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Update on Blue Lake Cu-Ni-PGM Field Program, Labrador Trough, Quebec

For Immediate Release, Vancouver, British Columbia, July 3, 2012: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") reports in preparation for drilling, the field team has been verifying ground locations of Blue Lake holes drilled during various exploration campaigns since the 1950's. This "ground truth" survey is being done by a precise Differential GPS.

George F. Sanders, P.Geo states: "We are locating the majority of the old drill sites at Blue Lake with a high degree of confidence. We're walking the old pickets and finding the exact drill locations upon which the Blue Lake hand-generated 1989 block model resource estimate was based. We have even located some very old drill holes dating from 1967-68. Strategic locations will be drilled to verify and expand the Cu-Ni-PGM resource at Blue Lake." Drilling at Blue Lake will commence shortly.

George F. Sanders, P.Geo, a director of the Company, and the Qualified Person under National Instrument 43-101 responsible for the technical content of this news release. Please visit our website for more information.

We seek Safe Harbor.

On behalf of the Board of Directors

"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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