

## FORM 7

### **MONTHLY PROGRESS REPORT**

Name of CNSX Issuer: **Northern Lights Resources Corp.** (the "Issuer").

Trading Symbol: **NLR**

Number of Outstanding Listed Securities: **48,582,232 common shares**

Date: **Month of November 2019**

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by the CNSX Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the CNSX.ca website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the CNSX Policies. The discussion in this report must be factual, balanced and non-promotional.

#### **General Instructions**

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

#### **Report on Business**

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

**In November 2019, the Issuer had no corporate changes.**

**Northern Lights Resources Corp is a growth oriented Company focusing on exploring and developing high quality resources projects globally. The Company's board of directors and executives consists of Albert R. Timcke**

**(Executive Chairman and President), Jason Bahnsen (Chief Executive Officer), Leon Ho (CFO), Richard Kelertas (Independent Director), Gordon Tainton (Independent Director) and Graham Keevil (Director).**

2. Provide a general overview and discussion of the activities of management.

**In November 2019, the Issuer completed the cash payment for 100% interest acquisition of the Secret Pass Gold Project. Please see Schedule A for more information.**

**Concurrently, the Issuer announced assay results from rock and pulp samples from Secret Pass Gold Project. Please see Schedule B for more information.**

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

**None to report**

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

**None to report**

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

**None to report**

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

**None to report**

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

**None to report**

8. Describe the acquisition of new customers or loss of customers.

**Not applicable to the Company**

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

**Not applicable to the Company**

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

**No employees**

11. Report on any labour disputes and resolutions of those disputes if applicable.

**Not applicable to the Company**

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

**None to report**

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

**None to Report**

14. Provide details of any securities issued and options or warrants granted.

**None to Report**

15. Provide details of any loans to or by Related Persons.

**None to Report**

16. Provide details of any changes in directors, officers or committee members.

**None to Report**

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

**None to Report**

## ***Schedule A***



### **Northern Lights Completes Cash Payments for 100% Acquisition of the Secret Pass Gold Project**

**November 7, 2019**

**CSE Symbol: NLR**

**Vancouver, British Columbia.** Northern Lights Resources Corp. (the "Company" or "Northern Lights") is pleased to announce that it has completed the cash consideration payments required to complete the 100% acquisition of the Secret Pass Gold Project ("Project") located in Mohave County, northwestern Arizona (the "Transaction") as shown on **Figure 1**.



