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Rockland retains Dr. James Mungall for Blue Lake Cu-Ni-PGM Project, Quebec

For Immediate Release. Vancouver, British Columbia, February 1, 2012: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce that Dr. James E. Mungall, P. Geo has been retained by Rockland Minerals Corp. as a senior consultant. Dr. Mungall occupies the Norman Keevil Chair of Ore Genesis at the University of Toronto and has published extensively on the magmatic sulfide deposits of the Sudbury and Raglan camps. Jim is a practical field geologist who spends extensive time in the field with active junior mining exploration companies such as Rockland, and his experience in Québec's southern Raglan belt is directly applicable to promoting and expanding the known Cu-Ni-PGM historic resource base at Blue Lake. Jim's widely sought-after expertise, and his broad experience, will guide the exploration for additional Cu-Ni-PGM resource discoveries in the camp. Rockland controls many of the historic Hollinger North Shore Ltd. discoveries, including the: Glance, Chance, Alneau, Frederickson and Jimmick, all among the best mineral showings in the Labrador Trough.

Dr. Mungall was named Norman Keevil Chair of Ore Genesis at the University of Toronto in 2007. He conducts research and offers consulting services in the field of magmatic ore deposits with an emphasis on Ni-Cu-PGE sulfide deposits and chromitite. He has published extensively on the magmatic sulfide deposits of the Sudbury and Raglan camps and has edited four books or special journal issues on Ni-Cu-Co-PGE deposits. Dr. Mungall served for a year as Chief Geologist of Noront Resources Ltd during the early stages of discovery and resource definition at their Eagle's Nest Ni-Cu-PGE, Thunderbird V-Ti-Fe, and Blackbird chromitite deposits.

George F. Sanders, P. Geo, director and Qualified Person under NI 43-101 responsible for the technical content of the news release, states, "Jim has already begun examination of drill core flown off of the project. This is the first core we've seen from this district in over 30 years, and it is now available for study at the facilities of *IOS Services Geoscientifiques* in Chicoutimi, QC. Jim's observations are starting to provide explanations for the metals occurrences in the district which will lead to focused exploration to expand the resource base in the Blue Lake area."

The Company has amended the exercise price of stock options announced on January 27th, 2012 to 20 cents. The Company has engaged Strike Communications Inc for investor relations services for a period of six months. Under the terms of the agreement, Rockland will pay Strike \$6,000 per month and grant options to purchase up to 250,000 shares at a price of \$0.20 per share for two years. In accordance with exchange regulation, these options will vest over a period of 12 months, with 25% vested immediately upon the date of grant and 25% to be vested on each of the three, six and nine month anniversaries.

We seek Safe Harbor.

On behalf of the Board of Directors

"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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