

FOREMOST VENTURES CORP.

**PRESS RELEASE
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**TSXV: FMV.P
July 6, 2020**

**FOREMOST VENTURES CORP. MOURNS THE DEATH OF CHIEF EXECUTIVE OFFICER
JOHN THOMPSON**

Vancouver, British Columbia, Canada – With great sadness, Foremost Ventures Corp. (“**Foremost**”) announces that John Thompson, its Chief Executive Officer and director, has passed away. He was 64.

The Board of Directors of Foremost wishes to extend their deepest condolences to the Thompson family. As a friend and colleague, John will be greatly missed.

Effective immediately, John McCoach has been appointed as the interim Chief Executive Officer of Foremost.

Foremost is a capital pool company (“**CPC**”) within the meaning of the policies of the Exchange.

About Foremost

Foremost is a CPC created to identify and evaluate potential acquisitions of commercially viable businesses and assets that have the potential to generate profits and add shareholder value. Except as specifically contemplated in the CPC Policy of the Exchange, until the completion of the qualifying transaction, Foremost will not carry on business, other than the identification and evaluation of companies, businesses or assets with a view to completing a proposed qualifying transaction.

For further information, please contact:

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