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Item 5

NEW BEGINNINGS RESOURCES INC.

1312 Odium Dr. S.E.
Albuquerque, New Mexico
87108

September 30th 1983

NEWS RELEASE

SUMICH MINE, NEVADA U.S.A.

Considerable new high grade ore (outside drilled area) is being found by your company's joint venture partners U.S. Energy and Crested Butte of Riverton, Wyoming.

This ore is being found to the east and north of the drilled areas.

It is my intent to send a progress report on the development of this new mine every two weeks. With this in mind find our staff geologist Robert Moore's latest report.

I am pleased for Jack Larsen and Max Evans of Riverton Wyoming. It was their faith which is making this development happen.

This will be a very profitable gold mine for the shareholders of three public companies.

UNIVERSITY RIVER PROJECT, NORTHER ONTARIO CANADA [522 claims]

A new winter camp has been built here by our consultants Prospecting Geophysics of Val D'Or, Quebec. This camp will enable your company to work through our severe winter.

Ground prospecting and ground geophysics with a four man crew has been on going now for the last 30 days. Four new men are to be added shortly.

There are 47 airborne E.M. anomolies to check out on the ground before the snow comes.

/cont'd...

I am planning 20,000' of diamond drilling here starting within 30 days.

OSKABUKUTA RIVER PROJECT, NORTHERN ONTARIO CANADA [351 claims]

There were 43 E.M. airborne anomalies originally here to check out on the ground.

Fifteen (15) bedrock conductors survived this first check out phase.

Gold soil assays 2 to 70 times background are being plotted and some of these coincide with our original conductors.

There is a 6½ mile north west south east trending shear zone running through our claims.

Some of the E.M. conductors and the recent gold soil anomalies relate to this structure.

This property is 8 miles south east of the major gold discoveries of Corona, Long Lac and the Golden Giant ore bodies at Hemlo. The property adjoins Long Lac to the south.

I am planning 30,000' of diamond drilling to start within 30 days on this project.

Project manager - Peter Ferderber, Val D'Or, Quebec

Project consultants - Fenton Scott, Nelson Baker, Dr. J. Descarreaux
Don McKinnon

FINANCING

Two British Columbia investment dealers have supplied our past financing needs and they must be pleased and proud to see a new mine developing from their efforts.

Canarim Investment Corporation Ltd. and Merit Investment Corporation will be the key underwriters in our new \$2,000.000 issue.

Approval is expected this week from the regulatory authorities and the financing is expected within the next 30 days.

/cont'd...

This financing will enable your company to complete 50,000'
of diamond drilling and related prospecting in our large holdings
in Northern Ontario.

This news release has been prepared by Albert W. Applegath on behalf of the Board of Directors of NEW BEGINNINGS RESOURCES INC. which is solely responsible for its contents. The Vancouver Stock Exchange has neither approved nor disapproved the information contained herein.

Yours truly,

A handwritten signature in cursive script that reads "Bert Applegath".

Albert W. Applegath
President
NEW BEGINNINGS RESOURCES INC.

enc.

AWA/cep

To: Robert L. Akright
From: Robert L. Moore *Plmoore*
Subject: Progress Report - Sumich Mine
Date: September 30, 1983

GENERAL:

X Since the last reporting period (9/7/83) 568 feet of total advance has been recorded at the Sumich Mine. All previous headings have been advanced considerably and the new 205 Northeast Drift has advanced 105 feet. Additional mining equipment has been received and is good working condition. The mine continues to work three shifts per day on a ten on and four off schedule. Additional supervisory personnel have been hired and are currently working on site. Unanticipated high grade zones north of the main ore body continue to show strong mineralization, extending further the potential of the overall carried mining reserves.

MINE DEVELOPMENT:

568 feet of advance has been recorded of the Sumich Mine, (29.9 feet per working shift) an increase of 11.2 feet per day representing a 60% increase over the past period.

As the mine develops further into the ore body, the distance to the surface becomes greater. This high advance rate will be hard to maintain until new workings can be holed through to the surface.

The 568 feet of advance breaks down as follows:

200 "South" Drift extended 194' to 846'
201 North X-Cut extended 49' to 205'
202 South X-Cut extended 220' to 366'
205 Northeast X-Cut extended 105' to 105'

The 205 Northeast Drift is expected to drive under the old Victorine Mine. A raise will be driven to connect the two workings and will primarily be used for ventilation purposes.

