Miza II Resources Inc.

NEWS RELEASE **FOR IMMEDIATE DISTRIBUTION**

MIZA II COMMENCES FIELD WORK ON LE MARE Cu-Au PROJECT, BC

Vancouver, British Columbia, October 14, 2022 - **Miza II Resources Inc**. (**CSE: MIA**) (the "**Company**") is pleased to announce commencement of an initial field program on its flagship Le Mare copper-gold property located in northwest Vancouver Island. The program will include a detailed airborne radiometric and magnetometer survey. This will be followed by detailed geological mapping and structural studies. Also included in the planned program is a LiDAR survey.

About Le Mare Cu-Au Project:

The Le Mare property comprises 12 map-staked claims covering 2677.24 hectares (6615.60 acres) in the Nanaimo Mining Division. The Le Mare hydrothermal system is located on Crown land in the southwestern part of the property area.

The property is located near the northwestern end of Vancouver Island. It is bounded in part to the west by the Pacific Ocean and to the north by Quatsino Sound. A massif in the northwestern part of the property culminates in the peak of Mount Bury at an elevation of about 610 m (2,000 ft). Another massif that hosts the Le Mare property hydrothermal system occupies the property's southwestern part.

The project area is underlain by mostly mafic volcanic rocks of the Early to Middle Jurassic-age Bonanza Supergroup, including auto-breccias, lahars, and minor amounts of tuff and other pyroclastic beds. Rhyolitic rocks comprise a major amount of the stratigraphy in the property-area. These volcanic rocks are intruded by felsic dykes that may be equivalent to the rhyodacitic porphyries that are associated with mineralization at the Island Copper Cluster deposits located about 32 km (19.3mi) east-northeast of the Le Mare property hydrothermal system (Figure 10). The volcanic rocks at the Le Mare property hydrothermal system have deformed into a series of open to close outcrop-scale drape-folds related to local intrusion. Regional and contact metamorphism does not exceed lower the greenschist facies.

The Le Mare hydrothermal system appears to have been unroofed to a shallow depth by erosion which has exposed various hydrothermal alteration zones typically found within and surrounding mineralized (primarily copper) alteration zones. The top of the potassic alteration zone is exposed along the crests of Le Mare and Gooding ridges, located between Le Mare Lake and Gooding Cove in the southwestern part of the property. Local magnetic field gradient indicates that this system occupies a 5 X 3 km oval-shaped area, that may be hosted by a dilational jog in a regional right-lateral fault system. The proposed fault system is similar to the one that hosts the Island Copper Cluster deposits near Port McNeil! and Port Hardy, British Columbia.

Copper Mineralization:

At surface, copper mineralization occurs in discrete showings-areas, located preferentially in the central parts of sub-vertical hydrothermal systems. These hydrothermal zones have core-zones of orthoclase-quartz-biotite (potassic) alteration, enveloped in siliceous exteriors. Orthoclase-quartz-biotite alteration is succeeded by quartz-jasper alteration; both phases are mineralized with chalcopyrite, and minor amounts of bornite. This potassic alteration is accompanied by co-incident soil-copper and magnetic anomalies.

In the 2011 program, the New Destiny showing was trenched with a tracked excavator and sampled in 3 m intervals by chip samples. The results show an average of 0.24% copper over the full 180 m of the trench.

Molybdenum Mineralization:

Molybdenum enrichment occurs in areas flanking phyllic alteration in a 600m (1,968.5-ft) diameter alteration zone, covering a 0.28 km^2 (0.1 mi^2) area in the eastern part of system in the South Gossan zone. Another, much less extensive zone of argillic-phyllic alteration is exposed between the Culleet Creek zone and Culleet Lake in the system's northwestern part. These two alteration zones cover less than 2% of the total exposure area of the Le Mare hydrothermal system. Argillic-phyllic alteration post-dates and overprints potassic alteration.

Both sample results and the distribution of copper in soil and molybdenum anomalies demonstrate that copper and molybdenum mineralization are associated with early potassic and subsequent argillic-phyllic-alteration events respectively. They occur together in significant amounts only where molybdenum enrichment has overprinted that of copper.

