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Brian Grant P.Geo, joins Rockland Minerals as Senior Advisor

For Immediate Release. Vancouver, British Columbia, May 10, 2012: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce that Brian Grant, P.Geo has joined Rockland's senior advisory team. Mr. Grant is the former President of Goldbrook Ventures Inc., a public company recently acquired by Jilin Jien Nickel Industry Co. Ltd. Goldbrook's Cu-Ni-PGM deposits lie in the southern Raglan Belt of Québec's Ungava region, and are geologically very similar to Rockland's Blue Lake Cu-Ni-PGM deposits. Prior to this time, in the 1970's, Mr. Grant played a significant role as a member of the Falconbridge Nickel Mines Ltd. team which discovered and developed the Cu-Ni-PGM deposits of the northern Raglan Belt. These are producing mines today.

Prior to joining Goldbrook, Mr. Grant was Director-Geoscience Initiatives with the British Columbia Geological Survey. In addition, Brian's government career has included consulting work for the Canadian International Development Agency (CIDA), and work on inter-government projects in Peru. He brings a valuable familiarity with government planning and permitting processes to the Rockland team. Brian managed a successful exploration program for gold and base metals in British Columbia with BP/Selco (Canada), and made uranium discoveries by deep drilling along the Virgin River fault in the southern Athabasca Basin for Uranerz Exploration and Mining Ltd. He has explored for diamonds in Africa, and explored for base and precious metals in Peru. Mr. Grant has many years of corporate and technical experience that will help Rockland as it develops its mineral properties in the Blue Lake District, Labrador Trough, Québec.

Rav Mlait, President of Rockland Minerals, says "The Rockland technical team is being strengthened by the addition of Brian Grant. We expect the upcoming Blue Lake drill program to deliver Cu-Ni-PGM results which will look to confirm and expand the Blue Lake mineralization."

George F. Sanders, P.Geo, a director of the Company, is the Qualified Person under NI 43-101 responsible for the technical content of this news release.

The Company has granted Mr. Grant (and Mr. Ernest Black, P.Geo, another Rockland Advisor) 100,000 stock options each, exercisable for a period of five years. The granted options have an exercise price of \$0.20.

We seek Safe Harbor.

On behalf of the Board of Directors

"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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