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Rockland Intercepts 11 meters of 1.2% Cu, 0.46% Ni, 0.17 g/t Pt and 0.61 g/t Pd at Blue Lake, Labrador Trough, Québec

For Immediate Release. Vancouver, British Columbia, November 6, 2012: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce additional preliminary results from six holes (903-12-03 to 903-12-08) from the Blue Lake Cu-Ni-PGM property located in Labrador Trough, Québec. The drill holes have encountered strong intervals containing precious metals values, copper and nickel, located at the base of meters-thick massive sulfide bodies, occurring at the bottom of the "middle peridotite" sill hosting the Blue Lake deposits.

New highlights include:

- Hole 903-12-003, 11.00 metres of 1.2% Cu, 0.46% Ni, 0.61 g/t Pd, 0.17 g/t Pt
- Hole 903-12-004, 9.60 metres of 0.31% Cu, 0.37% Ni, 1.1 g/t Pd, 0.21 g/t Pt
- Hole 903-12-004 included 5.60 metres of 0.88% Cu, 0.58% Ni, 1.7 g/t Pd, 0.32 g/t Pt
- Hole 903-12-005, 5.15 metres of 0.64% Cu, 0.44% Ni, 0.70 g/t Pd, 0.15 g/t Pt
- Hole 903-12-007, 19.87 metres of 0.50% Cu, 0.26% Ni, 0.33 g/t Pd, 0.09 g/t Pt
- Hole 903-12-007 included 5.87 metres of 1.1% Cu, 0.49% Ni, 0.70 g/t Pd, 0.18 g/t Pt
- Hole 903-12-008, 20.40 metres of 0.36% Cu, 0.26% Ni, 0.34 g/t Pd, 0.09 g/t Pt

Summary of results:

Hole	from	to	length	Cu	Ni	Pd	Pt	Co
903-12-001	55.40	63.60	8.20 m	1.20%	0.27%	4.1 g/t	0.92 g/t	0.03%
including	61.50	63.60	2.10 m	2.60%	0.23%	10.9 g/t	2.50 g/t	0.03%
903-12-001	70.60	76.30	5.70 m	1.50%	0.35%	2.96 g/t	0.76 g/t	0.04%
including	72.60	76.30	3.70 m	1.80%	0.34%	3.66 g/t	1.00 g/t	0.04%
903-12-002	97.00	106.55	9.55 m	0.52%	0.29%	0.94 g/t	0.20 g/t	0.04%
including	105.15	106.55	1.40 m	0.84%	0.32%	4.50 g/t	0.82 g/t	0.05%
903-12-003	103.20	114.20	11.00 m	1.20%	0.46%	0.61 g/t	0.17 g/t	0.05%
903-12-003	117.20	121.76	4.56 m	0.85%	0.45%	0.66 g/t	0.21 g/t	0.05%
903-12-004	35.00	44.60	9.60 m	0.31%	0.37%	1.18 g/t	0.22 g/t	0.05%
including	38.00	43.60	5.60 m	0.88%	0.58%	1.74 g/t	0.32 g/t	0.08%
903-12-005	17.30	22.45	5.15 m	0.64%	0.44%	0.70 g/t	0.15 g/t	0.06%
903-12-006	11.20	13.45	2.25 m	0.45%	0.30%	0.42 g/t	0.07 g/t	0.03%
903-12-006	17.45	22.25	4.80 m	0.73%	0.48%	0.78 g/t	0.15 g/t	0.07%
903-12-007	3.36	23.23	19.87 m	0.50%	0.26%	0.33 g/t	0.09 g/t	0.03%
including	17.36	23.23	5.87 m	1.14%	0.49%	0.70 g/t	0.18 g/t	0.06%
903-12-008	3.51	23.55	20.40 m	0.36%	0.26%	0.34 g/t	0.09 g/t	0.03%
including	17.36	23.23	5.87 m	0.68%	0.51%	0.75 g/t	0.18 g/t	0.06%

A total of 16 holes were completed for 1,558 meters during July. The remaining holes are currently 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. A new Blue Lake graphic has been posted on our website www.rocklandminerals.ca along with complete analytical results received to date.

These drill results provide much needed new data from these sulfide lenses that will allow the Company to develop a new block model for these historical deposits. The Blue Lake mining lease is ideally located approximately 50 km from the town of Schefferville, Quebec which has its own airport and railhead.

George F. Sanders, Rockland Director and Qualified Person for the technical content of this news release under National Instrument 43-101, states, "The Blue Lake ore samples commonly consist of almost pure iron sulfide (pyrrhotite), which are notoriously difficult to fire assay, especially in the presence of copper. The sample results are released provisionally and are continuing to go through a rigorous QA/QC process, although final results on the high-grade, copper-rich re-assays are not expected to change significantly at this point. We are beginning to see widespread, disseminated Cu-Ni-PGM mineralization halos around the Blue Lake massive sulfide lenses which were not systematically analyzed in the past. These broad zones, up to 30 meters thick, are indicating possible near-surface, open pit potential at Blue Lake."

Quality Control

Assaying of samples from Blue Lake drilling was conducted by Activation Laboratories Ltd., Ancaster, Ontario, an ISO 9001 and ISO 17025 certified organization. Assaying for precious metals was made by fire-assay on 50 grams aliquots and lead buttons with ICP finishing, while base metals were analyzed by ICP-OES after near-total multiacid digestion. A stringent quality control procedure has been implemented both by Activation Laboratories and IOS Services Géoscientifiques Inc. which included blanks, duplicates as well as various certified reference materials. No contamination or inversion was detected. Results on certified reference material are in approximate accordance with recommended values. High grade samples (Cu>0.1%) were re-assayed by fire-assay on 10 grams aliquots, which properly repeated the values considering the intrinsic variability of such material. The cause of this variability is currently being investigated. The present cautionary note and results has been approved by Réjean Girard, P.Geo, an independent Qualified Person under National Instrument 43-101.

We seek Safe Harbor.

On behalf of the Board of Directors
"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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