



HMZ provides Corporate Update

TORONTO, CANADA, August 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 preparation of the Company’s audited financial statements for the year ended December 31, 2005 continues.

Previously announced legal and other initiatives regarding the Company’s Chinese joint venture interest are on-going. As indicated in the Company’s news release dated July 18, 2007 the People’s High Court, Guangxi Province, PRC has accepted the Company’s application to proceed with legal action against HMZ’s joint venture partner; Hechi Industrial Co. Ltd. HMZ has retained a Chinese consulting group to facilitate the above action and is confident of a positive resolution.

Data review and preliminary negotiations associated with additional new potential projects continues.

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