



MPAC INDUSTRIES CORP.

Suite 508 - 4438 West 10th Avenue
Vancouver, B.C.
V6R 4R8

NEWS RELEASE

November 21, 2005

SYMBOL: "MPN" on TSX-V

DEBT SETTLEMENT

Vancouver, British Columbia – Pursuant to the shareholder approval at the Company's Annual General Meeting held on June 24, 2004, the Company has now issued a total of 500,000 shares at a price of \$0.11 per share in satisfaction of debts owing to one creditor, who is also an officer of the Company, in the amount of \$55,000.00.

This debt settlement by issuance of shares of the Company was accepted for filing by the TSX-V Exchange on September 20, 2005.

ON BEHALF OF THE BOARD OF DIRECTORS:

Leonard I.J. Goldsmith, CGA
Director, Corporate Secretary & CFO

TSX has neither reviewed, accepted nor commented upon the content or accuracy of this News Release.