FORM 7  
  
MONTHLY PROGRESS REPORT

Name of Listed Issuer: **APPIA ENERGY CORP.** (the “Issuer”).

Trading Symbol: **“API”**

Number of Outstanding Listed Securities: **65,312,468 common shares**

Date: **November 5, 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 Exchange 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 Exchange 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 Policies. The discussion in this report must be factual, balanced and non-promotional.

**General Instructions**

1. 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.
2. The term “Issuer” includes the Issuer and any of its subsidiaries.
3. 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. **On November 5, 2019 the Company published the assay results from all 44 diamond drill holes in the Summer drilling program at Alces Lake, and announced the discovery of a new zone beneath the surface (the “Richard zone”) which returned 7.58 weight% Total Rare Earth Oxides (“TREO”).**

**On September 3, 2019 the Company had announced the results of the drilling in the Ivan zone. Of note, IV-19-003 intersected visible and continuous semi-massive to massive concentrations of monazite mineralization over a core length of 11.65 m (true thickness has not been determined), from within 10 m of surface. This drill hole tested a geophysical gravity survey target and has shown that the preliminary gravity survey results have been able to identify high concentration of monazite mineralization beneath the surface. The assay results on DD IV-19-003, reported that the an intersection of 11.65 metres, starting at 10.25 metres down hole, assayed 16.10 wt% TREO, including a 2.7m core length section that returned 31.04 wt% starting at 13.3m down hole.**

**On September 3, 2019 the Company also announced the assay results from drill holes IV-19-008 to IV-19-014, part of the recently completed diamond drilling program at Alces Lake. Each of the drill holes intersected the Rare Earth Element (“REE”) mineralized system, with 5 of the 7 drill holes intersecting high-grade Total Rare Earth Oxides (“TREO”). Highlights include;**

* **IV-19-012: 16.059 wt% TREO\* over 15.55 m core length starting at 8.7 m down hole depth, including 31.339 wt% TREO\*\* over 7.9 m core length at 9.7 m down hole depth which also includes 49.165 wt% TREO\*\* over 3.7 m core length at 9.7 m down hole depth**
* **IV-19-013: 4.449 wt% TREO\* over 5.95 m core length starting at 6.0 m down hole depth, including 12.556 wt% TREO\*\* over 2.05 m core length at 9.9 m drill hole depth, and 22.457 wt% TREO\*\* over 1.8 m core length starting at 22.6 m down hole depth**
* **IV-19-011: 6.162 wt% TREO\* over 6.5 m core length starting at 7.9 m down hole depth, including 37.576 wt% TREO\*\* over 1.05 m core length at 9.85 m down hole depth.**

**\*Composite results calculated using 0.10 wt%TREO cut off.**

**\*\* Composite results calculated using 1.0 wt%TREO cut off.**

**Appia considers “high-grade” REE mineralization to be >1.897 wt% TREO, which represents >75th percentile for global REO deposit grades of advanced stage projects (excluding Gakara, Steenkampskraal and Mount Weld CLD deposits). The global REO deposit information was derived from publicly available information as of January 31, 2018, from individual company websites, SEDAR technical report filings, and the Technology Metals Research Advanced Rare Earth Projects Index (**[**http://www.techmetalsresearch.com/metrics-indices/tmr-advanced-rare-earth-projects-index/**](http://www.techmetalsresearch.com/metrics-indices/tmr-advanced-rare-earth-projects-index/)**)**

**The high-grade TREO intersections are hosted in one mineral, monazite, which has the potential for relatively easy metallurgical and extraction processes.**

**The numerous discoveries reinforce the belief that high-grade REE mineralization continues at depth with the Ivan zone drill holes IV-19-003 and 012 as well as the Richard zone discovery hole remaining open along strike.**

**The Company also performed regional exploration and prospecting for additional REE surface zones at Alces Lake, with the emphasis on the high-grade critical REEs that are in short supply, used in making permanent magnets for electric vehicles and wind turbines.**

1. Provide a general overview and discussion of the activities of management. **Considerable effort will be spent studying the information from the Summer program to better understand the origin of the high-grade mineralization. Geological modelling will continue through the winter.**
2. 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. **A new report from the University of Saskatchewan on the metallurgical processing of high-grade REE mineralization from the Ivan zone is expected by year’s end.**
3. 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.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. **N/A**
4. 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. **N/A**
5. 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. **N/A**
6. Describe the acquisition of new customers or loss of customers. **N/A**
7. 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. **N/A**
8. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **N/A**
9. Report on any labour disputes and resolutions of those disputes if applicable. **N/A**
10. 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. **N/A**
11. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness. **N/A**
12. Provide details of any securities issued and options or warrants granted. **N/A**
13. Provide details of any loans to or by Related Persons. **Undrawn management fees owing to the CEO totalled $611,730 at October 31, 2019.**
14. Provide details of any changes in directors, officers or committee members. **N/A**

