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This Voting Instruction Form is solicited by and on behalf of Management.

Appointment of Proxyholder

As a holder of Common Shares of Manitoba Telecom Services Inc. (the "Corporation") acquired through the Corporation's Employee Share Ownership Plan (the "Employee Shares"), I hereby authorize and direct Computershare Trust Company of Canada ("Computershare"), as trustee for the Employee Shares, to execute a proxy on my behalf in respect of my Employee Shares in connection with the Annual General Meeting of Shareholders of the Corporation to be held in Winnipeg, Manitoba, on May 4, 2011.

I further authorize and direct Computershare to appoint Pierre J. Blouin, Chief Executive Officer, or failing him, Paul A. Beauregard, Vice-President, General Counsel and Corporate Secretary OR Print the name of the person you are appointing

ROBERT LINSDELL

as my proxy, with full power of substitution, to vote my Employee Shares at the meeting or any adjournment thereof as specified below, and to vote, in the proxyholder's discretion, on amendments or variations to the matters specified below and on such other matters as may properly come before the meeting or any adjournment thereof.

Directors and management recommend that shareholders vote **FOR** items 1 and 2 below.

1. Election of Directors

	For	Withhold		For	Withhold		For	Withhold
01. Pierre J. Blouin	<input type="checkbox"/>	<input type="checkbox"/>	02. Jocelyne M. Côté-O'Hara	<input type="checkbox"/>	<input type="checkbox"/>	03. N. Ashleigh Everett	<input type="checkbox"/>	<input type="checkbox"/>
04. The Honourable Gary A. Filmon	<input type="checkbox"/>	<input type="checkbox"/>	05. Gregory J. Hanson	<input type="checkbox"/>	<input type="checkbox"/>	06. Kishore Kapoor	<input type="checkbox"/>	<input type="checkbox"/>
07. David G. Leith	<input type="checkbox"/>	<input type="checkbox"/>	08. Donald H. Penny	<input type="checkbox"/>	<input type="checkbox"/>	09. H. Sanford Riley	<input type="checkbox"/>	<input type="checkbox"/>
10. D. Samuel Schellenberg	<input type="checkbox"/>	<input type="checkbox"/>	11. Carol M. Stephenson	<input type="checkbox"/>	<input type="checkbox"/>			

2. Appointment of Auditors

The appointment of Deloitte & Touche LLP, Chartered Accountants, as auditors at a remuneration to be determined by the Board of Directors

For	Withhold
<input type="checkbox"/>	<input type="checkbox"/>

Authorized Signature(s) - Sign Here - This section must be completed for your instructions to be executed.

I authorize you to act in accordance with my instructions set out above.
Signature(s)

SIGN HERE

DATE HERE

Date

Interim Financial Statements

Mark this box if you would like to receive interim financial statements and accompanying Management's Discussion and Analysis by mail.

Annual Report

Mark this box if you would like to receive the Annual Report and accompanying Management's Discussion and Analysis by mail.

If you are not mailing back your VIF, you may register online to receive the above financial report(s) by mail at www.computershare.com/maillinglist.



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