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Cavan Appoints Matthew Harvey as Director of Research and Development Further Strengthening Genetics and Cannabinoid Expertise

October 22nd, 2014, VANCOUVER, B.C. – CAVAN VENTURES INC. (TSX-V: CVN) (“Cavan” or “the Company”) is pleased to provide a corporate update regarding 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 Matthew Harvey has been appointed Director of Research and Development with exclusivity to the company.

Mr. Harvey has been a master grower and in the industry since the mid 1990’s with worldwide exposure since 2004. Mr. Harvey is the Founder and CEO of BC Bud Depot (“BCBD”), a producer of marijuana seeds. BCBD takes pride in developing its award winning THC and CBD cannabis strains. During Mr. Harvey’s tenure, BCBD has received over 21 Cannabis Cup awards, including 7 first place awards, 9 Top Strain awards, 6 top 3 strain awards and an induction in 2009 to the Seed Bank Hall of Fame award. Most recently, Mr. Harvey has steered BCBD towards a new developmental approach to medicinal genetics, Cannabinoid sciences and CBD proprietary strains.

Peter P. Swistak, President/CEO of Cavan Ventures Inc., states, “The depth and scope of Mr. Harvey’s knowledge is unparalleled and Cavan is very fortunate to have access to this knowledge as we continue our diversity and growth plan into the hemp/Medical Marijuana industry. 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. Harvey 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.