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## Rockland Grants Stock Options

*For Immediate Release.* Vancouver, British Columbia, January 27, 2012: Rockland Minerals Corp. (TSX Venture: RL) (the “Company”) announced today that it granted options to purchase 950,000 common shares under the Company’s stock option plan, of which 600,000 were granted to directors and officers (exercisable for a period of ten years) and 350,000 to consultants (exercisable for a period of two years). The granted options have an exercise price of \$0.15. The Company also reports a non-brokered private placement of 266,666 non flow-through common shares of the Company at \$0.15 per share.

We seek Safe Harbor.

*On behalf of the Board of Directors*

*“Rav Mlait”*

President and CEO

Rockland Minerals Corp.

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