

PRESS RELEASE

Ressources Appalaches appointed Mr. John A. Thomas to the board of directors

Rimouski, October 20, 2011 – Ressources Appalaches (APP-TSXV) has appointed Mr. John A. Thomas Ph.D. to board of directors.

As the president of JAT Metconsult Ltd., Mr Thomas provided consultancy services to a wide range of projects, mostly in the processing of gold ores. He is also director of Alexandria Minerals, Canada Zinc Metals, Cassius Ventures and Infinito Gold.

Dr. Thomas has 38 years experiences in the mining industry, in both base and precious metals and has worked in Brazil, Venezuela, Costa Rica, Kazakhstan, Russia, Canada and Zambia. His experience covers a wide range of activities in the mining industry, from process development, management of feasibility studies, engineering and management of construction and operation of mines. He is a graduate of the University of Manchester Institute of Science and Technology where he received a B.Sc. (Hon) in Chemical Engineering, as well as a M.Sc. and Ph.D. He also received a Diploma in Accounting and Finance from the U.K. Association of Certified Accountants. He is a registered professional engineer in the province of British Columbia.

Alain Hupé, the president and chief executive officer of Appalaches, stated: "We are very fortunate to have been able to attract John to our team. His extensive experience, particularly in gold mine development, will be invaluable as we progress through development of the Dufferin Mine".

About Ressources Appalaches

Since it was created in 1994, the goal of Ressources Appalaches has been to discover and develop deposits of base and precious metals in Canada, and more especially in Québec and Nova Scotia. Appalaches are mainly focused on the exploration and development of the Dufferin gold mine in Nova Scotia.

Photos of the Dufferin Mine and its facilities are available on the Company's website at: www.ressourcesappalaches.com.

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