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NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. Reorganizes Board of Directors

Sudbury, Ontario, November 22nd, 2016. Northern Superior Resources Inc. (TSX-V:SUP) (“Northern Superior” or the “Company”) is announcing changes in the composition of the its Board of Directors. This reorganization was prompted by the Board in response to the recent changes to the shareholder base and the Board’s desire to provide a transformational change in Board leadership.

Stepping down from the Board are Alan Moon, Arnold Klassen, Wayne Livingstone, Fred Lecoq, and John Pollesel. Arthur Murdy and Tom Morris will remain on the Board. Joining the Board are Andrew Farncomb, Sidney Himmel, John Kiernan and François Perron.

Thomas Morris, President and CEO stated “I would like to thank the departing directors for their hard work and dedication to Northern Superior over the years. The individuals currently joining the Board have strong experience in the mineral resources development space. Their skills include mining engineering, corporate finance, investor relations and corporate governance. I look forward to working with the new Board members.”

Brief resumes for the incoming Board members are provided directly below.

Andrew Farncomb is a founder of Cairn Merchant Partners LP, an independent merchant bank that invests and offers advisory services to public and private companies. Prior to forming Cairn, Mr. Farncomb was a Partner at Paradigm Capital, a Canadian investment bank focused on small to medium sized companies. Prior to joining Paradigm Capital, Mr. Farncomb held a business development role at a consumer goods company in Hong Kong. Mr. Farncomb is a member of the Board of Directors of several TSX Venture Exchange listed and private companies. Mr. Farncomb graduated from the Smith School of Business at Queen’s University with a Bachelor of Commerce (Honors) degree and received the Merrill Lynch Scholarship.

Sidney Himmel B.Sc, B.A., was previously President and Chief Executive Officer of IC Potash Corp. and Chairman of the Board of Directors of Namaste Technologies Inc. He was also President of two other industrial mineral development companies traded on the Toronto Stock Exchange. His career has involved working as tax specialist with a major international accounting firm, a corporate finance specialist with international investment dealers, and as an institutional equity trader and salesman. His experience also included working as in equity investment analyst. His financial experience has included raising substantial amounts of equity funding for a variety of public and private companies including a variety of resource companies.

John Kiernan is a Mining Engineer with over 30 years of mine operating, engineering, consulting, corporate and financial experience, including a cumulative four years as an underground miner and operating foreman. He was most recently VP Project Development for Magellan Minerals (acquired by Anfield Gold Corp), and is also a director of Kapuskasing Gold Ltd. Previously he was Manager Project Evaluation for QuadraFNX/ KGHM International, Mining Analyst for PI Financial Corp and VP Mining/Mine Manager for Roca Mines Inc. In the period from 1987 to 2006, Mr. Kiernan held various senior engineering positions with Strathcona Mineral Services, Inco Ltd., Wardrop and AMEC. Mr. Kiernan has a B.Sc in Mining Engineering from Queen's University, and an MBA from Laurentian University.

François Perron is presently Vice-President at Renmark Financial Communications. Prior to that, Mr. Perron was the President and Chief Executive Officer of QMX Gold Corporation and was previously the President and Chief Executive Officer of Golden Goose Resources. Prior to joining Golden Goose Resources, Mr. Perron was involved in the financial markets as a portfolio manager. He managed resource focused portfolios for NBC Alternative Investments and various resource funds for the Caisse de dépôt et placement du Québec from 2001 to 2007. In 2006, he was recognized by Brendan Woods International as a Top Gun Asset Manager in Mining. He has a Bachelor of Science, Computer science from McMaster University (1986) and an MBA from the Hautes Etudes Commerciales which he obtained in 1992. Mr. Perron has been on the board of several junior resource companies, and currently is on the board of Goldstar Minerals.

Northern Superior will continue its strategy of expanding the resource base of Croteau Est with additional drilling, seeking opportunities to advance its Ti-pa-kaa-ning project and exploiting its outstanding data base.

In other business, there were 1,050,000 options granted to staff and management at \$0.05, of which 700,000 were granted to senior officers.

About Northern Superior Resources Inc.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Québec, and trades on the TSX Venture Exchange under the symbol SUP. For further information contact:

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materially from the statements made, including those factors discussed in filings made by us with the Canadian securities regulatory authorities. Should one or more of these risks and uncertainties, such as actual results of current exploration programs, the general risks associated with the mining industry, the price of gold and other metals, currency and interest rate fluctuations, increased competition and general economic and market factors, occur or should assumptions underlying the forward looking statements prove incorrect, actual results may vary materially from those described herein as intended, planned, anticipated, or expected. We do not intend and do not assume any obligation to update these forward-looking statements, except as required by law. Shareholders are cautioned not to put undue reliance on such forward-looking statements.