



TGX:TSX-V

TRUE NORTH GEMS

Omg

MEDIA RELEASE
True North Gems Inc. Announces Granting of Options

Vancouver, December 7, 2010; True North Gems Inc. (TSX-V:TGX) announces the granting of an aggregate of 6,300,000 incentive stock options to directors, officers and employees of the Company. The options have an exercise price of \$0.15 per share and will expire on December 7, 2015.

For further information contact:

Nicholas Houghton, CEO - or - Ken Shortt, Investor Relations

Telephone: 604-687-8055 or 1-800-399-8055 Visit our website: www.truenorthgems.com Email:
ken@truenorthgems.com

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the release