

# INSIDER REPORT

(See instructions on the back of this report)

Where features of information legislation...  
the provided securities Act, Bank Act,  
the disclosure requirements of section 110  
be made available to the public. Further  
information contained on this form, please

## BOX 1. NAME OF THE REPORTING ISSUER (BLOCK LETTERS)

PACIFIC NORTHWEST CAPITAL CORP

## BOX 2. NUMBER DATA

129 82-4928

## BOX 3. NUMBER OF THE ISSUER (BLOCK LETTERS)

02002971

NAME OF THE ISSUER (BLOCK LETTERS)  
HARRY HAREY

STREET  
509-626 WEST PENDER STREET

CITY  
VANCOUVER

PROVINCE  
B.C.

POSTAL CODE  
V6M1A2A3

TELEPHONE NUMBER  
604-685-1870

BUSINESS TELEPHONE NUMBER  
604-685-1870

BUSINESS FAX NUMBER  
604-685-1870

CHANGE IN NAME, ADDRESS OR TELEPHONE NUMBER FROM LAST REPORT  
NO

## BOX 4. JURISDICTIONS WHERE THE ISSUER IS A REPORTING ISSUER OR THE EQUIVALENT

ALBERTA  NEWFOUNDLAND  
BRITISH COLUMBIA  NOVA SCOTIA  
FEDERAL  ONTARIO  
BANK ACT  QUEBEC  
CCAA  SASKATCHEWAN  
ICA  UNITED STATES  
ILCA  ALABAMA  
ISBCA  ARIZONA  
MANITOBA  CALIFORNIA

## BOX 5. INSIDER HOLDINGS AND CHANGES OF INITIAL REPORT, COMPLETE SECTIONS A, B, C AND D ONLY. SEE ALSO INSTRUCTIONS TO BOX 5

A		B		C		D		E		F	
DESCRIPTION OF CLASS OF SECURITIES	BALANCE OF CLASS OF SECURITIES AS OF LAST REPORT	DATE	YEAR	NATURE	NUMBER VALUE ACQUIRED	NUMBER VALUE DISPOSED OF	UNIT PRICE/ EXERCISE PRICE	CLASS OF SECURITIES	DISCLOSURE OF CONTROL OR INTEREST OR DIRECTION IS EXERCISED	DISCLOSURE OF CONTROL OR INTEREST OR DIRECTION IS EXERCISED	DISCLOSURE OF CONTROL OR INTEREST OR DIRECTION IS EXERCISED
PRIVATE OPTIONS	30000										
OPTIONS	362000										
COMMON	29000	29	10	10	2000		.60	COMMON			
COMMON	1536400	31	10	10	2000		.60	COMMON			

## BOX 6. REMARKS

of the 1536400 by which Common: Cdn. Security - 374000  
293020 B.C. 2011/12/29

The undersigned certifies that the information given in this report is true and complete in every respect. It is an offence to file a report that, at this time and in the light of the circumstances in which it is made, contains a misrepresentation.

## BOX 7. SIGNATURE

HARRY HAREY  
SIGNATURE

DATE OF THE REPORT  
2011/12/29