



HMZ provides Corporate Update

TORONTO, CANADA, March 9, 2007 – HMZ Metals Inc. (“HMZ” or the “Company”) provides its bi-weekly update pursuant to the Management Cease Trade Order announced April 18, 2006.

The Company is completing preliminary reviews of recent data associated with potential new projects. The Company continues with the preparation of its financial statements and previously announced legal and other initiatives regarding the Company’s Chinese joint venture interest.

For more information visit www.hmzmetals.com or call Kerry Smith at 416-214-3270