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Cavan Appoints Eric Hughes former President of Chi Hemp Industries Inc. to advisory board

October 16th, 2014, VANCOUVER, B.C. – 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 Hemp/Cannabinoid industry.

Cavan Ventures Inc. previously announced (see news release dated 2014-03-25) the diversification of its growth plan into the Medical Marijuana and Hemp industry. To accelerate this process, Eric Hughes has joined the Company as its newest member to the advisory board.

Mr. Hughes has been involved in the Canadian Hemp industry since its inception in the 1990’s. Mr. Hughes was elected the president of the BC Industrial Hemp Grower’s association and Mr. Hughes is currently president of Zima Enterprises Inc. formed in 1996 to promote the coming hemp industry and revitalization in Canada. Early on, Eric felt that his efforts were best utilized in the grass roots movement to educate the public on the many uses of hemp within the medicinal, industrial, and diet/lifestyle industries. Once hemp became a more branded household name, Eric and his company Chi Hemp Industries where he was president from 1998-2014 and is a current member of the CHTA (Canadian Hemp Trade Alliance) decided to move to a more wholesale capacity to be able to service the growing demand for hemp seeds and food applications.

As the hemp food industry is now out of its infancy, Eric is moving his focus to the health and industrial purposes industry as he sees the effects of planet changing industrial hemp products that can be made from hemp fiber and from the medicinal aspects of Cannabinoids. Eric sees these branches of the hemp industry as being the source of the new exponential growth into the next decade within this industry.

Eric has amassed a large amount of knowledge in his more than 15 years involved in the hemp industry in Canada and has done everything possible to utilize this information to assist in the growth of this exciting market. With his experience running both a marketing and mail order business that sold and promoted hemp, Eric has shown notable success in not only being able to support this grass-roots movement politically but being able to get the information to the people in an effective way resulting in market growth for both his companies and the product as a whole.

Peter P. Swistak, President/CEO of Cavan Ventures Inc., states, "The depth and scope of Mr. Hughes knowledge is unparalleled and Cavan is very fortunate to have access to this knowledge as we believe he is 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 its analysis of the Hemp/Cannabinoid industry, and potential opportunities in that industry. We are excited to have Mr. Hughes available to us while we conduct due-diligence in the Hemp/Cannabinoid industry."

At this time, no transactions are in place, nor is there any assurance that a new project will be concluded in the future.

For more information visit the website at www.cavanventuresinc.com.

ON BEHALF OF THE BOARD

Peter P. Swistak, President

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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