

FORM 7
NEMI Northern Energy & Mining Inc.
MONTHLY PROGRESS REPORT
For the Month of July, 2013

PRECAUTIONARY NOTE

All information presented herein is unaudited and prepared on the basis of preliminary information as available within four-trading days of the reporting date. Accordingly, this information may be subject to material adjustment on completion of any unaudited quarterly interim financial reports or the Company's annual audit. The information presented herein should be read in conjunction with the Company's audited consolidated financial statements for the year ended September 30, 2012 and the related "Management's Discussion and Analysis of Operations" ("MD&A") as well as the most recently filed unaudited condensed interim quarterly financial statements and related MD&A's which as of this reporting date are those that the Company has issued for the six months ended March 31, 2012.

Name of CNSX Issuer: **NEMI Northern Energy & Mining Inc.** (the "Issuer" or "**NEMI**").

Trading Symbol: **NNE**

Number of Outstanding Listed Securities: **16,752,135 Common Class A Shares**

Date: **August 7, 2013**

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 the CNSX 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 CNSX.ca 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

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are "material information" as defined in the CNSX 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.

For the month of July, 2013, purchases of publicly traded securities totalled \$612,745 against sales of \$879,231. Realized losses on disposition for the month amounted to \$18,607. As at July 31, 2013, net cash holdings amounted to approximately \$ 7.5 million.

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

The Company's portfolio of investments at fair value was as follows:

	July 31, 2013		September 30, 2012	
	Fair value	Cost	Fair value	Cost
	\$	\$	\$	\$
Publicly traded securities	3,357,498	6,699,403	4,808,388	5,216,432
Private equity securities	9,360,000	4,050,000	9,000,000	3,750,000
Loans	2,160,270	2,275,270	2,090,000	1,956,500
	14,877,768	13,024,673	15,898,388	10,922,932

As at July 31, 2013, publicly traded securities included shares subject to an escrow agreement against which management has accorded an estimated fair value of \$86,252 discounted from their free-trading value of \$129,379. Under the terms of the escrow agreement, 27% of the shares will be released from escrow on December 21, 2013 with the balance to be released on June 21, 2014.

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Changes in the portfolio of investments at fair value for the periods ended July 31, 2013 were as follows:

	Periods ended July 31, 2013	
	one month	Ten months year to date
	\$	\$
Investments at cost beginning of period	13,431,380	10,922,933
Purchases	612,745	6,240,663
Proceeds on disposition	(879,231)	(3,626,145)
Realized (losses) gains on disposition	(18,607)	(574,963)
Foreign exchange gain (loss)	(121,613)	62,186
Investments at cost end of period	13,024,674	13,024,674
Unrealized gains to July 31, 2013	1,853,095	1,853,095
Investments at fair value, July 31, 2013	14,877,769	14,877,769
Balance of unrealized gains as at July 31, 2013	1,853,095	1,853,095
Less: Balance of unrealized gains - beginning of period	1,548,073	5,122,347
Unrealized (losses) gains for the period	305,022	(3,269,252)
Realized (losses) gains on disposition	(18,607)	(574,963)
Foreign exchange gains (losses)	(121,613)	62,186
(Loss) gain on investments at fair value - periods ended July 31, 2013	164,801	(3,782,029)

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.

The Company is not directly engaged in any manufacturing or resource exploration or resource development activities at the current time.

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.

The Company is not directly engaged in any manufacturing or resource exploration or resource development activities at the current time.

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

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the relationship is with a Related Person of the Issuer and provide details of the relationship.

During the month of July 2013, NEMI did not enter into any new business relationships with any affiliates or third parties.

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.

Not 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.

During the month of July 2013, other than as disclosed in the answer to Question 2 above, the Company has not completed any asset acquisitions or dispositions.

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

Not applicable.

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.

Not applicable.

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

Not applicable.

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

Not 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.

There are currently no legal proceedings to which the Company is a party, nor is management aware of any such matters that are currently pending.

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

During the month of July 2013, other than as incurred in the course of normal operations, the Company has not incurred any additional long term indebtedness.

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

During the month of July 2013, the Company did not issue any securities or grant any options or warrants.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
N/A	N/A	N/A	N/A

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

As at July 31, 2013 there were a total of 16,752,135 common shares outstanding in addition to a total of 950,000 options not exercised, all of which can be exercised at anytime.

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

During the month of July 2013, other than in the normal course of business, the Company did not become indebted to any Related Persons nor did it extend any loans to such parties.

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

During the month of July 2013, there were no changes in directors, officers or committee members.

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

As at August 7, 2013, management is not aware of any specific issues, developments, political or regulatory trends that could have a direct impact on the Company's circumstances.

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.

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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 **August 7, 2013**.

Michael Cooney

Name of Director or Senior Officer

[signed] **"Michael Cooney"**

Signature

Chief Executive Officer

Official Capacity

<i>Issuer Details</i>		For Month	Date of Report
Name of Issuer		End	YY/MM/DD
NEMI Northern Energy & Mining Inc.		July, 2013	13/08/07
Issuer Address			
Suite 200, 1095 West Pender Street			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
Vancouver, BC, V6E 2M6		(604)684-0642	(415)339-8825
Contact Name		Contact Position	Contact Telephone No.
Michael Cooney		CEO	(415)339-8825
Contact Email Address		Web Site Address	
MCooney@NEMI-Energy.com		NEMI-Energy.com	