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Rockland Cuts 0.62% Ni, 0.20% Cu and 0.32 g/t Pt+Pd at Retty Lake, Labrador Trough, Québec, Stakes Additional Claims

For Immediate Release, Vancouver, British Columbia, November 22, 2011: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce receipt of partial drill results from the Retty Lake Project claims immediately adjacent to the Blue Lake Cu-Ni-PGE cluster, located in Labrador Trough, Québec. The Rockland results confirm the presence of strongly anomalous copper, nickel platinum and palladium in the target rocks of the Retty Lake middle peridotite sill. This middle peridotite unit hosts the adjacent Blue Lake Cu-Ni-PGE deposits which Rockland recently optioned. Drilling results also confirm the existence of "stacked" Cu-Ni-PGE mineralization in multiple horizons, similar to new discoveries in the southern Raglan Belt in Québec's Ungava region. Highlights include, 4 meters grading 0.20% copper, 0.62% nickel, and 0.32 g/t combined platinum-palladium in the upper peridotite sill at Berry Lake. Hole 849-1 also encountered silver mineralization in sulfide-rich black shale in the Nancy Lake area, where a 2-meter intercept (from 110.17 to 112.17m) reported 444 g/t Ag and 0.19% Cu by Atomic Absorption analysis, representing a new target for follow-up drilling. Partial drill results:

Hole	From	To	Length	Cu	Ni	Pt	Pd	S total
	Meters	Meters	Meters	%	%	g/t	g/t	%
849-1	68.07m	72.07m	4.00m	0.27%	0.15%	0.046 g/t	0.182 g/t	7.2%
849-3	125.01m	153.01m	28.00m	0.12%	0.12%	0.027 g/t	0.105 g/t	3.3%
849-4	127.00m	141.71m	14.71m	0.10%	0.12%	0.026 g/t	0.078 g/t	2.1%
849-5	50.19m	58.19m	8.00m	0.15%	0.19%	0.048 g/t	0.149 g/t	3.8%
849-7	129.45m	133.45m	4.00m	0.14%	0.10%	0.033 g/t	0.124 g/t	3.3%
849-7	159.49m	167.49m	8.00m	0.06%	0.07%	0.018 g/t	0.065 g/t	3.1%
849-9	32.92m	63.92m	31.00m	0.078%	0.260%	0.061 g/t	0.116 g/t	6.0%
including	53.92m	57.92m	4.00m	0.20%	0.62%	0.106 g/t	0.214 g/t	6.8%

New Staking

Based on these results, Rockland has staked 18 new claims covering fold axes within the Retty Lake Syncline structure, to protect the most favourable targets. This compliments recent staking of the Berry Lake Syncline structure to the east of Blue Lake by Anglo American, which ties-on to the Rockland Berry Lake claim block.

George F. Sanders, P. Geo, a director of the Company and the Qualified Person under NI 43-101 responsible for the technical content of this news release, states: "These results confirm the next exploration targets in this highly prospective Cu-Ni-PGE play with strong similarities to the Southern Raglan belt in Québec's Ungava region. We will offset these holes to zero-in on additional sulfide lenses in a manner similar to exploration successes in the Blue Lake cluster, where offset drilling by La Fosse approximately doubled the non 43-101 compliant tonnage drilled by Hollinger North Shore Exploration in the 1950's through the 1970's. Rockland's new staking protects the keel of the big Retty Lake Syncline, and covers the Terrier Lake Anticline structure, both highly favourable targets for upgraded Cu-Ni-PGE values due to dynamic metamorphism during folding."

Berry Lake

The Company's claims at Berry Lake contain a significant, large Cu-Ni-PGE showing in the upper peridotite sill which daylights at the north end of the large Berry Lake Syncline. This entire area was recently staked by Anglo American -- right up to the Rockland property line. Mineralization in the upper peridotite sill points to a "stacked" geometry not previously described in the district, and Rockland encountered dyke-margin facies in several of the Retty Lake drill holes, lending support to this idea.

An updated map and drill hole sections have been posted on the Company website at www.rocklandminerals.ca.

We seek Safe Harbor.

*On behalf of the Board of Directors
"Rav Mlait"*

President and CEO
Rockland Minerals Corp.

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