

**Cascadia
Resources
Inc.**



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For Immediate Release

Cascadia Announces Management Update

**March 13, 2009
Calgary, Alberta**

Cascadia Resources Inc. (“Cascadia” or “the Company”) (TSX Venture: “CCR”) announces the resignation of Richard Osmond from the position of President and COO of the Company, effective immediately. Mr. Osmond will remain on the Board of Directors and as a technical advisor to the Company. Cascadia wishes to thank Mr. Osmond for his past efforts on behalf of the Company.

For more information please contact James Evaskevich CEO at 403-262-9177.

The TSX Venture Exchange Inc. has not reviewed and does not accept responsibility for the adequacy and accuracy of this release.
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