FORM 7  
  
MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Aurwest Resources Corporation** (the “Issuer” or “Company”).

Trading Symbol: **AWR**

Number of Outstanding Listed Securities: **99,871,633**

Date: **October 6, 2022**

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.

**Newfoundland**

Current exploration activity includes continuous field work including sampling, mapping, and general geological interpretation of licenses in the Paradise Lake and Stony Caldera property areas. The Company also provided an update on its Phase 2 drilling program at Paradise Lake, which consisted of seven holes totaling 1,050 meters and included one drill section assaying 5.43 g/t Au in DDH PL-22-12 (see news release dated September 21, 2022).

**British Columbia**

No additional exploration work has been undertaken on the Stellar or Stars properties during September 2022. Notice of Work permits have been submitted including IP surveys and drill programs on the Stars property and for future exploration programs.

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

**Newfoundland**

Management activities involved the ongoing interpretation of the technical data pertaining to the phase one and two drilling programs at Paradise Lake and the planning and organization of field exploration work currently taking place on the Stony Caldera and Paradise Lake properties.

**British Columbia**

No additional exploration or geological activity took place on the Stellar and Stars property in BC, approximately 25-65 km southwest of Houston, BC.

**General**

**NCIB** - On September 30, 2021 the Company announced a normal course issuer bid (“NCIB”) authorizing the Company to acquire up to 4,801,431 common shares, representing 5% of the common shares issued and outstanding over the course of the next year. The Company has appointed PI Financial as the broker to conduct the NCIB. During the month of September 2022 there were zero shares purchased under the program. This NCIB program has now expired effective September 30, 2022. Total number of shares purchased under the NCIB was 1,722,000 shares.

On September 9, 2022 the Company announced that shareholders had approved the Plan of Arrangement and Spin Out at the AGM held on August 29, 2022 (see news release date September 9, 2022). The Company announced that the record date for the six spin outs would be September 23, 2022 and the distribution date would expected to be on September 27, 2022. The Spin Out included five newly formed reporting issuers entities which would be used for the purposes of evaluating future go public business opportunities; and the Spin Out of the Stellar Stars BC copper property into a separate reporting issuer company which would make an application to list on the CSE subject to the completion of a minimum $1,000,000 financing.

1. 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. **Not Applicable**
2. 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. **Not Applicable**
3. 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. **Not Applicable.**

1. 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.

Pursuant to a plan of arrangement, the Company spinned off its exploration and evaluation assets in British Columbia known as Stellar Stars for a fair market value of $2,605,500 as determined by an independent valuator in exchange for 29,961,488 shares of Copper Star Exploration Ltd. which will be distributed to the Company’s shareholders upon successful financing of $1 million.

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

**Not Applicable.**

1. 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**
2. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **Not Applicable.**
3. Report on any labour disputes and resolutions of those disputes if applicable.

**Not Applicable.**

1. 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.

**Not Applicable.**

1. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness. **Not Applicable**
2. Provide details of any securities issued and options or warrants granted.

**Not Applicable**.

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| **Security** | **Number Issued** | **Details of Issuance** | **Use of Proceeds(1)** |
| Common shares | 350,000 | Shares issued at $0.06 per shares as part of legal fee invoice payment in lieu of cash | NA |
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1. Provide details of any loans to or by Related Persons.

**Not Applicable**.

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

**Not Applicable.**

1. Discuss any trends which are likely to impact the Issuer including trends in the

Issuer’s market(s) or political/regulatory trends.

**Not Applicable.**

**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 is 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: October 6, 2022

Colin Christensen  
Name of Director or Senior Officer

Signed: *“Colin Christensen”*  
Signature

President &CEO  
Official Capacity

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| ***Issuer Details***  **Name of Issuer**  Aurwest Resources Corporation | **For Month End**  September 30, 2022 | **Date of Report**  **YY/MM/D**  22/010/06 |
| **Issuer Address**  Suite 650, 340 12 Ave SW | | |
| **City/Province/Postal Code**  Calgary, Alberta T2R 1L5 | **Issuer Fax No.** | **Issuer Telephone No.**  (403)483-8363 |
| **Contact Name**  Colin Christensen | **Contact Position**  President | **Contact Telephone No.**  (403)483-8363 |
| **Contact Email Address**  cchristensen@aurwestresources.com | **Web Site Address**  www.aurwestresources.com | |