



TSX TRUST COMPANY

VIA ELECTRONIC TRANSMISSION

August 7, 2019

TO ALL APPLICABLE EXCHANGES AND COMMISSIONS:

RE: FOREMOST VENTURES CORP
Confirmation of Notice of Record and Meeting Dates

We are pleased to confirm that Notice of Record and Meeting Dates was sent to The Canadian Depository for Securities.

We advise the following with respect to the upcoming Annual General and Special Meeting of Security Holders for the subject issuer:

1	ISIN:	CA34552V1022
	CUSIP:	34552V102
2	Date Fixed for the Meeting:	September 16, 2019
3	Record Date for Notice:	August 9, 2019
4	Record Date for Voting:	August 9, 2019
5	Beneficial Ownership Determination Date:	August 9, 2019
6	Classes or Series of Securities that entitle the holder to receive Notice of the Meeting:	COMMON
7	Classes or Series of Securities that entitle the holder to vote at the meeting:	COMMON
8	Business to be conducted at the meeting:	Annual General and Special
9	Notice-and-Access:	
	Registered Shareholders:	NO
	Beneficial Holders:	NO
	Stratification Level:	Not Applicable
10	Reporting issuer is sending proxy-related materials directly to Non-Objecting Beneficial Owners:	YES
11	Issuer paying for delivery to Objecting Beneficial Owners:	NO

Yours truly,
TSX Trust Company

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