



HMZ provides Corporate Update

TORONTO, CANADA, August 11 2006 – HMZ Metals Inc. (“HMZ” or the “Company”) provides bi-weekly update pursuant to the Management Cease Trade Order announced April 18, 2006.

HMZ management representatives are in China attending to both the audit of its Chinese operations and due diligence review of a number of new projects.

The Company continues to work towards a definitive settlement of all outstanding issues with its Chinese partners in order to provide a viable framework for future operations.

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