

**STINA RESOURCES LTD.**

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**TSX:V– “SQA”**

12g3-2(b): 82-2062  
Shares Issued – 20,458,643  
May 17, 2010 close: \$0.42

**STINA’S VANADIUM PROPERTY FEATURED ON MINING STOCKTALK. COM**

Stina Resources Ltd. (“the Company” or “Stina”) was recently featured on Mining Stocktalk.com, an online mineral exploration website aimed at retail and institutional parties interested in the metals industries. An article outlining the current and future uses of vanadium and entitled: Vanadium, a Metal Preparing for Launch is available at <http://miningstocktalk.com/vanadium-a-metal-preparing-for-launch/>

An interview with James Corrigan of Stina Resources, pertaining to the potential uses of vanadium and how this affects Stina’s Bisoni McKay Vanadium Property is also available in web streaming format on the site at <http://miningstocktalk.com/mining-stock-talk-interviews-stina-resources/>

**About the Bisoni McKay Vanadium Property - Nevada**

The property boasts a 2008 resource estimate on an 800 feet X 500 foot subsection of Northern Section A that showed 10.6M indicated short tons of vanadium pentoxide at 0.39% at a 0.2% cutoff grade, and an additional 9M inferred short tons of vanadium pentoxide at a 0.2% cutoff grade on a 600 X 500 foot subsection. In 2007 Hazen Research conducted preliminary recovery tests on Bisoni McKay material, with the best results from the Acid Pugging Leach test on oxidized material, which showed up to a 95% extraction of V2O5. To date the Company has drilled 24 reverse circulation holes and 5 core holes on the Bisoni McKay property.

The Company is currently refining and preparing to complete the Phase II program initiated in 2007. This includes drilling an additional 14 reverse circulation holes and 6 core holes. This Northern Section B drilling would continue directly south of core fence BMK - 01, 02 and 03 drilled in 2005 in 100 foot stepouts and additional fences. The result would be an expanded drill area of approximately 1,500 feet in length by 100 to 200 feet in width, on which the 2008 resource estimate could be updated.

The Company also intends to further metallurgical testing on oxidized, transition and carbonaceous material from Northern Section A at Hazen Research expanding on previously reported strong recovery results. A scoping study is being considered, and the Company intends to discuss the possibility of an initial pilot plant with the Nevada Bureau of Land Management. Drilling could commence in June, and metallurgical testing and resource updates could be made in the fall of 2010.

*There has been insufficient exploration to define a Mineral Resource on the Dime, Kodiak, Bisoni McKay and Zeibright Properties, and it is uncertain as to whether, or not, further exploration will result in the discovery of a Mineral Resource on the property. Ed Ullmer, P. Geo of Westminster, CO. is a designated Qualified Person for the Company and was responsible in part for the, preparation, amendments and review of this news release.*

For further information please call **1-800-545-9940**. Our website is **www.stinaresources.com**

On behalf of the Board of Directors,

Rod Sinn,  
President

THE TSX VENTURE EXCHANGE HAS NOT REVIEWED AND DOES NOT ACCEPT RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS NEWS RELEASE.