**Figure 1: Location Map Secret Pass Gold Project**

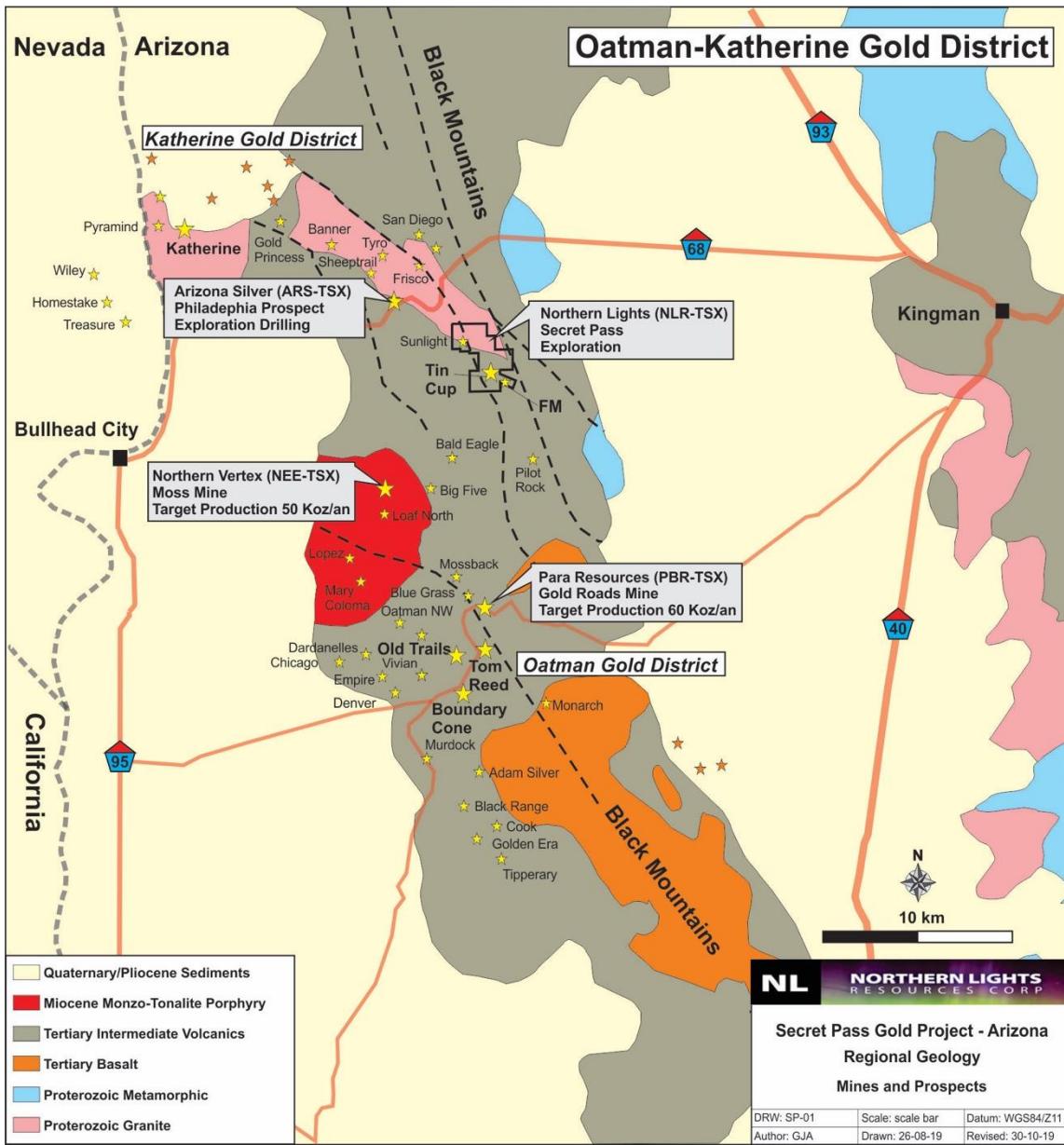
Northern Lights has completed cash payments to the Project vendors totaling US\$350,000 as defined under the definitive purchase agreement for the Transaction announced by the Company on July 15, 2019. Within 30 days, the Company will issue 2,000,000 common shares to the Project vendors and complete other administrative arrangements required to complete the Transaction.

**Upon completion of the Transaction, Northern Lights will own 100% of the Secret Pass Gold Project. There are no third party royalties payable on future production from the Project.**

## **The Secret Pass Gold Project**

### **1) The Oatman-Katherine Gold District – A Prolific Historic Gold Mining District**

As illustrated on **Figure 2**, the Secret Pass Project is located in the famous historic Oatman-Katherine Gold District of northwestern Arizona, close to the Nevada and California State borders. The Oatman-Katherine Gold District was established in 1863 and historically is Arizona's third largest gold producing area. Between 1863 and 1940 it is estimated the district produced over two million ounces of gold and one million ounces of silver. The district includes many historic mines and workings with over 80 separate mines reporting production.



