INSIDER REPORT

(See instructions on the back of this report)

Where freedom of information legislation is in force in the jurisdiction where this form is filed: The personal information requested on this form is collected under the authority and used for the purposes of administering the provincial securities Acts, Bank Act, Cooperative Credit Associations Act, Insurance Companies Act, Trust and Loan Companies Act and Canada Business Corporations Act. Under the CBCA the information provided satisfies the disclosure requirements of section 127. While the federal Privacy Act protects personal information provided, it also permits public disclosure pursuant to section 266 of the CBCA. All information contained in this form will be made available to the public. Federally, this form will be stored in personal information and Records at (604)660-4827 or write the Manager, 1100-865 Hornby Street, Vancouver, B.C. V62 2H4.

The undersigned certifies that the information given in this report is true and complete in every respect. It is an offence to file a report that at the time and in the light of the circumstances

SIGNATURE

BOX 1. NAME OF THE REPORTING ISSUER (BLO	OCK 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	DAY MONTH YEAR	СПТҮ	BANK ACT QUEBEC				
	DATE OF LAST REPORT FILED	PROV. POSTAL CODE					
CHANGE IN RELATIONSHIP FROM LAST REPORT YES NO	OR IF INITIAL REPORT, DAY MONTH YEAR DATE ON WHICH YOU BECAME AN INSIDER	BUSINESS TELEPHONE NUMBER BUSINESS FAX NUMBER BUSINESS FAX NUMBER BUSINESS FAX NUMBER HELEPHONE NUMBER FROM LAST REPORT HELEPHONE NUMBER FROM LAST REPORT HELEPHONE NUMBER TELEPHONE NUMBER	TLCA UNITED STATES CBCA NASDAQ MANITOBA SEC				
BOX 5. INSIDER HOLDINGS AND CHANGES (IF INITIAL REPORT, COMPLETE SECTIONS $(A \cup E)$ and (F) ONLY. SEE ALSO INSTRUCTIONS TO BOX 5)							
(A	B	© (D E F				
DESIGNATION OF CLASS OF SECURITIES	BALANCE OF CLASS OF SECURITIES ON LAST REPORT DAY MONTH YEAR	OF C	DIRECT/INDIRECT IDENTIFY THE REGISTERED VT BALANCE OWNERSHIP/ HOLDER WHERE OWNERSHIP CLASS OF CONTROL OR IS INDIRECT OR WHERE CONTROL OR JRITIES HELD DIRECTION DIRECTION IS EXERCISED				

ATTACHMENT YES

ES NO

BOX 6. REMARKS

BOX 7. SIGNATURE

NAME (BLOCK LETTERS)

in which it is made, contains a misrepresentation.

This form is used as a uniform report for the insider reporting requirements under all provincial securities Acts, *Bank Act, Cooperative Credit Associations Act, Insurance Companies Act, Trust and Loan Companies Act* and *Canada Business Corporations Act*. The terminology used is generic to accommodate the various Acts.

CORRESPONDENCE _____ ENGLISH _____ FRENCH

KEEP A COPY FOR YOUR FILE

FIN 2036 Rev.95 / 2 / 22 H.B. - 184 VERSION FRAN ÇAISE DISPONIBLE SUR DEMANDE

DATE OF THE REPORT

DAY MONTH YEAR

INSTRUCTIONS

Insider Reports in English and French are available from the Manitoba, Ontario, Québec and federal jurisdictions. If you are a corporate insider in the province of Québec vill receive correspondence in French. Individuals in the province of Québec will receive, upon request, correspondence in English.

Where an insider of a reporting issuer does not own or have control or direction over securities of the reporting issuer, or where an insider's ownership or direction or control over securities of the reporting issuer remains unchanged from the last report filed, a report is not required. Insider reports are not required to be filed in New Brunswick, the Northwest Territories, Prince Edward Island or the Yukon.

"Reporting issuer" has the same meaning as the words "distributing bank" as defined in subsection 265(1) of the *Bank Act*, "distributing association" as defined in subsection 260(1) of the *Cooperative Credit Associations Act* (CCAA); and "distributing company" as defined in subsection 288(1) of the *Insurance Companies Act* (ICA) or subsection 270(1) of the *Trust and Loan Companies Act* (TLCA); "distributing corporation" as defined in subsection 126(1) of the *Conpanies Act* (CBCA).

"Debt Securities" wherever it appears herein, has the same meaning as "debt obligation" as defined in subsection 2(1) of the CBCA.

BOX 1 Name of the reporting issuer Provide the full legal name of the reporting issuer. Use a separate report for each reporting issuer.

BOX 2 Insider Data

Indicate all of your relationship(s) to the reporting issuer using the following codes:

Reporting issuer that has acquired securities issued by itself (or by any of its affiliates - CBCA)

Subsidiary of the reporting issuer

Security holder who beneficially owns or who exercises control or (Bank Act, CCAA, ICA, TLCA, CBCA and Québec Securities soft a reporting issuer (Bank Act, CCAA, ICA, TLCA, CBCA and Québec Securities Act - 10% of a class of shares) to which are attached voting rights or an unlimited right to a share of the profits and to its assets in case of winding up

Director of a reporting issuer

Senior officer of a reporting issuer

Director or senior officer of a security holder referred to in 3

Director or senior officer of an affiliate (Bank Act, CCAA, ICA, TLCA and CBCA) or of a subsidiary of the reporting issuer, other than in 4, 5 and 6

Deemed insider under the Bank Act, CCAA, ICA, TLCA and CBCA

If you have filed a report before, indicate whether your relationship to the reporting issuer has changed.

