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**CAVAN GRAPHITE CHANNEL SAMPLES UP TO 63% GRAPHITE OVER ONE METER
AT TETEPISKA, QUEBEC**

December 19th, 2013, VANCOUVER, B.C. – CAVAN VENTURES INC. (TSX-V: CVN) (“Cavan” or “the Company”) is pleased to announce preliminary assays from its 100%-owned Tetepiska graphite property in northeastern Quebec, located 24 kilometers southwest of the Lac Guéret graphite project that is presently under advanced exploration by Mason Graphite (TSX-V: LLG). The results include rock grab samples with up to 55.1% graphite (Cg) and channel samples with up to 63.5% Cg over one meter as described below.

Cavan President Peter Swistak states, “We are extremely pleased by these excellent results from Tetepiska, the latest acquisition to our graphite portfolio. We have literally just scratched the surface at Tetepiska, and we look forward to further exploration and sampling on the property.”

Three rock grab samples were collected from a cliff on the eastern shore of Tetepiska Lake, along a 4.25 meter wide east-west oriented graphite-enriched zone where a historical sample had been collected. The best result from the cliff assays at 55.1% Cg and confirms the historical sampling result of 58.1% Cg (*see news release, December 4, 2013*). Five channel samples were collected with a diamond grit saw across a mineralized zone in the western part of an exposed area near the cliff, with the best returning a weighted average of 52.7% Cg, over 1.9 meters, including 63.5% Cg over one meter. Two rock grab samples were also collected near the channel sampling, returning 24.4% and 17.7% Cg. Highlights of the sampling program are summarized in the table below.

Rock Grab Sample Results

Sample No.	Description	%Cg
265051	cliff east of lake	55.1
265052	1.2m south of 265051	48.8
265053	3m east-NE of 265051	10.5
265054	near channel sampling	24.4
265055	near channel sampling	17.7

Channel Sample Results

Sample No.	Channel width, cm	Channel length, m	Ave. %Cg
265062-63	5	1.9	52.7
	<i>including</i>	1	63.5
265064-69	5	5.6	12.8
265056-59	5	3.7	3.59
265060-61	5	1.5	12

Exploration work on the Tetepiska property is conducted by Magnor Exploration Inc. (Saguenay, QC) on behalf of Cavan Ventures. All samples were assayed by ALS Minerals (Val d’Or, QC; North Vancouver, BC) using the ME-MS81 (fusion lithium borate ICP-MS method) and the C-IR06 (organic carbon) Leco methods.

About the Tetepiska Graphite Project

The 100%-owned Tetepiska property includes 54 mining claims covering 2,925.72 hectares. Several gravel roads provide good access to the eastern part of the property and the western part is accessible by boat or by road. Graphite was first discovered at Tetepiska on a small cliff on the eastern shore of Tetepiska Lake, with a historical grab sample returning 58.1% Cg. Graphite mineralization in the area is controlled by the Nault Formation, the equivalent of the Menihek Formation of the Knob Lake Group that is part of the Grenville Metamorphic Province. The Nault formation is composed of meta-sedimentary rocks, largely as paragneisses. Three types of graphite have a particular distribution within the Nault Formation. A macrocrystalline type is associated with quartz-feldspar schist, whereas microcrystalline and amorphous vein-type graphite are found in meta-mudstone (*M. Giroux, 2008, Contrôle stratigraphique et qualité minéralurgique des gîtes de graphite des Lacs Guérêt et Guinecourt, Terrane Gagnon, Province de Grenville, UQAM M.Sc., 138p.*).

The technical contents of this release were prepared and approved by Dr. C. Derosier, P. Geo., independent consultant to Cavan and a qualified person as defined by National Instrument 43-101.

Cavan'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.

ON BEHALF OF THE BOARD

Peter P. Swistak, President

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Forward-Looking Statement:

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