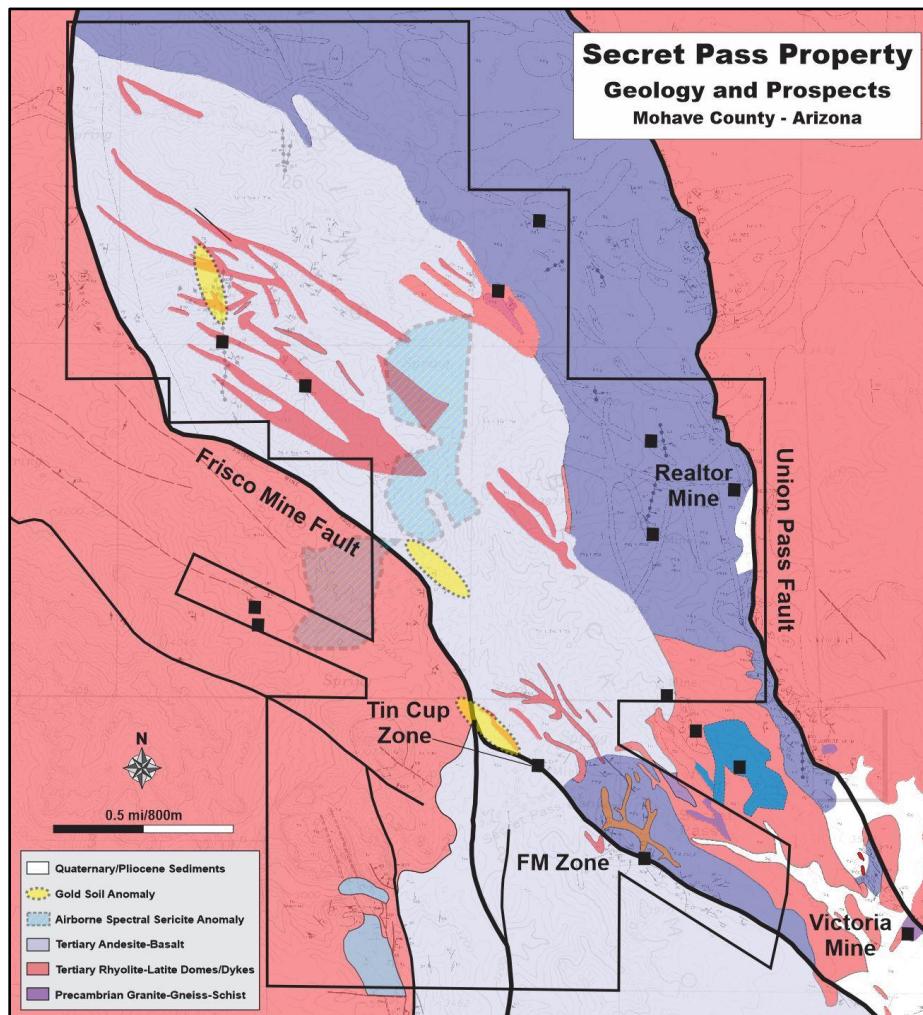
**Figure 2: Oatman-Katherine Gold District, Arizona**

More recently, there has been a significant increase in exploration and mining activity in the Oatman – Katherine District. Current operating mines in the area include the Moss mine owned by Northern Vertex Corp., an open pit heap leach operation that reached commercial production in September 2018, and Para Resources Inc. that reported starting underground production at its Gold Roads Project in February 2019.

Secret Pass consists of 84 unpatented lode mining claims comprising 655.6 hectares (1,620 acres) of claims under the administration of the US Bureau of Land Management (“BLM”) and 212.4 hectares (524.9 acres) for a total of 868 hectares (2,145 acres).

## 2) Geology, Previous Production and Exploration Work

The main structural feature in the region is an imbricated system of shallow to steeply dipping faults that trend north-northwest. With reference to **Figure 2** this fault system has been traced for approximately 65 km extending from the Oatman District in the south, through the Secret Pass-Frisco Mine area, into the Katherine Gold District. As illustrated on **Figure 3**, two regional structures, the Union Pass and the Frisco Mine faults, transect the Secret Pass property.



