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**For Immediate Release**  
**Cascadia Announces Update**

June 1, 2009  
Calgary, Alberta

**Cascadia Resources Inc.** (“Cascadia” or the “Company”) (TSX Venture: “CCR”) announces the resignation, effective immediately, of Steve Balch from the Board of Directors. Cascadia wishes to thank Mr. Balch for his past efforts in the Company.

Cascadia is pleased to announce the appointment of Donald Poruchny, P.Geoph (Geophysicist) to its Board of Directors. Mr. Poruchny graduated from the University of Alberta in 1976 and has 33 years of post graduate experience with various oil and gas companies. The addition of Mr. Poruchny will provide guidance in the Company’s exploration offshoot of oil and gas ventures in Canada.

Cascadia also is pleased to announce that is has closed its sale of all of the Company’s interests in the Norton Lake Property and associated assets certain assets in the Norton area of Ontario to White Tiger Mining Corp. for \$300,000, as previously announced on February 5, 2009. Cascadia wishes White Tiger Mining Corp. success in its future exploration plans in the Norton area.

Cascadia also announces that the litigation appeals with Apella Resources Inc. (formerly Novawest Resources Inc.) have been discontinued, and that the Company has received \$150,000 plus its respective accrued interest, return from the initial payment order of \$423,525.16 paid into court by Cascadia.

For further information, please contact James G. Evaskevich, 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. Not for distribution in the United States of America*