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Cavan Announces Director Resignation & CFO Replacement

August 10, 2012 VANCOUVER, B.C. – Cavan Ventures Inc. (“Cavan” or the “Company”) (CVN-TSX:V) announces the resignation of Mr. Harvey Lawson from its board of directors.

In addition, the Company is pleased to welcome Mr. David Cross of Vancouver, BC, who replaces Mr. Lawson as Chief Financial Officer. Mr. Cross is a Certified General Accountant and has a strong accounting background. Currently, he is a partner in the firm of Cross Davis & Company LLP. His past experience consists of senior management positions including five years at Davidson & Company LLP as Manager and before that, he spent six years with Canadian Communication Products as its Assistant Controller. Mr. Cross is a welcome addition to the Company's management team and the Company extends the best to Mr. Lawson who plans to focus his attention on other business ventures.

Cavan Venture's mission is to identify, acquire, and advance high potential base and precious metal prospects. For more information visit the website at www.cavanventures.com.

ON BEHALF OF THE BOARD

Peter P. Swistak, President

FOR FURTHER INFORMATION PLEASE CONTACT:

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Forward-Looking Statement:

Some statements in this news release contain forward-looking information that involves inherent risk and uncertainty affecting the business of Cavan Ventures Inc. Actual results may differ materially from those currently anticipated in such statements. Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.