

NOTICE OF INTENT TO EXERCISE EMPLOYEE STOCK OPTIONS

Fax Completed Form to: 1-800-569-9470

COMPACT NAME PRODE NUMBER PRODE ACCOUNT NUMBER PRODE ACCOUNT NUMBER	TO: Scotia iTI	RADE ("iTRADE")					
l elect to exercise my option to purchase the common shares of the above issuer as follows: Date of Grant	ISSUER NAME			CONTACT NAME			PHONE NUMBER
Date of Grant No. of shares exercised Exercise price/share Purchase Price	EMPLOYEE NAME			PHONE NUMBER			itrade account number
Date of Grant Exercised Price/share Purchase Price	I elect to exerci	se my option to pu	rchase the commo	n shares of	the above issuer as	follows:	
I instruct iTRADE to sell of the above shares at the price discussed with the iTRADE Investment Representative I request that iTRADE loan me the amount of the Purchase Price on trade date and direct iTRADE to pay this amount to the Issuer as directed by the Issuer. I authorize iTRADE to disclose my account number to the issuer. STOCK OPTION AGREEMENT I will advise iTRADE at the time of sale if I am deemed by securities regulations to be an insider of the Issuer. I confirm that the stock certificate representing the shares of the exercised option(s) will be registered in the name of Scotia Capital in Trust for (employee name), unless otherwise arranged with the iTRADE Investment Representative and delivered the iTRADE Head Office in Toronto on or before the settlement date of the sale. If I am unable to commit to delivery on settlement date I agree to execute the sale of the shares as a short sale. I acknowledge that if my certificate is not received by iTRADE on or before settlement date the shares may be repurchased a current market value at my expense. I acknowledge that interest on the loan will be charged to me at the prevailing interest rate outlined in the Commission/Fee Schedule. I acknowledge that proceeds owing to me on settlement date of the sale will be net of commission, loan interest, and a \$50 administration fee. I agree that I am liable for any charges or losses incurred from late or failed settlement.	Date of Grant					Purchase Price	
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administration fee. I agree that I am liable for any charges or losses incurred from late or failed settlement.		that interest on the	e loan will be charg	ged to me at	the prevailing into	erest rate (outlined in the Commission/Fee
			ng to me on settler	nent date o	f the sale will be no	et of comr	mission, loan interest, and a \$50
CLIENT SIGNATURE DATE	I agree that I a	m liable for any cha	arges or losses incu	rred from la	te or failed settlem	ent.	
	CLIENT SIGNATURE				DATE		

Scotia iTRADE® (Order-Execution Only Accounts) is a division of Scotia Capital Inc. ("SCI"). SCI is a member of the Investment Industry Regulatory Organization of Canada and the Canadian Investor Protection Fund. Scotia iTRADE does not provide investment advice or recommendations and investors are responsible for their own investment decisions.

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