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Rockland Retains Caracle Creek for Blue Lake Cu-Ni-PGM Project, Québec

For Immediate Release. Vancouver, British Columbia, February 22, 2012: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce that it has contracted Caracle Creek International Consulting Inc. (CCIC) to help create a 3-D exploration model on the Blue Lake Cu-Ni-PGM historic resource located in the southern Labrador Trough, Quebec. The Blue Lake deposits have a total historical tonnage of 4.03 Mt at 0.85% Cu, 0.52% Ni and 0.84 g/t platinum and palladium. This is a non-43-101 compliant resource established by drilling in the 1960's and 1980's. Rockland is working to develop a current mineral resource at Blue Lake and develop additional tonnage through exploration in the Blue Lake camp.

The priority objective is to "see" the important sulphide lenses at Blue Lake for the first time in a modern block model. This model will begin the data verification process, and provide an exploration platform to expand the known mineralization, unlocking the potential of this historic property.

CCIC will assemble all available historical reports and produce plans and sections of the deposit which will then be used to outline future exploration, including outlining a drill program to verify and expand on the historical resources reported to exist on the property.

George F. Sanders, P. Geo, director and Qualified Person under NI 43-101 responsible for the technical content of the news release, states, "The Blue Lake Cu-Ni-PGM historic resource has close to 500 drill holes which Rockland is now compiling. Soon we will begin to visualize the Blue Lake massive sulfides in a modern context, along with the other Cu-Ni-PGM properties elsewhere in the Labrador Trough that came with the Blue Lake agreement. The historical data is looking good, and this new work will guide our drilling this coming summer." Historical tonnages at Blue Lake are referenced from Clark, T., and M. Wares, 2005

About CCIC

CCIC is an independent firm of professional geological, engineering and mining consultants with offices in Canada (Sudbury, Toronto, and Vancouver) and South Africa (Johannesburg). CCIC has an impressive list of international clientele that includes Anglo Ashanti in South Africa and Freeport-McMoRan in North America. The professionals of CCIC have extensive experience in the mineral exploration industry working for private and public exploration and mining companies, as well as other geological and engineering consultants.

The Company also announces that it has closed a non-brokered private placement of 266,666 common shares of the company at 15 cents per share (no warrants).

We seek Safe Harbor.

On behalf of the Board of Directors

"Rav Mlait"

President and CEO

Rockland Minerals Corp.

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