16. Discuss any trends which are likely to impact the Issuer including trends in the Issuer’s market(s) or political/regulatory trends. **The results of exploration programs as well as the outlook for world uranium and rare earth element (“REE”) production and market prices affect the stock market price of the Company’s shares. Prices for critical REEs have soared recently, as a shortage has developed, largely a result of the increase in electric vehicle production. Actual production statistics are difficult to assess. China has controlled the pricing of REEs in the past, as it reportedly supplies 70% of the world’s REE production. The trade war between the USA and China is jeopardizing the availability of critical REEs and Alces Lake contains some of the highest-grade total critical REE mineralization in the world.**

**For the supply of critical REEs required by the defence industry and for electronics, Washington has decreed that the critical REEs must not be sourced from China, which is difficult to do, as other sources are not able to meet the US demand. At the end of September newspaper reports indicated a growing cooperation between Canada and USA in finding and producing REEs in North America, a long-term objective.**

**At Elliot Lake, Ontario, the economic value of the Company’s 2013 NI 43-101 reported resources is dependent, among other factors, on the market price and the demand outlook for uranium and REEs, as these are both present and can be mined together in one underground mining operation.**

**Spot uranium prices remain around US$30 per lb. Production cutbacks by Cameco and Kazatomprom, the largest uranium producer in Kazakhstan, (largely selling at spot prices) have reduced the supply side. Kazatomprom announced that its production cut of 20% will continue through 2021. Cameco is using its inventory to supply contractual delivery commitments, as the cost of mining far exceeds the spot price. Cameco is also expected to continue purchasing 30 million pounds on the spot market annually to meet its commitments. Cameco expects to realize US$47 per lb in the fourth quarter of 2019, based on its existing contracts**

**The World Nuclear Association has projected uranium demand to increase by 44% by 2035. Many utility companies have long-term supply contracts currently expiring, and by 2021 known supply sources are projected to be unable to match demand. Industry opinion is that a minimum long-term contract price of US$60 is needed before any new mining projects will advance.**

**The USA has announced that they will support extending the operating life of existing reactors by twenty years.**

**64 reactors are reported to be under construction around the world. Nine of 36 operable reactors in Japan have resumed operation, with an additional six having received approval to restart.**

**Reactor operators have adopted a wait-and-see attitude on price and are not building their stockpiles to “normal” levels. Japan has been reported to be selling some of the unknown amount of stockpiled uranium, delivered under long-term contracts for idled reactors.**

**China has 42 operating nuclear reactors with an additional 19 units under construction and has plans to build another 41 units to reduce the use of coal, which is currently used to supply 70% of its electricity. China has an ongoing program of closing coal mines.**

**The political stability of countries currently supplying the REE and uranium market has caused concern in the United States, as very little uranium for reactors is sourced domestically. At a price of US$30 lb for uranium, the USA only has reserves of 4.3 million pounds. At US$50 the reserves are estimated to be 174 million pounds. The concept of supplying 25% of domestic demand from US production requires the higher price, and will not be quickly achieved.**

**In response to US sanctions, Russia has threatened to halt enriched uranium exports to the US. Russia provides 14% of the US requirement, but Kazakhstan and Uzbekistan provide an additional 24% and 4% respectively. The threat has had little effect on the quoted spot price.**

**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 this Certificate of Compliance.
2. As of the date hereof there was no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange 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 Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: **November 5, 2019**.   
Name of Director or Senior Officer

***“F. van de Water”***

**Secretary**

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| ***Issuer Details***  Name of Issuer  **Appia Energy Corp.** | For Month End  **October 31, 2019** | Date of Report  YY/MM/D  **19/11/05** |
| Issuer Address  **500 – 2 Toronto Street** | | |
| City/Province/Postal Code  **Toronto, ON**  **M5C 2B6** | Issuer Fax No.  **(416) 218 9772** | Issuer Telephone No.  (**416**) **546 2707** |
| Contact Name  **Frank van de Water** | Contact Position **CFO, Sec., Director** | Contact Telephone No. (**416**) **546 2707** |
| Contact Email Address  **fvandewater@rogers.com** | Web Site Address  [**www.appiaenergy.ca**](http://www.appiaenergy.ca) | |