Specify the date of the last report you filed, and if it is an initial report, the date on which you became an insider.

BOX 3 Name, address and telephone number of the insider Provide your name, address and business telephone number.

BOX 4 Jurisdiction

Indicate each jurisdiction where the issuer is a reporting issuer.

BOX 5 Insider holdings and changes Show direct and indirect holdings separately, both in the initial report and where a transaction is reported. Indicate only one transaction per line.

For an initial report complete only:

(A) designation of class of securities held

Dpresent balance of class of securities held

(E)nature of ownership (see List of Codes)

(F)identification of the registered holder where ownership is indirect

If you acquired or disposed of securities while an insider, complete sections A^{to}F

 $\overset{\smile}{({\bf A})}$ Indicate a designation of the securities traded that is sufficient to identify the class, including yield, series, maturity.

(B) Indicate the number of securities, or for debt securities, the aggregate nominal value of the class held, directly and indirectly, before the transaction that is being reported.

C Indicate for each transaction:

- the date of the transaction (not the settlement date)
- the nature of the transaction (not the setuentian date)
 the number of securities acquired or disposed of or for debt securities, the aggregate nominal value
 the unit price paid or received on the day of the transaction, excluding the commission
- if the report is in American dollars, check the space under "\$ US"

Alberta Securities Commission 21st Floor 10025 Jasper Avenue Edmonton, Alberta

T5J 3Z5

Office of the Superintendent of Financial Institutions, Canada 13th Floor, Kent Square 255 Albert Street Ottawa, Ontario K1A 0H2

British Columbia Securities Commission 1100, 865 Hornby Street Vancouver, British Columbia V6Z 2H4

Director Canada Business Corporations Act 9th Floor Journal Tower South 365 Laurier Avenue West Ottawa, Ontario K1A 0C8

Manitoba Securities Commission 1128 - 405 Broadway Winnipeg, Manitoba R3C 3L6

Director of Securities Department of Justice, Newfoundland P.O. Box 8700 4th Floor, West Block Confederation Building St. John's , Newfoundland A1B 4J6

Nova Scotia Securities Commission Joseph Howe Building, 2nd Floor 1690 Hollis Street P.O. Box 458 Halifax, Nova Scotia B3J 2P8

List of Codes						
BOX $5(C)$ Nature of transaction Acquisition or disposition carried out in the market, excluding the exercise of an option Private placement (issuance from treasury)	10 11					
Acquisition or disposition carried out privately (already issued securities) Acquisition or disposition pursuant to a takeover bid or issuer bid	20 22					
Change in the nature of ownership	25					
Acquisition or disposition under a plan Stock dividend	30 35					
Acquisition or disposition of a call option Acquisition or disposition of a put option Expiration of an option	40 45 46					
Acquisition or disposition by gift Acquisition by inheritance or disposition by bequest	50 55					
Short sale Grant of warrants Grant of rights	60 65 66					
Exercise of warrants Expiration of warrants Expiration of rights Exercise of rights Exercise of options Conversion or exchange	70 71 72 75 76 78					
Stock split or consolidation Redemption/retraction/cancellation/repurchase	84 85					
Compensation for property Compensation for services Grant of options Other than referred to above (please explain in Remarks) Correction of information (please explain in Remarks)	90 95 96 97 99					
DIndicate the number of securities, or for debt securities, the aggregate nominal value of the class held, directly and indirectly, after the transaction that is being reported.						
(\mathbf{E}) Indicate the nature of ownership, control or direction of the class of securities held using the following codes:						
Direct ownership Indirect ownership (identify the registered holder) Control or direction (identify the registered holder)	0 1 2					
$\mathbf{F}_{direction}$ for securities that are indirectly held, or over which control or direction is exercised, identify the registered holder.						
BOX 6 Remarks Add any explanation necessary to make the report clearly understandable.						
If space provided for any item is insufficient, additional sheets may be used. Additional sheets must refer to the appropriate Box and must be properly identified and signed.						

Office staff are not permitted to alter a report.

BOX 7 Signature and filing Sign and date the report.

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File two copies of the report in each jurisdiction in which the issuer is reporting within the time limits prescribed by the applicable laws of that jurisdiction. British Columbia requires only one copy.

Manually sign one of the two copies.

Legibly print or type the name of each individual signing the report.

If the report is filed on behalf of a company, partnership, trust or other entity, legibly print or type the name of that entity after the signature.

If the report is signed on behalf of an individual by an agent, there shall be filed with each jurisdiction in which the report is filed a duly completed power of attorney.

Ontario Securities Commission Suite 800, Box 55 20 Queen Street West Toronto, Ontario M5H 3S8

Commission des valeurs mobilières du Québec C.P. 246, Tour de la Bourse Montréal (Québec) H4Z 1G3

Saskatchewan Securities Commission 8th Floor 1914 Hamilton Street Regina, Saskatchewan S4P 3V7