



“FSY” TSX-V

Shares Outstanding: 43,267,788

FORSYS APPOINTS URANIUM EXPERT TO THE BOARD OF DIRECTORS

March 23, 2006, Toronto, Ontario: Forsys Metals Corp (the “Company” or “Forsys”) is pleased to announce the appointment of Dr. Roger Laine, Ph.D., P.Geos. (APEGBC) to the Board of Directors (the “Board”) of the Company.

Dr. Laine’s 14+ years of uranium experience working for Cogema and their subsidiaries as a senior manager exploring granite hosted uranium deposits, amongst others, has been an invaluable asset to Forsys as a member of the Company’s Advisory Board for the past six months.

Dr. Laine joins Mark Frewin and Rick Vaive as Independent Directors of Forsys. In order to accommodate Dr. Laine’s appointment to the Board, Jorge Estepa has resigned from the Board but will retain his position as Secretary Treasurer of the Company and continue to work closely with the current management.

In addition, the Company would also like to announce that it has granted an aggregate of 600,000 incentive stock options to two independent directors and consultants of the Company, subject to regulatory approval. Each incentive stock option entitles the holder thereof to acquire one (1) common share of the Company at an exercise price of \$1.15 per common share prior to the close of business on March 23, 2011.

Forsys Metals Corp. is an innovative exploration company in the business of advancing high value advanced stage projects in Namibia, Africa.

For further information on the Company or the Valencia Uranium project please contact Duane Parnham, Chairman and CEO at 416.601.1286 or visit www.forsysmetals.com.

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release