FIRST ENERGY IDENTIFIES MORE LITHIUM EXPLORATION TARGETS FROM SURFACE SAMPLING PROGRAM IN QUEBEC

Vancouver, B.C. **(October 03, 2022)** – **First Energy Metals Ltd.** (CSE: FE) ("**First Energy"** or the "**Company**) is pleased to announce that it has received assays from its summer prospecting work program which was carried on the newly acquired claim block on March 22, 2022, see below link for further details. *https://www.newswire.ca/news-releases/first-energy-metals-adds-prospective-ground-to-its-existing-lithium-footprint-in-quebec-886834748.html*

The work identified several prospective lithium pegmatites with assays in the range of 0.01 to 6.02% lithium oxide (Li_2O). There are anomalous values of other rare metals including niobium, tantalum, rubidium and cesium.

Highlights of Assays (see Table 1 and Map for details)

- ✓ Area 1 has lithium oxide values in the range of 0.01 to 6.02% Li_2O with two samples over 1% Li_2O.
- ✓ Area 2 has lithium oxide values in the range of 0.02 to 2.19% Li_2O with eight samples over 1% Li_2O.
- ✓ Area 3 has generally low lithium oxide values in the range of 0.01 to 0.02% Li_2O.
- ✓ Area 4 has lithium oxide values in the range of 0.01 to 0.04% Li_2O.

The prospecting and sampling work was carried out during the summer months and its purpose was to find new exploration targets, to locate and confirm historical reported lithium pegmatite occurrences, and to locate historical drill holes if present. The ground sampling work was continuous concluded at the end of September and more surface sample results will be released as soon as available.

Drilling Update

The Company is also pleased to announce that it has completed additional 1,000 meters of diamond core drilling at the Augustus property. The drill holes are being logged and an update on the drilling work will be provided in a subsequent news release.

Sample Preparation and Analysis

The surface sampling was carried out using a rock saw and other hand tools by cutting about 20-30 cm long, 5 cm wide and 3-5 cm deep cuts in bedrock. The samples were bagged and tagged using best practices and were delivered to Activation Laboratories ("ACTLABS"), Ancaster, Ontario for sample preparation and analyses using laboratories code Ultratrace 7 as summarized below. ACTLABS is an independent commercial, accredited ISO Certified Laboratory.

Code Ultratrace 7 – Peroxide Fusion – ICP and ICP/MS

Samples are fused with sodium peroxide in a Zirconium crucible. The fused sample is acidified with concentrated nitric and hydrochloric acids. The resulting solutions are diluted and then measured by ICP-OES and ICP-MS. All metals are solubilized.

ICP-MS
Fused samples are diluted and analyzed by Agilent 7900 ICP-MS. Calibration is performed using five synthetic calibration standards. A set of (10-20) fused certified reference material is run with every batch of samples for calibration and quality control. Fused duplicates are run every 10 samples.

ICP-OES
Samples are analyzed with a minimum of 10 certified reference materials for the required analytes, all prepared by sodium peroxide fusion. Every 10th sample is prepared and analyzed in duplicate; a blank is prepared every 30 samples and analyzed. Samples are analyzed using a Varian 735ES ICP and internal standards are used as part of the standard operating procedure. Source: https://actlabs.com/geochemistry/lithogeochemistry-and-whole-rock-analysis/peroxide-total-fusion/

Afzaal Pirzada, P.Geo., Geological Consultant of the Company, and a "Qualified Person" for the purposes of National Instrument 43-101 - *Standards of Disclosure for Mineral Projects*, has reviewed and approved the scientific and technical information contained in this news release.

ON BEHALF OF THE BOARD OF
FIRST ENERGY METALS LTD.

"Gurminder Sangha"
Gurminder Sangha
CEO & Director

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Neither the Canadian Securities Exchange (CSE) nor its Regulation Services Provider accepts responsibility for the adequacy or accuracy of this news release and has neither approved nor disapproved the contents of this news release.

Forward-looking Information

Except for the statements of historical fact, this news release contains "forward-looking information" within the meaning of the applicable Canadian securities legislation that is based on expectations, estimates and projections as at the date of this news release. "Forward-looking information" in this news release includes information about the Company's information concerning the intentions, plans and future actions of the parties to the transactions described herein and the terms thereon.

The forward-looking information in this news release reflects the current expectations, assumptions and/or beliefs of the Company based on information currently available to the Company. In connection with the forward-looking information contained in this news release, the Company has made assumptions about the Company's ability to obtain required approvals. The Company has also assumed that no significant events occur outside of the Company's normal course of business. Although the Company believes that the assumptions inherent in the forward-looking information are reasonable, forward-looking information is not a guarantee of future performance and accordingly undue reliance should not be put on such information due to the inherent uncertainty therein.

