



FIRST METALS INC.
55 UNIVERSITY AVENUE, SUITE 1010
TORONTO ON M5J 2H7
TEL: 416-594-3223 FAX: 416-862-2659

News Release

FMA-TSX

First Metals Welcomes New Board Members

October 22, 2009- Toronto, Canada- **First Metals Inc.** (FMA-TSX) is pleased to report that at its Annual Meeting of Shareholders, held yesterday, the full slate of directors proposed by management was elected to serve for the current term. Included in this year's slate were two new nominees, Messrs Michael Churchill and James Ross.

Mr. Churchill is a merchant banker with interests in hedge fund, industrial, retail, resource, and biotech companies. He is co-founder of Palisades Capital Ltd. a privately held merchant bank. Palisades also provides consulting services to hedge funds trading in small and mid market capitalization securities. He currently serves as a director of a public exploration company and several private corporations. Mr. Churchill is a graduate of the Richard Ivey School of Business at the University of Western Ontario having received a Masters of Business Administration in 1993.

Mr. Ross is currently the principal of Dalriada Capital Corp., a private corporation engaged in a variety of investment related activities, including private equity, venture capital and management consulting. He is also the Vice President, Finance of a renewable energy company focused on the production of bio-fuels from wood waste biomass, using a patented "Biomass to Liquids" process. Mr. Ross holds a B.Sc (honours) in Geography & Geology and is a Chartered Director who has led a 25 year career in senior management of a number of Canadian Investment Dealers, including most recently Jennings Capital (2002-2008), where he was Senior Managing Director. He is a Director and Committee Member of several publicly listed companies.

Company President, Richard Williams remarked that "the addition of these new members brings a wealth of experience and fresh resources to the board. This will be of great assistance in all of our activities and in particular as we move forward in our efforts to advance the Magusi poly-metallic deposit to production."

First Metals Inc. presently has approximately 322 million shares issued and outstanding

For further information please contact Richard Williams, Chief Executive Officer of the Company, at (416) 364-3123 or email: rick.williams@firstmetalsinc.com.

The statements made in this news release may contain certain forward-looking statements. Actual events or results may differ from the Company's expectations. Certain risk factors may also affect the actual results achieved by Company.