

CYPOST CORP  
 Form 3  
 November 05, 2001

**Form 3**

UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, DC 20549

OMB APPROVAL

**INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES**

OMB Number: 3235-0104  
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(f) of the Investment Company Act of 1940

(Print or type responses)

|  |         |          |
|--|---------|----------|
| 1. Name and Address of Reporting Person*   |         |          |
| <b>Warren, Sandra Lynn</b>                 |         |          |
| (Last)                                     | (First) | (Middle) |
| <b>202-3709 Pender Street</b>              |         |          |
| (Street)                                   |         |          |
| <b>Vancouver, British Columbia V5C 2L2</b> |         |          |
| (City)                                     | (State) | (Zip)    |

2. Date of Event Requiring Statement (Month/Day/Year)

**10/12/2001**

4. Issuer Name and Ticker or Trading Symbol

**CyPost Corporation (post)** 3. I.R.S. Identification

Number of Reporting Person, if an entity (voluntary)

**98-0178674**

5. Relationship of Reporting Person(s) to Issuer (Check all applicable)

Director                      \_\_\_ 10% Owner  
 Officer (give title below)                      \_\_\_ Other (specify below)

**President**

6. If Amendment, Date of Original (Month/Day/Year)

7. Individual or Joint/Group

Filing (Check Applicable Line)

Form filed by One Reporting Person

\_\_\_ Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Beneficially Owned**

| 1. Title of Security (Instr. 4) | 2. Amount of Securities Beneficially Owned (Instr. 4) | 3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5) | 4. Nature of Indirect Beneficial Ownership (Instr. 5) |
|---------------------------------|---|--|---|
|                                 |   |  |   |

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|        |       |   |  |
|--------|-------|---|--|
| Common | 25000 | D |  |
|--------|-------|---|--|

**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

| 1. Title of Derivative Security<br>(Instr. 4) | 2. Date Exer-<br>cisable and<br>Expiration<br>Date<br>(Month/Day/Year) |                         | 3. Title and Amount of Securities<br>Underlying<br>Derivative Security<br>(Instr. 4) |  | 4. Con-<br>ver-<br>sion or<br>Exercise<br>Price of<br>Deri-<br>vative<br>Security | 5. Owner-<br>ship<br>Form of<br>Deriv-<br>ative<br>Security:<br>Direct<br>(D) or<br>Indirect<br>(I)<br>(Instr. 5) | 6. Nature of Indirect<br>Beneficial Ownership<br>(Instr. 5) |
|---|--|-------------------------|--|--|---|---|---|
|   | Date<br>Exer-<br>cisable   | Expira-<br>tion<br>Date | Title  | Amount<br>or<br>Number<br>of<br>Shares |   |   |   |
|   |  |                         |  |  |   |   |   |

Explanation of Responses:

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a). /s/ **Sandra Lynn Warren** 11/02/2001

\*\*Signature of Reporting Person Date

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, See Instruction 6 for procedure.