**Figure 3: Secret Pass Project Geology and Historic Mine Workings**

Numerous gold showings and prospects are associated with the Union Pass and Frisco Mine faults, and some have reported limited gold production. The Oatman District is located approximately 13 km south of Secret Pass property, and has produced over two million ounces of gold.

Mining records indicate that there are 15 historic mine workings located in the Secret Pass license area. The Tin Cup and the FM gold prospects were extensively explored and drilled by Santa Fe Mining and Fischer-Watt from 1984 to 1991. A total of 14,000 metres of drilling was completed in 126 holes including 114 reverse circulation and 12 core holes.

The **Tin Cup Gold Zone** is localized along the steeply northeast-dipping Frisco Mine Fault. The gold mineralization is hosted by Tertiary andesite and associated with the margins of rhyolite dykes that occur as lenses within the Frisco Mine Fault. A few of the deepest drill holes intersect gold mineralization in the Proterozoic basement granite.

The mineralized zone has a strike length of approximately 245 metres and a drill-indicated depth of up to 180 metres, both open along strike and depth. High-grade mineralization greater than 3 g/t Au, is localized in a 3.0 to 7.6 metres wide, steeply northeast-dipping structure that occurs within a much wider mineralized fault zone that ranges from 30 to 45 metres in width. The mineralization has a northwest plunge and is considered to be open at depth. Surface oxidation extends to a depth of up to approximately 120 metres.

The **FM Gold Zone** is also controlled by the northwest-trending Frisco Mine Fault that dips steeply to the southwest. Gold mineralization at the FM zone is hosted exclusively by granite and rhyolite and has a strike length of approximately 200 metres and extends to a depth of up to 120 metres, open along strike and depth.

The zone of mineralization ranges from 13 to 30 metres in width at the surface and then transitions into distinct 3.0 to 8.0 meter near-vertical, low-grade (<1.5 g/t Au) structures at depth. Depth of oxidation is variable but is generally extends to a depth of 75 to 100 metres.

