

## **STINA RESOURCES LTD.**

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November 3, 2009

### **TSX:V – “SQA”**

12g3-2(b): 82-2062  
Shares Issued 15,285,567  
November 2, 2009 close: \$0.40

## **NEWS RELEASE**

### **STINA RESOURCES LTD APPOINTS NEW CEO AND PRESIDENT**

Stina Resources Ltd. (the “Company”) (TSXV: SQA) is pleased to announce **Rod Sinn** (FICB) to the position of **Chief Executive Officer** and **President** of the company. Mr. Sinn (48) brings an impressive record of diversified business success to the company.

The Board of Directors also thanks past President Mr. Edward Gresko for his service and looks forward to work with him as a Stina Director.

In the past ten years Mr. Sinn has built a highly respected and profitable mortgage brokerage firm. He also streamlined operations for a high tech company in Canada, and the UK while expanding operations into the U.S.

Formerly he grew a security firm from 180 to 800 employees. Taking annual sales from \$4 million to over \$20 million, with a corresponding increase in profitability, while obtaining ISO 9000 registration.

The board of directors is committed to realizing Stina’s unique opportunities with its gold and vanadium properties in the mining friendly Yukon Territory and State of Nevada, while maximizing value for all shareholders. Mr. Sinn’s proven high level of business acumen, creativity and energy will be particularly important to Stina in the development and execution of the company’s long-term strategies and strategic partnerships.

Stina Resources Ltd. is a Canadian diversified resource company with gold assets in Canada and gold and vanadium in the US, principally focused on the discovery, production and marketing of metals. The company's objective is to increase shareholder value through efficient operations, organic growth and corporate partnerships. Stina Resources is committed to high standards of corporate governance and sustainability.

### **STINA RESOURCES LTD.**

“Jim Wall”

Jim Wall, Secretary

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