Exploration or development holes are being drilled from within the mine to further delineate mineable ore blocks.

ASSAY DATA:

Round assays from the 201 North X-Cut continue to show encouraging results. The present location of this Drift is 40 feet directly below the old Victorine Mine, continuing in a northward direction. The interval from 139 feet to 182 feet show the following results:

Interval	Length	Au/Ag
139-182 *	43.0'	.746/.52

Complete results have not been received beyond 182 feet, but a face sample at point 191 feet show the following:

Sample Length	Au/Ag
1.3'	4.220/N.D.
2.0'	.030/.08
3.7'	.010/N.D.
Total: 7.0'	.798/.02

*NOTE: The interval 156-164 has not been assayed, but the assay for that zone was assumed to be the average of 17 feet before and 18 feet ahead.

Assay data is lagging the advance by approximately two weeks. Reasoning for this lag are: 1) logistics in sending large quantities to the commercial lab in California and 2) the advance rate nearly doubling in the past 3 weeks.

Corrective measures are in progress at the present time, which should alleviate this lag situation. A new fire assay lab and bucking facility is on location.

Greg Robb, chief assayer, is currently setting up and fine tuning both sample preparation and assaying methods. The new lab should be on stream in approximately one week.

Mr. Harry Treweek is scheduled to review the entire process to insure that quantitative and qualitative procedures are being carried out with "State of the art" precision.

SAMPLE PROCEDURES:

Both rib assays and round assays are continuing to show good correlative results. Rib samples (Wall Samples) are taken at five foot intervals throughout the entire mine. These samples are chipped out of the wall, depending on lithologic and mineralogic units, thus one eight foot wall may contain as many as three separate samples.

Round samples (muck samples) are being sampled from each round taken from the mine. After each round is broken (between 3' - 7'), a rubber tired mucking machine transports the material to the surface in approximately three ton increments. A 6 foot round in an eight by eight drift will contain approximately thirty tons. Ten to twelve trips are needed to haul all the broken material to the surface. Several grab samples are taken from each bucket load coming out of the mine and combined in one large sample representing the entire round.

Because of the unscientific method of collecting the round samples, more emphasis is placed on the rib assay information. Thus far, correlation of the rib vs. round has been very good. A combination of all types of assays are used in thoroughly evaluating a development project such as Sumich.

COMPETITION:

X Homestake Mining Company is aggressively exploring the adjoining property. Surface sampling and mapping have been in progress for four weeks. One core rig is actively drilling and roads and drill pads are being prepared for additional drilling.

Working relations between the two companies continue to be excellent and no logistic problems are anticipated.

Encl. 1"=50' Progress Map
 200 "South" Drift - Rib Assays
 200 "South" Drift - Round Assays
 201 North X-Cut - Round Assays
 202 South X-Cut - Rib Assays
 205 Northeast Drift - Round Assays

RIB SAMPLES

200 "South" Portal

Distance From Portal	Sample Length	North Rib Au/Ag	Sample Length	South Rib Au/Ag	
625-1	3.8'	.012/N.D.	2.8'	.967/.90	X
-2	3.8'	1.430/13.0	4.5'	.034/Tr.	
630-1	4.0'	.012/Tr.	1.4'	.016/Tr.	X
-2	3.2'	1.602/3.80	3.0'	.363/.70	
635-1	3.0'	.012/Tr.	1.2'	N.D./N.D.	
-2	3.4'	.018/Tr.	2.7'	.045/Tr.	
-3			2.6'	.009/N.D.	
640-1	3.1'	N.D./N.D.	3.0'	.099/.60	X
-2	3.4'	.330/2.50	2.9'	.005/N.D.	
645-1	3.2'	N.D./Tr.	2.8'	.335/Tr.	X
-2	3.7'	.664/.50	2.9'	.018/N.D.	
650-1	2.7'	N.D./Tr.	1.4'	N.D./N.D.	X
-2	4.1'	.336/1.00	2.4'	.324/N.D.	
-3			2.7'	.008/N.D.	
655-1	3.0'	N.D./N.D.	2.9'	.253/Tr.	
-2	3.7'	.012/N.D.	3.7'	.006/N.D.	
660-1	3.2'	.119/1.80	2.6'	N.D./N.D.	
-2	3.8'	.020/N.D.	3.9'	.024/N.D.	
665-1	3.3'	N.D./N.D.	2.7'	.014/N.D.	
-2	3.4'	N.D./Tr.	3.7'	.052/N.D.	