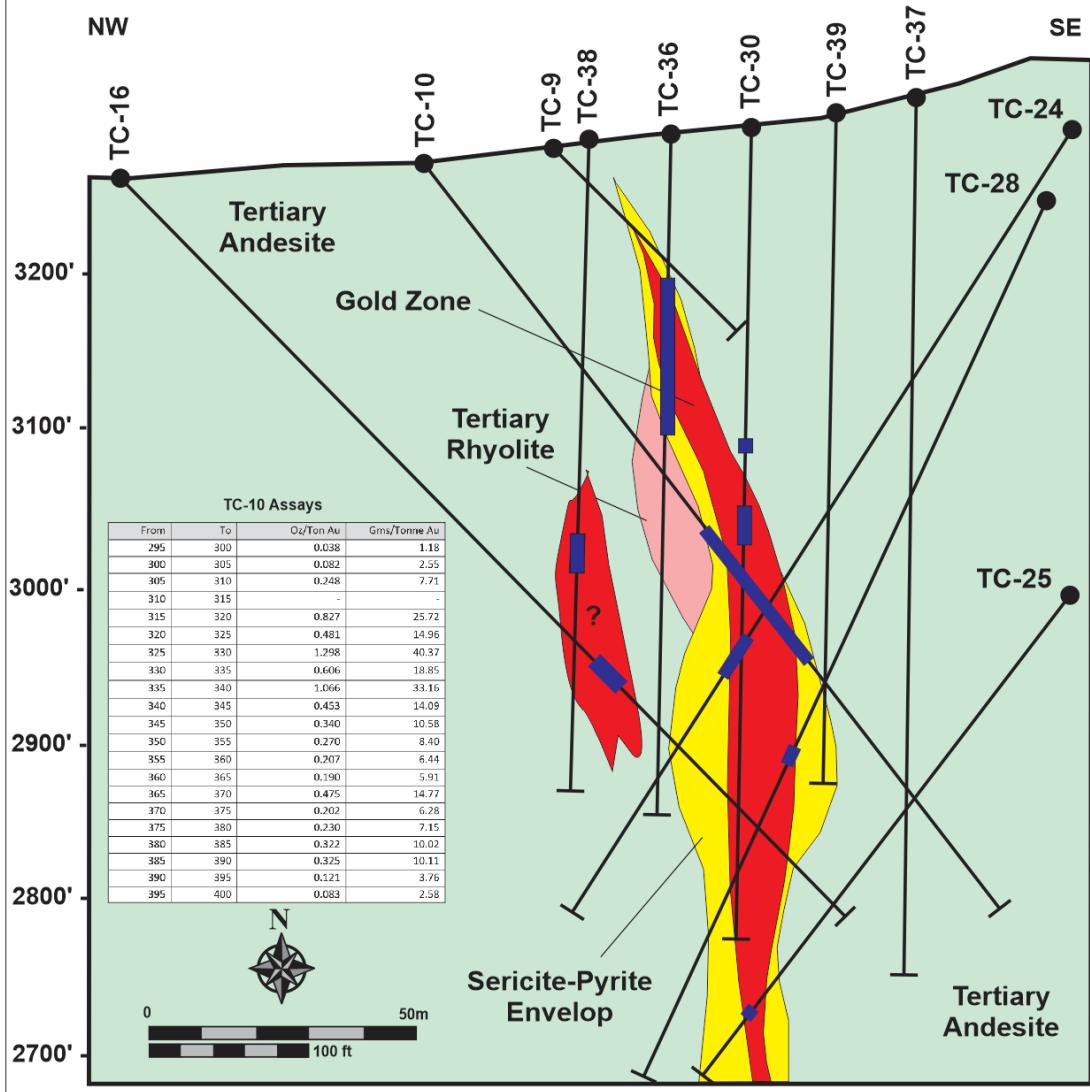
Two geological models have been proposed for the Secret Pass gold mineralization. The first model is the epithermal bonanza style veining and hanging wall stockwork setting, with gold mineralization the result of repeated boiling events. This style of mineralization is prevalent in the Oatman Gold District. The second model is a low-angle detachment fault setting, with gold deposition occurring at an oxidation-reduction boundary. This style of mineralization is present in the Katherine Gold District located approximately 15 km to northwest of the Secret Pass Gold Project.

### Tin Cup Mine

The Tin Cup mine reportedly produced several hundred tons of mineralized material grading 15 g/t (0.5 oz/t) to 31 g/t (1 oz/t) of gold. Historic workings from the 1930's included an open pit and an inclined shaft to a depth of 21 metres (70 ft) with minor underground level workings. There has been no known production from the Tin Cup Mine since the 1930's.

During the period from 1984 to 1991 drilling program, significant gold mineralization was intersected in a number of holes in the Tin Cup Gold Zone. As illustrated in **Figure 4**, gold assays ranging as high as 40 g/t Au over significant widths at depths ranging from 30 to 180 metres below surface. These results are historical in nature and a qualified person has not done sufficient work to verify these previous drilling intersections.

**Tin Cup Gold Zone**  
**Cross Section 34**  
**1987 - R. Westervelt**



**Figure 4: Historical Cross Section of Tin Cup Gold Zone**

(Modified from Arrowstar Resources NI 43 - 101 Report, May 4, 2016. Note this information is historical and has not been verified by a qualified person under the guidelines of NI 43-101)

In summary, the Secret Pass property is transected by two major gold bearing regional structures, the Frisco Mine and Union Pass faults. These faults have combined strike length in excess of 13 km on the property. The last exploration program was completed on the Secret Pass property was in 1991 and was entirely focused on the Tin Cup and FM gold zones which accounts for less than 10% of the total license area. Only the area between Tin Cup and FM gold zones has been drill tested over a strike length of 1.2 km. and very limited surface exploration was conducted on the structures located outside of Tin Cup and FM gold zones.

