

August 16, 2023



Filed via SEDAR

To All Applicable Exchanges and Securities Administrators

**Subject: Mountain Valley Md Holdings Inc. (the "Issuer")
Notice of Meeting and Record Date**

Dear Sir/Madam:

We are pleased to confirm the following information with respect to the Issuer's upcoming meeting of securityholders:

Meeting Type:	Annual General Meeting
Meeting Date:	September 28, 2023
Record Date for Notice of Meeting:	August 24, 2023
Record Date for Voting (if applicable):	August 24, 2023
Beneficial Ownership Determination Date:	August 24, 2023
Class of Securities Entitled to Vote:	Mountain Valley Md Holdings Inc- Common Class
ISIN:	CA62430M1014
Class of Securities Entitled to Vote:	Mountain Valley Md Holdings Inc-Class B
ISIN:	CA5830813021
Issuer sending proxy materials directly to NOBOs:	No
Issuer paying for delivery to OBOs:	No
Notice and Access for Beneficial Holders:	No
Notice and Access for Registered Holders:	No

In accordance with applicable securities regulations we are filing this information with you in our capacity as agent of the Issuer.

Yours truly,

Odyssey Trust Company
as agent for Mountain Valley Md Holdings Inc.