



NEWS RELEASE

TSX-V. **AMU**

September 16, 2009

AMI SIGNS OPTION AGREEMENT ON GOLDEN STAR'S NIGER PROPERTIES

AMI Resources Inc. and Golden Star Resources Ltd. have entered into an Option Agreement whereby AMI will have the right to earn a 51% interest in Golden Star's Niger properties by spending US\$1,500,000 over a three-year period, with a minimum US\$250,000 to be spent in year one. After the initial earn-in both parties will enter into a Joint Venture agreement.

The Niger properties include the 550 km² Deba & the 372 km² Tailkam licenses, both of which border Semafo's Samira Hill mine to the northeast and southwest (see attached location map below). The Samira Hill mine is made up of several satellite deposits and has been in operation since 2004, with remaining reserves of 631,000 ounces and a 1,293,000 ounce measured/indicated resource. (Source: Semafo Annual Information Form Dec. 31, 2008).

Several gold anomalies on both the Deba and Tialkam properties have been identified during previous exploration programs, Barrick Gold Corporation conducted a drilling program in 1998 and 1999, which was followed up by St-Jude Resources in 2004 and 2005. Golden Star Resources conducted the most recent exploration program in 2007 and 2008. Significant results of the historical programs as well as Golden Star Resources program are listed below:

HISTORICAL RESULTS:

| Deba: | Hole ID | Meters | From | To | Gold (Au) |
|----------|-----------|--------|------|-----|-----------|
| | NDRB161 | 16 | 22 | 38 | 21.62 g/t |
| | DEB001 | 7 | 38 | 45 | 7.27 g/t |
| | including | 4 | 38 | 42 | 12.07 g/t |
| | DEB009 | 5 | 112 | 117 | 4.79 g/t |
| | | | | | |
| Tialkam: | | | | | |
| | TD12 | 17 | 45 | 60 | 5.40 g/t |
| | TD81 | 10 | 33 | 43 | 1.66 g/t |

GOLDEN STAR RESOURCES RESULTS:

| Tialkam: | | | | | |
|----------|-----------|----|----|-----|-----------|
| | TIARB0053 | 7 | 33 | 40 | 3.62 g/t |
| | TIARC0037 | 7 | 52 | 59 | 2.95 g/t |
| | TIARC0037 | 17 | 84 | 101 | 4.79 g/t |
| | including | 4 | 85 | 89 | 10.42 g/t |

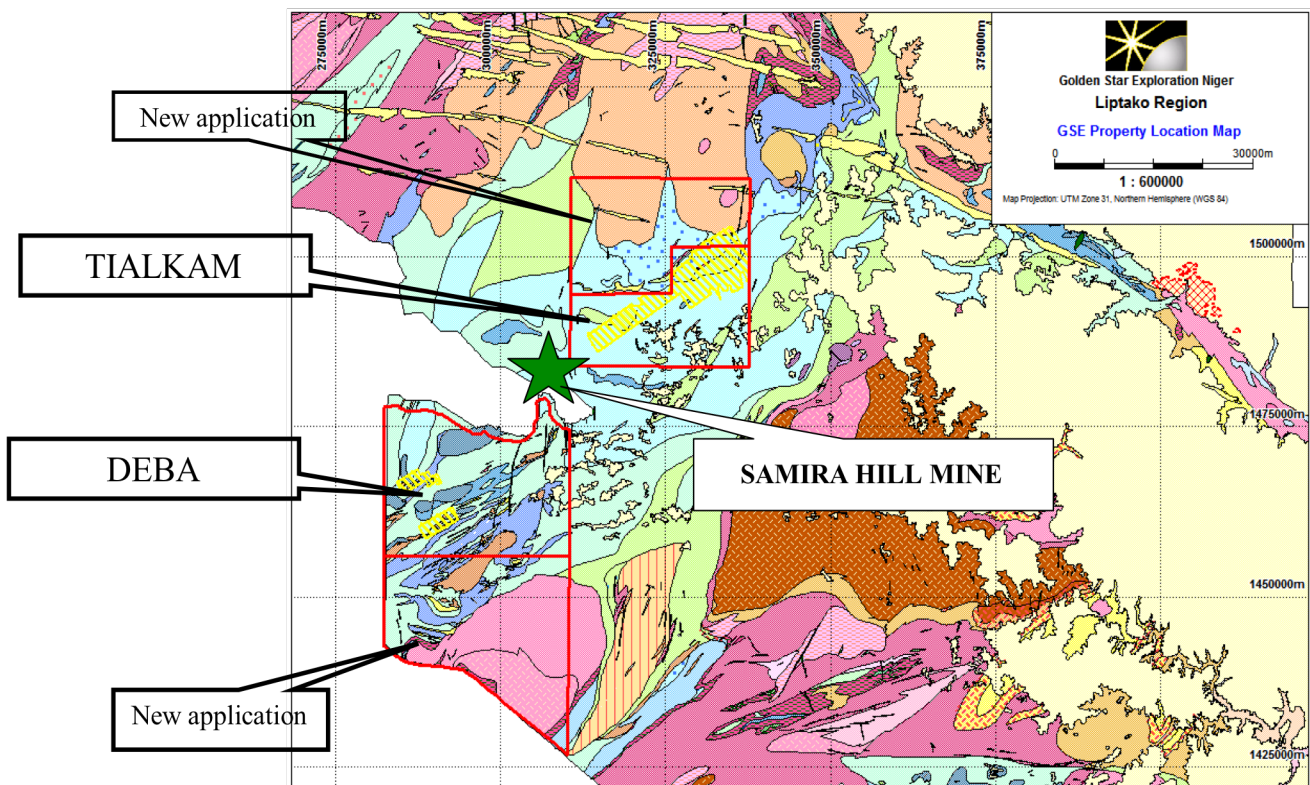
The gold hosting structures are similar to the nearby Samira Hill deposits and are associated with the same Northwest trending regional fault structures. Several subsidiary faults, which are associated with the regional structural corridors, have been identified as gold hosting structures on both the Deba and Tialkam concessions. The gold mineralization is generally associated with fault fill quartz veins that develop along the subsidiary structures and are characterized by sulfide alteration as well as silicification and carbonatization. These subsidiary structures generally occur along lithological contact, which generates rheological contrast.

A planned first phase US\$250,000 exploration program will be designed to further test a number of these mineralized zones and numerous subsidiary structures, of which a significant number remain un-drilled to date.

Yan Bourassa M.Sc. P.Geo, Golden Star's exploration geologist, who is a qualified person within the meaning of National Instrument 43-101, has reviewed the scientific and technical information contained in this press release.

The Company has also agreed to a non-brokered private placement of up to 7,000,000 Units at a price of \$0.15 per Unit, subject to regulatory approval. A Unit will consist of one common share and one share purchase warrant which will be exercisable for one year at the price of \$0.20 per warrant. Finder's fees will payable in connection with this private placement.

We seek Safe Harbor.



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