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## **Cavan Appoints Jeff Beckwith executive of The HoneySpot to Advisory Board**

**August 19<sup>th</sup>, 2014, VANCOUVER, BC – CAVAN VENTURES INC.** (TSX-V: CVN) ("**Cavan**" or the "**Company**") is pleased to provide a corporate update in regards to the continuing exploration of the potential Medical Marijuana and Hemp/Cannabinoid industry.

Jeff Beckwith maintains an extensive background in managing financial institutions in the United States. Mr. Beckwith was involved in managing financial institutions by overseeing that all regulations and requirements were met for multi-million dollar accounts. During his tenure in the financial markets, as a licensed financial advisor, Mr. Beckwith also provided financial planning services to individual investors and businesses.

Mr. Beckwith has been able to bring his extensive knowledge and experience in managing financial institutions to successfully setting higher benchmarks with competitors in the medical cannabis industry. This experience and expertise has allowed Mr. Beckwith to set new standards in the medical cannabis community and he continues to raise the bar for his competitors.

Mr. Beckwith has successfully managed and operated multiple collectives throughout California. Currently, he is an executive of TMHR Collective Corporation doing business as The HoneySpot in Hollywood, California. Mr. Beckwith's extensive background and financial planning experience has proven valid again by the successful outcome of The HoneySpot.

Mr. Beckwith has served as the advisor for 8 medical cannabis clubs in California. As the advisor, Mr. Beckwith has successfully helped set up, implement, and structured the clubs in order for them to operate in a prosperous and successful manner. Many clubs seek the advice and services of Mr. Beckwith for helping them begin their ventures as a medical cannabis entity.

If needed, Mr. Beckwith also continues his Advisor role for these clubs by continuing to provide his widely recognized skills and service to them for the daily operations of the club. This allows medical cannabis clubs to successfully accomplish and meet their goals as a popular and highly rated club.

Mr. Beckwith not only has the passion to serve individuals in need of medical cannabis by providing them superior cannabis based medicine, but he also has the expertise of implementing and structuring medical cannabis clubs to prosper in a successful and legal way.

As a result of Mr. Beckwith's efforts, The HoneySpot was awarded with top concentrates from the High Times Cannabis Cup event. The HoneySpot was given first place at the Cali Cup for best concentrate in 2014.

The HoneySpot has become a premier medical cannabis collective in Los Angeles and it has gained widespread recognition among the public and the State of California.

Peter P. Swistak President/CEO of Cavan Ventures Inc. states: "The depth and scope of Jeff Beckwith's knowledge is something that Cavan is very fortunate to have access to as we believe he is definitely the best in his field with an extensive bio and proven track record. He will add tremendous value, credibility and unique knowledge to Cavan in becoming a leader in the medical marijuana and hemp industry. We are excited to have Mr. Beckwith available to us while we conduct due-diligence in the agricultural/medicinal marijuana space."

Cavan Venture's mission is to identify, acquire, and advance high potential mining prospects located in North America for the benefit of its stakeholders. For more information visit the website at [www.cavanventuresinc.com](http://www.cavanventuresinc.com).

ON BEHALF OF THE BOARD

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Peter P. Swistak, President

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*Forward-Looking Statement: Certain statements in this release are forward-looking statements, which reflect the expectations of management regarding the Company's plans with respect to its existing graphite interests, future financings, and the analysis and investigation of the medical marijuana sphere. Forward-looking statements consist of statements that are not purely historical, including any statements regarding beliefs, plans, expectations or intentions regarding the future and statements concerning the anticipated drilling programs, future financings, and the Company proceeding with any transactions in the medical marijuana sphere. Such statements are subject to risks and uncertainties that may cause actual results, performance or developments to differ materially from those contained in the statements. No assurance can be given that any of the events anticipated by the forward-looking statements will occur or, if they do occur, what benefits the Company will obtain from them. In particular, the Company cautions that any financings or potential transactions cannot be predicted with certainty, and there can be no assurance at this time that all required or desirable approvals and consents to affect future financings or proposed transactions will be achieved at all. These forward-looking statements reflect management's current views and are based on certain expectations and assumptions which may prove to be incorrect. A number of risks and uncertainties could cause our actual results to differ materially from those expressed or implied by the forward-looking statements, including factors beyond the Company's control. These forward-looking statements are made as of the date of this news release.*

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