Gold Mineralization:

Highly anomalous gold values (ranging from below detection limit to 947 ppb Au or 0.95 g/t Au) were discovered in the central part of the Le Mare hydrothermal system mostly west and southwest of the New Destiny Showing in soil samples. Gold-in-soil anomalies are widespread. The largest is on a knoll southwest of the New Destiny showing, which is extends 400m in an east-west direction and 100 min a NE-SW direction.

Most aspects of the Le Mare hydrothermal system are similar with those of the Island Copper Cluster deposits. The geology, alteration, and mineralization at surface at the Le Mare hydrothermal system correspond with those attributes at the Island Copper mine originally above the main deposit. These similarities indicate that the Le Mare hydrothermal system exhibits potential to host similar calc-alkalic porphyry copper-molybdenum mineral concentrations of the Island Copper Cluster type.

The Early Jurassic-age land surface above the Le Mare hydrothermal system and whatever near surface hot-spring environment that it may have hosted, has been lost to erosion. Only a few narrow fault-controlled, advanced argillic alteration zones occur in the argillic-phyllic alteration system in the South Gossan zone. They attest to the existence of acid leaching with the alteration system.

Previous Exploration:

Most historic exploration on the project area has been conducted in the northeastern part of the Le Mare hydrothermal system, focusing on historic showings; its southeastern part remains sparsely explored. Six BQ diamond drill holes penetrated the northerly margin of the Le Mare system in 1992. One hole that penetrated the Culleet Creek potassic alteration zone intersected five 2-m and one 4.7-m long intersections ranged from 500 to 959 ppm copper, which is similar to the tenor of copper mineralization in nearby trenches. Copper mineralization at surface is locally quite variable. Such variability should be expected in mineralization located near the top of the potassic alteration zone of a porphyry copper-molybdenum deposit.

In 2020, Miza II conducted an IP survey over the New Destiny showing, resulting in the identification of several weak to moderate chargeability highs which could be interpreted to correspond to possible fault offsets noted in earlier drill holes.

Qualified Person:
Chris M. Healey, P.Geo., a director of Miza II Resources Inc., is the qualified person for the purposes of National Instrument 43-101 Standards of Disclosure for Mineral Projects ("**NI 43-101**") who is responsible for the technical content of this release and has reviewed and approved the scientific and technical disclosure contained in this news release on behalf of the Company.

The historical information described in this news release was obtained from historical work reports filed by Mr. J. T. Shearer, MSc., P.Geo. and have not been independently verified by a Qualified Person as defined by NI 43-101.

About Miza II Resources Inc.:

Miza II Resources is a Canadian mineral exploration company focused on exploration for hydrothermal Cu-Au deposits in British Columbia, specifically on northern Vancouver Island.

The Company acquired its flagship Le Mare Cu-Au property by entering into an option agreement with the property owner, whereby it may acquire a 100% interest in the property by making aggregate payments of $157,000 ($22,400 paid) by the fifth anniversary of the agreement, and by expending $80,000 on exploration work (completed).

For information on the Le Mare Cu-Au property, please refer to the technical report, prepared in accordance with NI 43–101, entitled “Technical Report on the Le Mare Copper-Gold Property, Nanaimo Mining Division, Northwest Vancouver Island, N.T.S.: 92 L/5 (092L.031 and .041) 50º25’06”N., 127º53’10”W.U.T.M.:5585732 N., 579137 E.” with an effective date of May 16, 2022, prepared by W.B. Lennan, B.Sc., P.Geo. The technical report is available on SEDAR at www.sedar.com.

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Cautionary Note on Forward-Looking Information

Except for statements of historical fact contained herein, the information in this news release constitutes "forward-looking information" within the meaning of Canadian securities law. Such forward-looking information may be identified by words such as "plans", "proposes", "estimates", "intends", "expects", "believes", "may", "will" and include, without limitation, statements regarding estimated capital and operating costs, expected production timeline, benefits of updated development plans, foreign exchange assumptions and regulatory approvals. There can be no assurance that such statements will prove to be accurate; actual results and future events could differ materially from such statements. Factors that could cause actual results to differ materially include, among others, metal prices, competition, risks inherent in the mining industry, and regulatory risks. Most of these factors are outside the control of the Company. Investors are cautioned not to put undue reliance on forward-looking information. Except as otherwise required by applicable securities statutes or regulation, the Company expressly disclaims any intent or obligation to update public forward-looking information, whether as a result of new information, future events or otherwise.