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VMS RESUMES DRILLING AT REED LAKE DISCOVERY ZONE, SNOW LAKE, MANITOBA

Vancouver, B.C., May 1, 2008. VMS Ventures Inc. (TSX.V: VMS) (the “Company”) is pleased to announce that diamond drilling has recommenced at the Company’s Reed Lake Cu-Zn discovery zone.

The first of 3 diamond drill rig crews has arrived and begun drill hole RD-08-38 which will test the depth extent of the mineralization intersected in hole RD-08-35 which was reported to contain 19.03 m of near solid sulphide (NSS) on April 10, 2008. Hole RD-08-35 is the western most hole in the drill pattern completed to date.

Two of the three drill rigs will continue drilling in the immediate area around the discovery zone. The third drill rig will begin testing the large VTEM airborne anomaly known as the Tower Zone which is located 1 km to the east of the discovery zone.

Company President John Roozendaal states “The upcoming summer program will be by far the largest undertaken by the Company. The Company is currently negotiating a 10,000 meter diamond drill contract to secure drill rigs for the remainder of drilling this year.”

All technical information in this release has been reviewed by Dr. George Gale, P.Eng, Vice President of Exploration, VMS Ventures Inc.

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 Lynn Lake Gabbros nickel-copper project, the Nickel Belt project, the South Bay nickel-copper-cobalt PGE property, and the Eden Lake Carbonatite Complex, Specialty Metals property. All VMS Ventures Inc. properties are located in the mining friendly province of Manitoba, Canada.

ON BEHALF OF THE BOARD OF DIRECTORS

John Roozendaal B.Sc.
President & Director

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The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this news release.