



FORM 3E

Dividend / Distribution Declaration

INSTRUCTIONS:

When To File: As soon as possible after the declaration of the dividend, but in any event, at least 7 trading days prior to the dividend record date.

How To File: Via email to: dividends.venture@tsx.com or via fax to: (416) 947-4547.
Follow-up immediately with a telephone call to: (416) 947-4663.

Questions: Dividend Administrator, Telephone Number (416) 947-4663.

Note: If the dividend being declared is a stock dividend of treasury shares of the Issuer (or of other securities that are convertible into treasury shares of the Issuer), the Issuer must also comply with the requirements of TSX Venture Exchange Policy 3.2, section 11 - Dividends.

Issuer Name		Stock Symbol	
Date of Declaration (dd/mm/yyyy)			
Type of Security and Stock Symbol on which Dividend / Distribution declared			
Amount of Dividend / Distribution per share (if special dividend, stock dividend, or dividend in foreign currency, please give details)			
Payable Date (dd/mm/yyyy)			
Record Date (dd/mm/yyyy)			

Note: Upon receipt of this Form, the TSX Venture Exchange will determine the ex-dividend date.

Filed on behalf of the Issuer by:
(Please enter name and direct phone number)

Name	Telephone / Fax
	E-mail
Date	