



## NEWS RELEASE

Symbols: JJJ - CSE  
HHHEF - OTCQB

### Appointment of a New Director

**VANCOUVER, BRITISH COLUMBIA. August 23, 2016. 37 Capital Inc.** (the “Company”) is pleased to announce the appointment of Mr. Neil Spellman of Carlsbad, California to the Board of Directors of the Company effective as of today. Since February 2001 to the present, Mr. Spellman has been employed as Senior Vice President of D.B. Financial Management, Inc. an independent Investment Advisory firm. Prior to D.B Management, Mr. Spellman spent nearly 20 years as a First Vice President with a major Wall Street firm, Smith Barney. Mr. Spellman graduated from San Diego State University, cum laude, with a B.S. degree in Finance.

For more information on the Company, please contact us at (604) 681-1519. In addition, please visit the Company’s website at [www.37capitalinc.com](http://www.37capitalinc.com) or the CNSX’s website at the following direct link <http://www.cnsx.ca/CNSX/Securities/Mining/37-Capital-Inc.aspx>.

On Behalf of the Board,

**37 Capital Inc.**

*“Bedo H. Kalpakian”*

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Bedo H. Kalpakian  
President

Trading in the securities of the Company should be considered speculative.

The CSE has not reviewed and does not accept responsibility for the adequacy or accuracy of this news release.