Table 1: Surface Samples Assay Highlights

Analyte Symbol	Location	Be	Cs	Fe	Li	Li2O	Nb	Rb	Ta
Unit Symbol	NAD 1983	ppm	ppm	%	ppm		ppm	ppm	ppm
Detection Limit	Zone 18N	3	0.1	0.05	15		2.4	0.4	0.2
Analysis Method		FUS-MS-Na2O2							
1160524	18 U 278483 5357089	266	35.1	0.38	7590	1.63	84.2	288	61.5
1160526	18 U 278481 5357051	109	52.5	0.32	6370	1.37	69.7	679	85.3
1160528	18 U 284758 5367179	5	14.2	0.34	32	0.01	105.5	658	20.3
1160533	17 U 721533 5362620	152	57	0.68	4540	0.98	67.5	640	60.4
1160535	17 U 721519 5362647	98	117	0.84	8720	1.87	61	1970	44.2
1160536	17 U 721554 5362555	225	104	0.54	3620	0.78	51.1	2240	46.1
1160537	18 U 286571 5368042	12	2.8	0.28	42	0.01	152.7	30.5	108
1160538	18 U 284842 5367713	5	111	0.7	241	0.05	135.7	1040	30.6
1160539	18 U 284773 5367752	3	168	1.09	28000	6.02	10.5	510	20.9
1160542	18 U 283101 5369080	193	47.4	0.23	5030	1.08	30.8	2130	27.9
1160543	18 U 283106 5369077	96	36.9	0.48	2310	0.50	58.3	2170	81.9
1160544	18 U 283101 5369077	89	18.2	0.26	22	0.00	26	1750	31.8
1160548	17 U 721892 5362778	144	65.4	0.35	5960	1.28	106.4	1070	77.9
1160549	17 U 721888 5362785	194	82.9	0.53	5400	1.16	59.1	1170	51.9
1160550	17 U 721890 5362793	189	134	0.47	4100	0.88	59.2	2020	89.4
1160551	17 U 721883 5362838	177	166	0.39	4730	1.02	50.9	2530	45.2
1160552	17 U 721889 5362772	241	58.9	0.34	371	0.08	100.2	771	70.7
1160553	17 U 721903 5362723	72	86.3	0.45	3440	0.74	78.1	1190	74.8
1160554	17 U 721655 5361774	149	80	0.35	3890	0.84	74.4	1870	70.9
1160555	17 U 721655 5361767	191	110	0.35	1380	0.30	56.7	3760	32.3
1160556	17 U 709222 5363756	4	9.1	0.53	52	0.01	37.7	415	4.3
1160557	17 U 709220 5363760	4	7.6	0.73	70	0.02	51.5	456	6
1160558	17 U 709217 5363760	4	5.7	0.58	33	0.01	44.4	284	7.6
1160562	17 U 710628 5363754	< 3	8.8	0.89	93	0.02	30.9	381	3.1
1160563	17 U 710408 5363550	< 3	8.9	1.04	59	0.01	14.4	385	1.9

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Detection Limit	Zone 18N	3	0.1	0.05	15		2.4	0.4	0.2
Analysis Method		FUS-MS-Na2O2							
1160568	17 U 712311 5364231	4	5.4	0.72	104	0.02	41.2	303	4
1160574	17 U 720676 5361780	239	41	0.66	7150	1.54	131.8	739	50.5
1160575	17 U 720695 5361767	525	131	0.99	10200	2.19	104.4	1880	61
1160576	17 U 701968 5366712	< 3	22.5	0.52	61	0.01	11.6	383	3.3
1160577	17 U 700836 5366399	4	11.4	0.62	93	0.02	16.7	344	2.8
1160578	17 U 700959 5366412	5	12.6	0.8	167	0.04	25.5	369	5.9
1160582	17 U 704341 5362285	4	18.8	0.9	197	0.04	31.2	282	4.8
1160584	17 U 704319 5362340	4	37.9	1.05	128	0.03	41.2	694	5
1160585	17 U 704323 5362369	< 3	13.9	0.76	86	0.02	18.2	302	1.9
1160586	17 U 712442 5369205	6	6.6	0.31	83	0.02	86.2	143	58.7
1160587	17 U 714077 5367676	3	16.9	0.94	53	0.01	28	460	9.1
1160588	18 U 282259 5364846	4	20	0.5	142	0.03	37.8	1070	6.2
1160589	18 U 282441 5364929	4	20.5	0.5	71	0.02	86.1	919	16.4
1160590	18 U 281969 5363518	5	29.8	1.02	317	0.07	50.3	869	6.7