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Rockland Drills Strong Platinum-Palladium Values At Blue Lake, Labrador Trough, Québec

For Immediate Release, Vancouver, British Columbia, September 11, 2012: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce that assays have been received from the first two drill holes at the Blue Lake Cu-Ni-PGM property located in Labrador Trough, Québec. Both holes encountered intervals with multi gram-per-tonne precious metals values, located at the base of meters-thick massive sulfide bodies, occurring at the bottom of the "middle sill" (peridotite) hosting the Blue Lake deposits. Highlights include:

Hole	from	to	length	Pt	Pd	Cu	Ni	Co
Hole 903-12-001	55.40	63.60	8.20m	0.92g/t	4.1g/t	1.2%	0.27%	0.03%
including	61.50	63.60	2.10m	2.5g/t	10.9g/t	2.6%	0.23%	0.03%
Hole 903-12-001	70.60	76.30	5.70m	0.76g/t	2.9g/t	1.5%	0.35%	0.04%
including	72.60	76.30	3.70m	1.0g/t	3.7g/t	0.18%	0.34%	0.04%
Hole 903-12-002	97.00	106.55	9.55m	0.20g/t	0.94g/t	0.52%	0.29%	0.04%
including	105.15	106.55	1.40m	0.82g/t	4.5g/t	0.84%	0.32%	0.05%

Complete significant mineralized intercepts for Holes #1 #2

Hole	from	to	length	Pt	Pd	Cu	Ni	Co
Hole 903-12-001	47.00	51.46	4.46m	0.03g/t	0.15g/t	0.16%	0.12%	0.02%
Hole 903-12-001	55.40	63.60	8.20m	0.92g/t	4.1g/t	1.2%	0.27%	0.03%
Hole 903-12-001	70.60	76.30	5.70m	0.76g/t	2.9g/t	1.5%	0.35%	0.04%
Hole 903-12-002	97.00	106.55	9.55m	0.20g/t	0.94g/t	0.52%	0.29%	0.04%
Hole 903-12-002	115.5	115.85	0.35m	0.13g/t	1.08g/t	0.93%	0.38%	0.05%

A total of 16 holes were completed for 1,558 meters during July. The remaining holes are being processed and assayed. The drill holes were strategically spread across the Blue Lake Cu-Ni-Pt-Pd Property to explore and verify the Blue Lake massive sulfides. Photos of the drill core have been posted to the Company website at <http://www.rocklandminerals.ca/Gallery.php>

These platinum and palladium grades are demonstrably higher than surrounding holes drilled in the 1960's and 1980's. Technical reports from that period mention recovery problems in the loose, crumbly zones containing strong Pt-Pd values, which were often washed-away during earlier drilling campaigns. These thin, Pt-Pd zones were observed in the Blue #1 bulk sample adit. Grades of Pt, Pd, Cu and Ni were higher in the underground samples, than were predicted by surrounding diamond drill holes.

George F. Sanders, Rockland Director and Qualified Person for the technical content of this news release under National Instrument 43-101, states, "We expect similar results in the balance of the drilling, due to very good

core recovery. This modern drilling, with better technology, and more careful core recovery, is helping recover the precious metals at Blue Lake, and we are expanding the potential of this mineralization."

We seek Safe Harbor.

On behalf of the Board of Directors

"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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