FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Camarico Investment Group Ltd. (The "Issuer").

Trading Symbol: CIG

Date: August 12 2019

1. New Options Granted:

Date of Grant: August 11 2019

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Joshua Moulton Akaline Controls Ltd.	Consultant	No	1,000,000	\$0.25	August 12 2020	0
8920 65 Ave.						
Grande Prairie AB						
T8W 2K9						
David A Johnson	500 Place d'Armes, Suite 1800	No	100,000	\$0.25	August 12 2020	0
	Montreal, Quebec, H2Y 2W2					

Total Number of optioned shares proposed for acceptance: 1,100,000 .

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Leonard Tucker	200,000	\$0.18	Aug.28 2018	Aug 28 2023
Anthony Chan	200,000	\$0.18	Aug 28 2018	Aug 28 2023
Barry Harvey	100,000	\$0.18	Aug 28 2018	Aug 28 2023
Bruce Scafe	200,000	\$0.18	Aug 28 2018	Aug 28 2023
Charles Yang	100,000	\$0.18	Aug 28 2018	Aug 28 2023
Dan Devine	50,000	\$0.18	Aug 28 2018	Aug 28 2023
Grant Duncan	100,000	\$0.18	Aug 28 2018	Aug 28 2023
Jane Morgan	75,000	\$0.18	Aug 28 2018	Aug 28 2023
Jeff Standen	400,000	\$0.18	Aug 28 2018	Aug 28 2023
Jim Gunn	50,000	\$0.18	Aug 28 2018	Aug 28 2023
Leslie Gurr	100,000	\$0.18	Aug 28 2018	Aug 28 2023
Mike Payne	75,000	\$0.18	Aug 28 2018	Aug 28 2023
R Mackenzie Loree	200,000	\$0.18	Aug 28 2018	Aug 28 2023
Raphael Boivin	300,000	\$0.18	Aug 28 2018	Aug 28 2023
Rick Mclean	100,000	\$0.18	Aug 28 2018	Aug 28 2023
Terry Berg	100,000	\$0.18	Aug 28 2018	Aug 28 2023
Tom Carpenter	200,000	\$0.18	Aug 28 2018	Aug 28 2023
Crystal LaSalle	50,000	\$0.20	Feb 24 2019	March 24 2024
David J. Demerkin	100,000	\$0.20	Feb 24 2019	March 24 2024
Grant Duncan	100,000	\$0.20	Feb 24 2019	March 24 2024
Heather King	50,000	\$0.20	Feb 24 2019	March 24 2024
Hydro for Humanity	250,000	\$0.20	Feb 24 2019	March 24 2024
Riley Harvie	300,000	\$0.20	Feb 24 2019	March 24 2024
Robust Investments	300,000	\$0.20	Feb 24 2019	March 24 2024
Anthony Chan	200,000	\$0.14	Nov 17 2017	22-Nov-22
Bruce Scafe	350,000	\$0.14	Nov 17 2017	22-Nov-22
Bryce Clark	100,000	\$0.14	Nov 17 2017	22-Nov-22
Leonard Tucker	350,000	\$0.14	Nov 17 2017	22-Nov-22
Raphael Boivin	200,000	\$0.14	Nov 17 2017	22-Nov-22
Todd Lemieux	200,000	\$0.14	Nov 17 2017	22-Nov-22
Tom Carpenter	350,000	\$0.14	Nov 17 2017	22-Nov-22

(1) Set out number of optioned shares for each grant with different terms.

Aug.28 2018 2,550,000 Feb 24 2019 1,150,000 Nov 17 2017 1,750,000

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. **NA**
- (b) Date: August 11,2019
- (c) Total issued and outstanding shares is **95,046 016**
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options 6% of issued and outstanding
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. There are 3,804,601 shares left available for issue under the companies rolling stock option plan
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

4. Certificate of Compliance

The undersigned hereby certifies that:

- 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.	Il of the information in this Form 11 Notice of Proposed Stock Option Grant r Amendment is true.			
Dated Au	gust 12,2019.			
		Bruce A. Scafe Name of Director or Senior Officer		
		" <i>Bruce Scafe</i> Signature		
		Secretary Official Capacity		