

**iNsu INNOVATIONS GROUP INC.  
(The “Company”)**

November 16, 2000

CDNX TRADING SYMBOL: INU

**NEWS RELEASE**

**APPOINTMENT OF A NEW CFO**

Mr. Stephen A. Stone, CEO/Director, is proud to announce the appointment of Mr. Murat Armutlu, CA, CPA of Montreal as a Vice President and CFO of the Company, effective December 4, 2000.

Mr. Armutlu has many years of experience in the field of auditing and acquisitions. Responsibilities of Mr. Armutlu include implementing an effective business plan, ensuring the achievement of the Company objectives, and strengthening the overall financial position of the Company. Management is very confident that Mr. Armutlu's extensive experience and knowledge will add a new dimension to the stewardship to the Company.

iNsu Innovations Group Inc. operates within two strong and steadily growing industries, Information Technology and Franchise Restaurants. The Company is set on a steady course of expansion within both divisions, through both strategic acquisitions and alliances.

**iNsu INNOVATIONS GROUP INC.**

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**STEPHEN A. STONE, CEO/DIRECTOR**

For more information contact Winston Yau at 514-339-9900 extension 286 or visit our website: [www.insugroup.com](http://www.insugroup.com) or e-mail us at [info@insugroup.com](mailto:info@insugroup.com)

This news release was prepared by management who takes full responsibility for its contents. The Canadian Ventures Exchange neither approves nor disapproves the contents of this news release.