

## FORM 7

### MONTHLY PROGRESS REPORT

Name of CNSX Issuer: Vinergy Resources Ltd. (the "Issuer" or the "Company").

Trading Symbol: VIN

Number of Outstanding Listed Securities: 26,333,330

Date: December 6, 2016

#### **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 Company is exploring additional opportunities to acquire oil and gas properties for exploration and development. The Company has historically been involved in the oil and gas industry and continues to pursue opportunities in this sector. The Company is also investigating opportunities in other sectors. In this regard, the Company has had consultants, on a contingent fee basis, attend a number of conferences, held in November, to seek out other business opportunities for the Company. The Precious Metals Summit held in Zurich on November 2<sup>nd</sup> and 3<sup>rd</sup> and in London, UK on November 4<sup>th</sup>. The Company's representatives also attended the Marijuana Business Conference and Expo held on November 16<sup>th</sup> through November 18<sup>th</sup> in Las Vegas, Nevada, USA.

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

Management is continuing to review various opportunities arising from the various conferences attended by its consultants, with an intent to consummate a transaction to enhance shareholder value.

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.

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.

N/A

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.

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.

N/A

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.

N/A

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

N/A

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.

N/A

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

N/A

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

N/A

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.

N/A

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

N/A

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

<b>Security</b>	<b>Number Issued</b>	<b>Details of Issuance</b>	<b>Use of Proceeds<sup>(1)</sup></b>

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

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

N/A

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

N/A

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

N/A

### 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 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 6, 2016

Glen Macdonald  
Name of Director or Senior  
Officer  
Signed "Glen Macdonald"  
Signature  
Director  
Official Capacity

<b>Issuer Details</b> Name of Issuer Vinery Resources Ltd.	For Month End November 30, 2016	Date of Report YY/MM/D 16/12/06
Issuer Address Suite 1008, 409 Granville St.		
City/Province/Postal Code Vancouver, BC, V6C 1T2	Issuer Fax No. (780) 440-1377	Issuer Telephone No. (780) 466-6006
Contact Name Glen Macdonald	Contact Position Director	Contact Telephone No. (604) 719 - 8129
Contact Email Address geoglen@shaw.ca	Web Site Address	