ROUND SAMPLES

200 South Drift

Interval	Length	Au/Ag
652-657	5.0'	.038/N.D.
657-663	6.0'	.174/.13
663-669	6.0'	.072/.16
669-675	6.0'	.016/N.D.
675-681	6.0'	.014/N.D.
681-686	5.0'	.024/N.D.
686-692	6.0'	.378/.38
692-698	6.0'	.048/.14
698-703	5.0'	.050/.02
703-709	6.0'	.070/.08
709-715	6.0'	.076/N.D.
715-721	6.0'	.260/N.D.
721-727	6.0'	.040/1.56
727-733	6.0'	.048/.12
733-739	6.0'	.164/.93
739-745	6.0'	.014/.13
745-751	6.0'	.030/.04
751-756	5.0'	.158/.02
756-761	5.0'	.016/N.D.
761-765	4.0'	.008/.04
765-771	6.0'	.016/N.D.
771-777	6.0'	.018/N.D.
777-783	6.0'	
783-789	6.0'	.022/N.D.
789-795	6.0'	.020/N.D.
795-801	6.0'	.010/N.D.
801-807	6.0'	.026/.05
807-812	5.0'	.130/.06
812-817	5.0'	.036/N.D.
817-823	6.0'	.064/.25
823-830	7.0'	.004/N.D.
830-836	6.0'	.004/N.D.
836-841	5.0'	.004/N.D.
841-846	5.0'	.372/.10

X

X X

ROUND SAMPLES

201 North Drift

Interval	Length	Au/Ag	
156-164	8.0'	N.S.	
164-170	6.0'	<u>.916/N.D.</u>	X
170-176	6.0'	<u>.876/N.D.</u>	X
176-182	6.0'	<u>1.070/N.D.</u>	X
182-187	5.0'	<u>.078/N.D.</u>	
187-191	4.0'	*	
191-196	5.0'		
196-199	3.0'		
199-205	6.0'	<u>.382/N.D.</u>	X

* Round assays have not been completed yet.

Face sample at 191 feet reads as follows:

Length	Au/Ag	
1.3'	4.220/N.D.	
2.0'	<u>.030/.08</u>	X
3.7'	.010/N.D.	

RIB SAMPLES

202 "South X-Cut

Distance From 200 E Drift	Sample Length	East Rib Au/Ag	Sample Length	West Rib Au/Ag
135-1	1.8'	.140/Tr	3.2'	.154/Tr.
-2	2.3'	.032/N.D.	3.3'	N.D./N.D.
-3	2.5'	N.D./N.D.		
140-1	2.2'	N.D./N.D.	1.5'	.010/N.D.
-2	2.7'	N.D./N.D.	3.3'	N.D./N.D.
-3	3.4'	.027/N.D.	2.5'	N.D./N.D.
145-1	2.7'	.112/N.D.	1.5'	N.D./Tr.
-2	3.7'	N.D./N.D.	2.8'	N.D./N.D.
-3			3.0'	N.D./N.D.
150-1	3.5'	N.D./N.D.	2.3'	N.D./N.D.
-2	3.3'	N.D./Tr.	4.8'	N.D./N.D.
155-1	3.3'	N.D./N.D.	1.0'	N.D./N.D.
-2	3.3'	N.D./N.D.	2.9'	N.D./N.D.
-3			3.7'	N.D./N.D.
160-1	3.6'	N.D./N.D.	3.5'	N.D./N.D.
-2	3.0'	N.D./N.D.	2.7'	N.D./N.D.

ROUND SAMPLES

205 Drift Northeast

Interval	Length	Au/Ag
0- 6	6.0'	
6- 12	6.0'	.016/.53
12- 18	6.0'	.014/1.39
18- 24	6.0'	.166/N.D.
24- 29	5.0'	.020/.14
29- 35	6.0'	.034/.01
35- 42	7.0'	.022/.06
42- 48	6.0'	.016/1.11
48- 54	6.0'	.060/.38
54- 59	5.0'	.032/1.26
59- 64	5.0'	
64- 70	6.0'	.030/.12
70- 75	5.0'	.042/.36
75- 81	6.0'	.028/.76
81- 87	6.0'	.038/.46