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**Cougar Samples up to 1.8 oz/t Au  
from Vena Property in Manitoba**

**Nov 6, 2009 – Cougar Minerals Corp. – CNSX Trading Symbol: COU (the “Company”)** has discovered a high-grade gold showing (the North Nevada showing). The Vena property is located approximately 20 kilometres southeast of the town of Bissett, Manitoba, where San Gold Resources is developing a newly discovered high-grade gold discovery, the Hinge Zone, from several underground levels (see San Gold news release Nov 6, 2009).

A sample of quartz vein material from the North Nevada showing on the Vena yielded an assay of 44.29 g/t Au (1.3 oz/t) by fire assay, with a follow-up metallic-screen gold assay of 61.28 g/t Au (1.8 oz/t). This result represents the highest grade gold sample collected to date from the Vena. The North Nevada is a new discovery which appears to be untested by modern exploration methods. It is hosted within the same thick gabbro sill which hosted the past-producing Solo-Oro Grande and Central Manitoba mines in the Beresford Lake area.

Other results from the Company's fall prospecting program of the Vena property included assays of 4.25 g/t Au, 2.74 g/t Au, and 2.31 g/t Au from a zone of shearing and quartz-veins at the Navajo showing. Elevated gold values up to 1.35 g/t Au were also obtained from a 1 metre wide silicified zone at the Puke Pit showing located 500 metres northwest of the Navajo and 350 metres east of the newly discovered North Nevada showing. Assays up to 6.5 g/t Au are reported from historical sampling of the Puke Pit showing.

*The samples described in this release were grab samples collected to determine the presence or absence of mineralization. The results should not be interpreted as being representative of average grade of the veins. Further work is needed to determine the true width of zones of mineralization. Samples were analyzed at TSL Laboratories in Saskatoon, an ISO 17025-2005 accredited laboratory. Gold analyses were by Fire Assay/ AA finish on 50 gm samples, with subsequent analysis by Fire Assay/Gravimetric finish on samples returning >2000 ppb Au and metallic screen gold assays on samples returning >5000 ppb Au.*

*Linda Caron, M.Sc., P.Eng. is the qualified person under NI 43-101 who has reviewed and approved the technical content of this news release.*

**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.*