### **3) Proposed Exploration Program.**

Upon completion of the Transaction, Northern Lights' initial goal for the project will be to generate a NI43-101 compliant resource estimate for the Tin Cup Zone and to establish additional exploration targets.

The initial exploration program for the Secret Pass Gold Project will be conducted in two phases with Phase 1 focused on the review of historic drilling and resource information at the Tin Cup/Fm Zones plus the completion of additional background exploration work for the Project.

#### **Phase 1 Exploration Program – Historic Data Compilation / 3D Modeling / Exploration**

- Evaluation and compilation of historic drilling and surface geology into a modern digital format to be used in the GIS and geological modeling.
- Completion of drone aeromagnetic survey over the Tin Cup and FM Zones.
- Geochemical sampling over target areas to include multiple element as well as low-level gold background survey. For areas of anomalous gold results, additional samples will be taken to determine the extent of a halo of gold mineralization.
- Geological mapping to identify structure and alteration to extend known mineralization.
- Three-dimensional modeling of historical data and aeromagnetic survey results to allow Northern Lights to refine the Phase 2 exploration targets and confirm the historical surface and underground mineralization at Tin Cup for mine planning purposes.

The Phase 1 exploration program has an estimated cost of US\$150,000 and will be used to refine the Phase 2 Exploration Program that will include targeting exploration drilling program required to establish a NI43-101 resource at the Tin Cup/Fm Zones as well as to test additional exploration targets identified by the Phase 1 Exploration Program.

The scientific and technical data contained in this news release was reviewed and approved by Gary Artmont (Fellow Member AUSIMM #312718), Head of Geology and qualified person to Northern Lights Resources, who is responsible for ensuring that the geologic information provided in this news release is accurate and who acts as a "qualified person" under National Instrument 43-101 Standards of Disclosure for Mineral Projects.

For further information, please contact:

**Albert Timcke, Executive Chairman and President**  
Email: [r timcke@northernlightsresources.com](mailto:r timcke@northernlightsresources.com)

Tel: +1 604 608 6163

Or

**Jason Bahnsen, Chief Executive Officer**  
Email: [Jason@northernlightsresources.com](mailto:Jason@northernlightsresources.com)

Tel: +1 604 608 6163

**About Northern Lights Resources Corp.**

Northern Lights Resources Corp is a growth oriented exploration and development company that is advancing the Medicine Springs Project located in Nevada. Northern Lights is earning a 100% equity interest in the Medicine Springs Project, a prospective silver – zinc – lead property located in southeastern Elko County, Nevada.

Northern Lights Resources trades under the ticker of “NLR” on the CSE. This and other Northern Lights Resources news releases can be viewed at [www.sedar.com](http://www.sedar.com) and [www.northernlightsresources.com](http://www.northernlightsresources.com).

**CAUTIONARY STATEMENT REGARDING FORWARD-LOOKING INFORMATION:** This news release includes certain “forward-looking statements” under applicable Canadian securities legislation. Forward-looking statements include, but are not limited to, statements with respect to: the terms and conditions of the proposed private placement; use of funds; the business and operations of the Company after the proposed closing of the Offering. Forward-looking statements are necessarily based upon a number of estimates and assumptions that, while considered reasonable, are subject to known and unknown risks, uncertainties, and other factors which may cause the actual results and future events to differ materially from those expressed or implied by such forward-looking statements. Such factors include, but are not limited to: general business, economic, competitive, political and social uncertainties; delay or failure to receive board, shareholder or regulatory approvals; and the uncertainties surrounding the mineral exploration industry. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward looking statements. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as required by law.

