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VMS VENTURES COMMENCES VTEM AIRBORNE SURVEY AT THE MORTON LAKE, HOOD OPTION AND PUELLA BAY PROPERTIES, SNOW LAKE, MANITOBA

Vancouver, B.C., March 8, 2010. VMS Ventures Inc. (TSX-V: VMS) (the “Company”) is pleased to announce that a high definition, deep penetrating VTEM airborne survey over three of its exploration properties in the Snow Lake portion of the Flin Flon-Snow Lake greenstone belt of Manitoba is now underway. The survey is being contracted by Geotech Ltd. of Aurora, Ontario. The survey will complete the surveying of most of the properties held by the Company in the Snow Lake area that are prospective for the copper-zinc-gold-silver massive sulphide type deposits mined in the region. The survey is designed to fly 2,478 line km and cover an area of approximately 230 square kilometers (89 square miles).

The VTEM survey gathers data from the underlying rock with respect to their conductivity and magnetic properties. The Cu-Zn-Au-Ag deposits mined in this area are characterized by strongly conductive geophysical signatures, often accompanied by an associated magnetic signature. The survey detects highly conductive and magnetic rock bodies such as base metal massive sulphide deposits to greater depths than the previous generation of airborne systems. This is particularly useful for the discovery of buried or hidden massive sulphide deposits in this area of Snow Lake Mining Camp, where Paleozoic-aged dolomite covers the prospective greenstone belt.

The Company's 2007 discovery of a high-grade copper-rich massive sulphide deposit at the Reed Lake property in the Snow Lake belt was a result of drilling a strongly conductive and magnetic VTEM airborne target (See the press release dated October 4, 2007 entitled “10.50 Metres of 11.19% Copper Within 43.05 Metres of 4.38% Copper in Drill Hole 2” linked here <http://www.vmsventures.com/newsroom/NRG107.asp>)

The Company uses the airborne survey as an early data baseline for its large property packages in Manitoba. The geophysical anomalies generated by these surveys, which can number in the hundreds are then typically reduced to priority target areas through a follow-up reconnaissance Mobile Metal Ion (MMI) soil geochemical surveys under the direction of Dr. Mark Fedikow VP Exploration and Technical Services for VMS Ventures Inc.

The MMI surveys detect metal-rich geochemical signatures in soil samples collected above VTEM anomalies. Elevated commodity elements such as copper, zinc, gold and silver and pathfinder metals associated with the Flin Flon-Snow Lake VMS deposits are characteristic of the anomalous responses. VTEM anomalies associated with anomalous responses of these metals are then surveyed in greater detail with a close-spaced sampling grid. An additional phase of deep-penetrating ground geophysical surveys may be necessary before drill targets are selected. Most of the properties being explored by VMS in the Snow Lake region were surveyed with VTEM geophysics in 2007 and 2008. Drilling of targets developed from those surveys is ongoing including the program now underway at Reed Lake. Planned

spring drill programs at the Copper Project and the Sails Lake project are based on this integrated exploration methodology.

All technical information in this release has been reviewed by Dr. Mark Fedikow, P.Geo. the Qualified Person, Vice President of Exploration and Technical Services and director of VMS Ventures Inc.

VMS Ventures Inc. currently has a profile on Corebox.net which is updated as soon as assay results are released. The link to visit our Corebox profile is: http://www.corebox.net/properties/reed_lake/.

Investors are invited to visit the VMS Ventures IR Hub at <http://www.agoracom.com/IR/VMSVentures> where they can post questions and receive answers or review questions and answers already posted by other investors. Alternatively, investors are able to e-mail all questions and correspondence to VMS@agoracom.com where they can also request to be added to the investor e-mail list to receive all future press releases and updates in real time.

VMS Ventures Inc. is focused primarily on acquiring, exploring and developing copper-zinc properties in the Flin Flon-Snow Lake VMS Belt. The Company also holds the largest land package considered prospective for nickel-copper mineralization at Lynn Lake, which is to date Canada's third largest nickel producing camp. The Company's project portfolio consists of the Snow Lake VMS project, the Nickel Belt project and the South Bay nickel-copper-cobalt PGE property. All VMS Ventures Inc. properties are located in the mining friendly province of Manitoba, Canada.

ON BEHALF OF THE BOARD OF DIRECTORS

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