

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Stina Resources Ltd. (the "Issuer").

Trading Symbol: SQA

Number of Outstanding Listed Securities: 36,842,499

Date: December 2, 2016

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

- (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.

The Issuer's primary activity is the exploration of the Bisoni McKay Vanadium Property in northern Nevada, but has deferred exploration at this time. At this time the Company is exploring the Soft Wave water business.

On February 3, 2016 the Issuer announced that it has entered into a product distribution agreement among America Greener Technologies Inc. and AGT Soft Wave Inc. for the non-exclusive Canadian distribution rights for the manufacturer's water treatment technology, Soft Wave, in exchange for a one-time payment of \$25,000 and a 12-per-cent royalty of all Soft Wave technology distributed and sold within Canada.

The \$25,000 payment has been made and the option agreement is in good standing.

The Issuer has also acquired the option to purchase exclusive Canadian distribution rights to Soft Wave Technology from the manufacturer for a total sum of \$250,000 upon the Issuer reaching certain gross revenue thresholds. (see news release dated February 3, 2016)

Soft Wave is a non-chemical water treatment system that provides a number of cost-saving, environmental and personal benefits to household consumers, businesses, city water infrastructures and large industrial operations. It dissolves and suspends minerals in the water, thus preventing scale formation inside the pipes and the elimination of prior scaling. Soft Wave technology has been in development for over six years and has been commercially available in the United States for the past three years and has been installed in such locations as Dole Foods, Fresh Express and Best Western Hotels, in addition to a number of other known companies throughout North America.

Benefits in home units include a reduction or elimination of all chemical additives in your water system, elimination of calcium and mineral deposits, reduced maintenance or replacement costs of your system, and significant cost savings while reducing environmental footprints.

In industrial cooling tower operations, Soft Wave can reduce water evaporation, eliminate the need for chemical cleaning and can lead to increased cycles. The technology could save millions of gallons of water and reducing the reliance on chemical treatment to prevent scaling and reduce production downtime. This could mean savings through reduced wear and tear on components, reduced liability, reduced overhead, and increases in efficiency. Potential customers are numerous, from power plants to refineries, steel factories, agricultural operations, food production plants, city water systems and residential homes.

Stina is now preparing to test Soft Wave in several agricultural, industrial and residential operations, as well as developing a full marketing plan with AGT for numerous Canadian end-users, through a number of channels focused on sales, leasing and service contracts.

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

As per section 1 (above) the Issuer continues to plan the development of the Soft Wave Business. This includes monitoring ongoing tests of Soft Wave units installed at BC locations, and the development of the Company's Soft Wave business plan.

On November 21, 2016, further to its news releases dated May 6, 2016, July 5, 2016, and Nov. 9, 2016, Stina Resources Ltd. completed its private-placement offering of 140,000 common shares and 340,000 common shares in regard to a bona fide debt, all at a price of \$0.15 per common share (warrantless).

On November 22, 2016 the Company announced that it will be installing a Soft Wave unit on the evaporative condenser for the ammonia system which cools all three arenas at the Thunderbird sports complex, located at the University of British Columbia. The expected installation is early January 2017, and testing preparations have already begun.

On October 19, 2016 the Company announced that it has installed the first of two Soft Wave test units on a cooling tower at the PNE Pacific Coliseum in Vancouver. Testing is underway with results to follow in further news in the near future. (see news release Oct 19, 2016).

A second Soft Wave unit was installed on a secondary cooling tower at the PNE Pacific Coliseum a week later, and testing has been initiated. (see news release dated Oct 20, 2016). Further installations in Vancouver are now being arranged.

The Company is conducting comparative tests on both PNE units currently and reporting results as they come available.

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.

See Section 1 (above) regarding Soft Wave. The Issuer is now in the early stages of developing this business, and defining the products and revenue streams of Soft Wave.

On August 23, 2016 the Company announced that it had received CSA approval for the SWC-6 Commercial unit (see section 2 above)

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 applicable

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.

(See 1. above) On February 3, 2016 the Issuer entered into an agreement with America Greener Technologies and Sot Wave to distribute Soft Wave in Canada. The relationship is arm's length with no related parties. The Company remains in negotiation with various parties in the water engineering industry, about partnering for the marketing of Soft Wave.

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 applicable

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.

On September 13, 2016, the Company announced that it had elected to drop its interest in the KC Copper Property located in the Kitimat-Stikine district of central British Columbia, approximately 60 kilometers southeast of the city of Stewart, B.C., and 100 kilometers north of Terrace, B.C. (see news release September 13, 2016)

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

The Company is currently developing new water engineering leads that may prove very fruitful in establishing new customers for Soft Wave. The

Company also may look at other water technologies that could compliment Soft Wave in the future.

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.

None applicable

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

None Applicable

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

None applicable

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.

The Issuer did not become a party to any legal proceedings during this period

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

No indebtedness occurred during this period

14. **Provide details of any securities issued and options or warrants granted. As part of completing the recent private placement, 140,000 common shares were issued to non-affiliated shareholders at a price of \$0.15 per share. Total proceeds were \$21,000. The shares possess no warrants and are subject to a 4 month hold period until March 21, 2017. The funds will be used for working capital. (see News release dated November 21, 2016)**

(1) *State aggregate proceeds and intended allocation of proceeds.*

\$21,000 in proceeds for working capital

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

\$51,000 was paid back to James Corrigan (Director of the Company) during the month as part of the completion of a private placement completed. (340,000 common shares in regard to a bona fide debt) (see News release dated November 21, 2016)

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

None applicable

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

Not applicable during this period

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 were 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: December 2, 2016

Jim Wall
Name of Director or Senior
Officer

"Jim Wall"

Signature
CEO/ Director
Official Capacity

Issuer Details		For Month	Date of Report
Name of Issuer		End	YY/MM/D
Stina Resources Ltd.		November,	16/12/02
		2016	
Issuer Address			
Ste 10 – 8331 River Road			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
Richmond, BC V6X 1Y1		(604) 244- 8902	(604) 244-0964
Contact Name		Contact	Contact Telephone No.
Jim Wall		Position	(604) 244-0964
		CEO/ Director	
Contact Email Address		Web Site Address	
jimwallvancouver@yahoo.ca		www.stinaresources.com	