## **“Schedule B”**



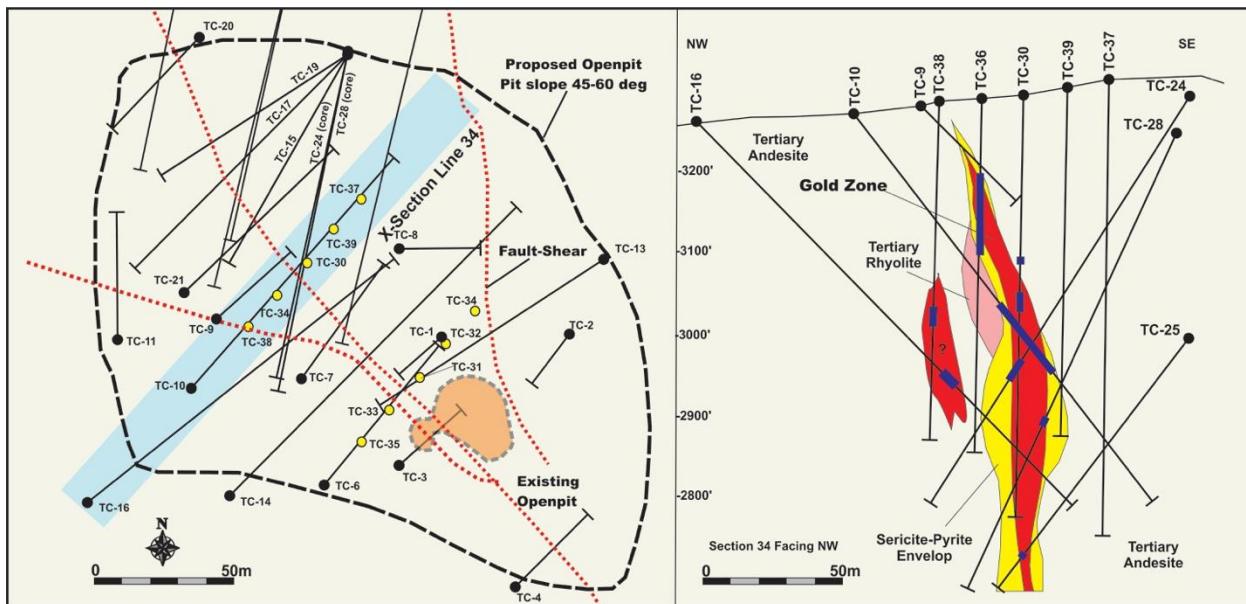
# **Northern Lights Confirms Assay Results from Secret Pass Gold Project**

November 19, 2019

CSE Symbol: NLR

**Vancouver, British Columbia. Northern Lights Resources Corp.** (the “Company” or “Northern Lights”) is pleased to announce assay results from rock and pulp samples taken from Secret Pass Gold Project in Arizona.

From 1984 to 1991, 140 exploration drill holes (totaling 15,000 metres) were completed on the Tin Cup and FM zones of Secret Pass Gold Project.



## **Figure 1 - Tin Cup Historic Drill Hole Locations and X Section**

(Modified from Arrowstar Resources NI 43 - 101 Report, May 4, 2016. Note this information is historical and has not been verified by a qualified person under the guidelines of NI 43-101)

During site visits to Secret Pass in July 2019, Northern Lights collected 6 rock and selected 11 assay pulps from reverse circulation drill holes TC-10, TC-30, TC-32 and FM-4 (drilled by Santa Fe Pacific Mining between 1984-1986) as part of due diligence verification. All samples were collected by Mr. Alan Morris (CPG, QP) who maintained chain of custody until delivery of the samples to Bureau Veritas-ACME Labs in Elko

Nevada for preparation and analysis. Bureau Veritas' facility is accredited to the ISO 9001 standard for gold assays and all analytical methods include quality control materials at set frequencies with established data acceptance criteria.

