

**COUGAR MINERALS CORP.  
410 – 890 WEST PENDER STREET  
VANCOUVER, BC  
V6C 1J9**

**Tel: (604) 685-6989**

**Fax: (604) 685-6961**

**Cougar Receives NI 43-101 Reports on Manitoba Properties**

**Sept 24, 2009 – Cougar Minerals Corp. – CNSX Trading Symbol: COU (the “Company”)** has received NI 43-101 reports on the Vena, Conley, PFG/Bill and Wyatt properties in the Rice Lake greenstone belt, prepared by Linda Caron, M.Sc, P.Eng., the Company’s QP under NI 43-101 standards.

The Company has also granted incentive stock options pursuant to its stock option plan to a director of the Company to purchase 150,000 shares at an exercise price of 15 cents per share for a period of five years from the date of grant.

**COUGAR MINERALS CORP.**

*s/“Mike Elson”*

**Mike Elson**

President

*The Canadian National Stock Exchange has neither approved nor disapproved of  
the contents of this press release.*