

# Ominecas CVG Mining Files Permit Amendment for Production at Wingdam Gold Project

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Cranbrook, British Columbia (FSCwire) - **CVG Mining Inc. (TSX-V:OMM)**, a 100% owned subsidiary of **Omineca Mining and Metals (TSX-V:OMM)**, has recently filed a comprehensive amended mine plan under a Notice of Work with the BC Ministry Of Energy and Mines which outlines the company's next phase of advanced exploration to demonstrate its approach to mining its 2700ha Wingdam/Lightning Creek Placer Gold Project. Upon successful completion of this work, the company intends to continue mining the placer deposit at a rate of 20,000 m<sup>3</sup> of pay dirt per annum per claim. The project is located 43 km east of Quesnel, B.C. within the prolific Cariboo Goldfields, a world-renown placer gold-producing district with continuous production since the 1860s.

The Wingdam project is currently permitted under a BC Ministry of Natural Resource Operations permit and a BC Ministry of Environment Effluent Discharge permit, and has been under care and maintenance since September, 2012.

The Wingdam project provides a unique opportunity for Omineca to develop near-term gold production in a proven mining district. The property overlies both placer and hard-rock tenures along the Deep Lead Channel of Lightning Creek, where topographic conditions have created a deep overburden accumulation which effectively resulted in a large portion of the channel being excluded from conventional surface placer mining activity. On the Wingdam property, drilling and geophysical work indicate that the Deep Lead Channel may occur throughout the entire 2.4km length of the Wingdam placer tenures, extending upstream and downstream an undetermined distance. Numerous attempts have been made to mine the Deep Lead Channel in the Wingdam area since the late 1880s, but all were hampered by an influx of water saturated silts and fine sands (Cariboo Slum) and unstable ground conditions and were ultimately abandoned.

A key aspect of CVG's mine plan is the incorporation of ground freezing techniques to stabilize the Cariboo Slums and enable successful mining of the underlying placer gravels. In 2012 CVG successfully demonstrated the ground freezing technique by successfully completing a 23.5-meter exploration drift across the Deep Lead Channel along the bedrock/gravel interface. The exploration drift provided a bulk sample of the placer gravels, wherein the gold recovered from the 23.5-meter drift advance across the paleochannel true width amounted to 173.495 ounces of raw placer gold (900 fineness) from 140 bank cubic meters. The refined-equivalent gold grade across this width amounted to 34.55 g/m<sup>3</sup> or 0.453 oz/tonne. The grade across a central portion of the paleochannel totaling 14.8 m (3.8 to 18.6m) averaged 46.30 g/m<sup>3</sup> or 0.608 oz/tonne; (S. Kocsis 43-101 technical report, Oct, 2012).

C.C. Downie, P.Geo. has reviewed and approved the technical content of this news release.

## About Omineca Mining and Metals Ltd.

Omineca is a junior resource company holding properties in Western Canada and the Yukon for the purpose of exploring for and the development of mineral resources. The main focus of Omineca is the Wingdam Gold Project located in the prolific Barkerville gold camp in central British Columbia.

## On behalf of the Board of Directors

Signed,

Tim J. Termuende

