETTERS)	BOX 3. NAME, ADDRESS AND TELEPHONE NUMBER OF THE INSIDER (BLOCK LETTERS)	BOX 4. JURISDICTION(S) WHERE THE ISSUER IS A REPORTING ISSUER OR THE EQUIVALENT
	FAMILY NAME OR CORPORATE NAME	ALBERTA NEWFOUNDLAND
	GIVEN NAMES	BRITISH COLUMBIA NOVA SCOTIA
BOX 2. INSIDER DATA	NO. STREET APT	FEDERAL ONTARIO
RELATIONSHIP(S) TO REPORTING ISSUER  DATE OF LAST  DAY MONTH YEAR	СПУ	BANK ACT QUEBEC
REPORT FILED	PROV. POSTAL CODE	ica Saskatchewan
OR  CHANGE IN RELATIONSHIP FROM LAST REPORT YES NO RELATIONSHIP FROM LAST REPORT YES NO RIF INITIAL REPORT, DAY MONTH YEAR DAY BECAME AN INSIDER	BUSINESS TELEPHONE NUMBER  CHANGE IN NAME, ADDRESS OR TELEPHONE NUMBER FROM LAST REPORT YES NO	TLCA UNITED STATES  CBCA NASDAQ  MANITOBA SEC
BOX 5. INSIDER HOLDINGS AND CHANGES (IF INITIAL REPORT, COMPLETE SECTIONS (A) (D)	E AND F ONLY. SEE ALSO INSTRUCTIONS TO BOX 5)	
(A) (B)	© D	E F
DESIGNATION OF CLASS OF SECURITIES OF SECURITIES ON LAST REPORT  DATE DAY MONTH YEAR  L L L L L L L L L L L L L L L L L L	TRANSACTIONS  NATURE NUMBER/VALUE NUMBER/VALUE DISPOSED OF EXERCISE PRICE  L L L L L L L L L L L L L L L L L L L	BALANCE OWNERSHIP OWNERSHIP IS INDIRECT OWNERSHIP IS INDIRECTION IS EXERCISED  BALANCE OWNERSHIP IS INDIRECTION IS EXERCISED  ITIES HELD DIRECTION  DIRECTION IS EXERCISED
ВО	X 6. REMARKS	
CORRESPONDENCE ENGLISH FRENCH BO	ne undersigned certifies that the information given in this report is true and complete in every respect. It is an offence to file a which it is made, contains a misrepresentation.  IX 7. SIGNATURE	
KEEP A COPY FOR YOUR FILE	ME (BLOCK LETTERS) SIGNATURE	DAY MONTH YEAR
FIN 2036 Rev.95 / 2 / 22 H.B 184 VERSION FRAN ÇAISE DISPONIBLE SUR DEMANDE		DATE OF THE REPORT