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	GIVEN NAMES	BRITISH COLUMBIA NOVA SCOTIA
BOX 2. INSIDER DATA	NO. STREET APT	FEDERAL ONTARIO
RELATIONSHIP(S) TO REPORTING ISSUER DAY MONTH YEAR	спу	BANK ACT QUEBEC
DATE OF LAST REPORT FILED	PROV. POSTAL CODE	ica Saskatchewan
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BOX 1. NAME OF THE REPORTING ISSUER (BLOCK LETTERS)	BOX 3. NAME, ADDRESS AND TELEPHONE NUMBER OF THE INSIDER (BLOCK LETTERS)	BOX 4. JURISDICTION(S) WHERE THE ISSUER IS A REPORTING ISSUER OR THE EQUIVALENT
	FAMILY NAME OR CORPORATE NAME	ALBERTA NEWFOUNDLAND
	GIVEN NAMES	BRITISH COLUMBIA NOVA SCOTIA
BOX 2. INSIDER DATA	NO. STREET APT	FEDERAL ONTARIO
RELATIONSHIP(S) TO REPORTING ISSUER DAY MONTH YEAR	спу	BANK ACT QUEBEC
DATE OF LAST REPORT FILED	PROV. POSTAL CODE	ica Saskatchewan
OR CHANGE IN RELATIONSHIP FROM LAST REPORT YES NO OR IF INITIAL REPORT, DATE ON WHICH YOU BECAME AN INSIDER	BUSINESS TELEPHONE NUMBER CHANGE IN NAME, ADDRESS OR TELEPHONE NUMBER FROM LAST REPORT YES NO	TLCA UNITED STATES CBCA NASDAQ MANITOBA SEC
BOX 5. INSIDER HOLDINGS AND CHANGES (IF INITIAL REPORT, COMPLETE SECTIONS (A) (D)	E AND F ONLY. SEE ALSO INSTRUCTIONS TO BOX 5)	
(A) (B)	© (D E F
DESIGNATION OF CLASS OF SECURITIES BALANCE OF CLASS OF SECURITIES ON LAST REPORT DAY MONTH YEAR	TRANSACTIONS NATURE NUMBER/VALUE NUMBER/VALUE UNIT PRICE/ \$ US OF SECU OF SEC	DIRECT/INDIRECT IT BALANCE OWNERSHIP/ LASS OF CONTROL OR IRITIES HELD OR DIRECTION DIRECTION DIRECTION IS EXERCISED
ВО	X 6. REMARKS	
ATTACHMENT YES NO		
in v	e undersigned certifies that the information given in this report is true and complete in every respect. It is an offence to file which it is made, contains a misrepresentation. X 7. SIGNATURE	e a report that at the time and in the light of the circumstances
NAM KEEP A COPY FOR YOUR FILE	ME (BLOCK LETTERS) SIGNATURE	DAY MONTH YEAR
FIN 2036 Rev.95 / 2 / 22 H.B 184 VERSION FRAN ÇAISE DISPONIBLE SUR DEMANDE		DATE OF THE REPORT