



**TSX-V: MEX**

**SEPTEMBER 15, 2009**

**MIDLANDS MINERALS ANNOUNCES UPCOMING EVENTS**

**MIDLANDS PARTICIPATES IN THE TSX CEREMONY OPENING THE TRADING MARKETS:**

9:00 am – Thursday, September 17, 2009

**MIDLANDS PARTICIPATES IN INDABA 2009:**

6:00 pm – Thursday September 17, 2009

Indaba 2009 is organized by Mine Africa to promote trade and investment between Canada and Southern Africa. The event will take place at the Toronto Marriott Eaton Centre Hotel.

**MIDLANDS PRESENTING AT THE AFRICA INVESTOR SERIES SEMINAR:**

10:30 am – Friday, September 18, 2009

The seminar, which is organized by Mine Africa, will take place at the Sheraton Centre Toronto Hotel. To download the program, or register to attend, please click here:

<http://www.mineafrika.com/investorseries/upcomingseminars.htm>

**THE TORONTO RESOURCE INVESTMENT CONFERENCE:**

Saturday/Sunday, September 26/27, 2009

Midlands minerals cordially invites you to join us at the 2009 Toronto Resource Investment Conference. Midlands will be at booth # 201 on Saturday, September 26<sup>th</sup> and Sunday, September 27<sup>th</sup> at the Metro Toronto Convention Centre in Toronto, Ontario.

**Location:** Metro Toronto Convention Centre  
North Building  
222 Bremner Boulevard  
Toronto, Ontario M5V 3L9

**Booth #:** Booth 201

**Dates:** Saturday, September 26<sup>th</sup>, 2009  
Sunday, September 27<sup>th</sup>, 2009

**Times:** Registration opens 7:30 am  
Speaking Hall open 8:00 am – 6:30 pm  
Exhibit Hall open 10:00 am – 5:00 pm

*Attendance at the event is free with preregistration.* To register for free online, please click here: <http://www.cambridgehouse.ca/index.php/Register/>

*To register by telephone, please call:* 604-878-4151

*To register by fax, please call:* 604-687-4726

*To register by e-mail, please contact:* [info@cambridgehouse.com](mailto:info@cambridgehouse.com)

If you are not preregistered, there will be a \$20 admission fee.

We look forward to seeing you at the show!

## **JAY TAYLOR'S WATCHLIST**

Here is the link to Jay Taylor's Watchlist: <http://www.jayswatchlist.com/watch/home>

## **ABOUT MIDLANDS MINERALS**

Midlands is a growth oriented and value based gold exploration company operating in Ghana and Tanzania, two stable countries with a history of gold mining. Midlands' top priority project is the fully permitted Sian gold project in Ghana. The Sian property contains Esaase and Ampeha, two previously producing open pit mines with a resource with significant growth potential. Midlands' contiguous Kwahu Praso project, which was once part of Sian, contains extensions of the Esaase and Ampeha trends. Sian and Praso are just 30 kilometres northeast of Newmont Mining's +8.7 million ounce Akyem gold deposit. Midlands also holds highly prospective licences for gold and diamonds in the Lake Victoria Goldfields in Tanzania.

The Company has a highly qualified management and technical team with broad African experience and extensive experience in the countries in which the Company operates. For more information on the Company, please visit Midlands' website at [www.midlandsminerals.com](http://www.midlandsminerals.com).

### **On behalf of the Board**

Kim Harris  
President and Chief Executive Officer

### **For further information, please contact:**

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