The rock samples were crushed, split and pulverized to -200 mesh. The drill pulps were sieved and split. Analysis for gold, platinum and palladium was completed using a 30-gram fire assay fusion with ICP-ES finish (FA 330/530) with a lower limit of 2 parts per billion for gold and upper limit of 10000 ppb. Samples with gold assays greater than 10000 ppb are reanalyzed using a 50-gram fire assay fusion with gravimetric finish. All samples also were analyzed using a 36-multielemental geochemical package (AQ300). Sample splits of 0.5 g were leached in hot Aqua Regia and analyzed by ICP-ES with analytical results reported in ppm and ppb levels.

With reference to Table 1, the check assay results provide confirmation within an acceptable range of the historic results for the holes and intervals tested.

**Table 1: Sample Assay Results**

Sample ID	Type	Drill Hole / Interval Tested (ft below collar)	Original 1986 Assay Results (oz/t Au)	Original 1986 Assay Results (g/t Au)	Bureau Veritas Assay Results August 2019 (g/t Au)
26251	rock	float from pit floor			0.3
26252	rock	outcrop			0.6
26253	rock	dump			3.6
26254	rock	dump			0.1
26255	rock	dump			4.6
26269	rock	outcrop			0.0
26256	pulp	FM-4 / 15ft-20ft	0.008	0.2	0.2
26257	pulp	FM-4 / 20ft-25ft	0.129	3.6	3.8
26258	pulp	FM-4 / 25ft - 30 ft	0.046	1.3	0.3
26259	pulp	TC-10 / 305ft - 310 ft	0.249	7.0	8.5
26267	pulp	TC-10 / 320ft - 325ft	0.461	13.0	13.4
26261	pulp	TC-10 / 330 ft - 335 ft	0.606	17.1	21.5
26262	pulp	TC-10 / 345ft - 350ft	0.340	9.6	8.5
26264	pulp	TC-30 / 385ft - 390ft	0.002	0.1	0.5
26265	pulp	TC-30 / 425ft - 430ft	0.048	1.4	2.1
26266	pulp	TC-30 / 455ft - 460ft	0.209	5.9	6.8
26263	pulp	TC-32 / 55ft - 60 ft below detection	n/a		

Source: Bureau Veritas Certificate of Analysis August 30, 2019

The Company is currently in the process of compiling all historic information and data on the project that will be reviewed in an updated NI43-101 report.

The scientific and technical data contained in this news release was reviewed and approved by Gary Artmont (Fellow Member AUSIMM #312718), Head of Geology and qualified person to Northern Lights Resources, who is responsible for ensuring that the

geologic information provided in this news release is accurate and who acts as a “qualified person” under National Instrument 43-101 Standards of Disclosure for Mineral Projects.

For further information, please contact:

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**Jason Bahnsen, Chief Executive Officer**

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**About Northern Lights Resources Corp.**

Northern Lights Resources Corp is a growth oriented exploration and development company that is advancing two projects: The 100% owned, Secret Pass Gold Project located in Arizona. where Northern Lights is 100% owner; and the Medicine Springs silver-zinc-lead property located in Elko County Nevada where Northern Lights is earning 100%.

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## Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign the Certificate of Compliance.
2. As of the date hereof there were no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNSX that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: December 2, 2019

Albert (Rick) Timcke  
Name of Director or Senior  
Officer

"Albert R Timcke"  
Signature

Executive Chairman & President  
Official Capacity

<b>Issuer Details</b> Name of Issuer	For Month End <b>November 2019</b>	Date of Report <b>2019/12/02</b>
Issuer Address: <b>1000- 355 Burrard Street</b>		
City/Province/Postal Code <b>Vancouver, BC, V6C 2G8</b>	Issuer Fax No. <b>(604)-608-6163</b>	Issuer Telephone No. <b>(604)-608-6167</b>
Contact Name <b>Albert (Rick) Timcke</b>	Contact Position <b>President</b>	Contact Telephone No. <b>(604)-608 - 6167</b>
Contact Email Address <b>rtimcke@northernlightsresources.com</b>	Web Site Address <b>www.northernlightsresources.com</b>	