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Rockland drills Strong Cu-Ni-PGM Mineralization at Margins of Blue Lake System

For Immediate Release, Vancouver, British Columbia, January 7, 2013: Rockland Minerals Corp. (TSX Venture: RL) (the “Company”) is pleased to announce that diamond drilling has encountered plus 1 g/t Pd values in Cu-Ni-PGM zones at the known outer margins of the Blue Lake massive sulfide lenses, Labrador Trough, Québec.

Hole 14 drilled 2 meters of 0.22 g/t Pt, 1.1 g/t Pd, 0.5% Cu, and 0.2% Ni. Hole 13 encountered two strongly mineralized zones; 1.6 meters of 0.18 g/t Pt, 1.2 g/t Pd, 0.5% Cu and 0.3% Ni at 148.90 m, and 1.2 meters of 0.16 g/t Pt, 0.77 g/t Pd, 0.67% Cu and 0.41% Ni at 162.40 m. Both drill holes tested the outer margins of the Blue Lake # 2 sulphide lens. Hole 10, located over 1,000 meters outside of the nearest known lens, near the southern property boundary next to Anglo American, drilled 28.72 meters of disseminated Cu-Ni-PGM mineralization. The drilling results from the outer margins of the known lenses and southernmost property boundary confirm the significant tonnage potential of the Blue Lake historical deposits. Historical drilling largely concentrated on defining known mineralization. Rockland’s 2012 drilling program shows that significant “step-out” potential exists. A drill hole location map and tabulated assay results can be found at the Company’s website.

All results have been received and all drilling 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.

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%	2.9 g/t	0.76 g/t	0.04%
including	72.60	76.30	3.70 m	1.80%	0.34%	3.6 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%	4.5 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%	1.1 g/t	0.22 g/t	0.05%
including	38.00	43.60	5.60 m	0.88%	0.58%	1.7 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%
903-010	92.00	120.72	28.72 m	0.10%	0.12%	0.17 g/t	0.04 g/t	0.01%

including	111.00	112.00	1.00 m	0.18%	0.25%	0.78 g/t	0.32 g/t	0.03%
including	120.12	120.72	0.60 m	0.86%	0.30%	0.66 g/t	0.11 g/t	0.05%
903-12-011	64.90	70.25	5.35 m	0.09%	0.14%	0.16 g/t	0.04 g/t	0.01%
903-12-011	78.25	81.25	3.00 m	0.08%	0.10%	0.11 g/t	0.03 g/t	0.01%
903-12-012	188.00	218.50	30.50 m	0.25%	0.20%	0.24 g/t	0.06 g/t	0.02%
including	214.7	218.50	3.80 m	0.26%	0.21%	0.25 g/t	0.06 g/t	0.02%
903-12-013	133.00	153.50	20.50 m	0.19%	0.17%	0.31 g/t	0.07 g/t	0.02%
including	148.90	150.50	1.60 m	0.57%	0.33%	1.2 g/t	0.18 g/t	0.05%
903-12-013	162.40	163.60	1.20 m	0.67%	0.41%	0.77 g/t	0.16 g/t	0.06%
903-12-014	92.00	95.00	3.00 m	0.11%	0.13%	0.09 g/t	0.02 g/t	0.02%
903-12-014	99.00	109.00	10.00 m	0.16%	0.10%	0.35 g/t	0.07 g/t	0.01%
including	107.00	109.00	2.00 m	0.51%	0.23%	1.1 g/t	0.22 g/t	0.03%
903-12-015	76.00	90.65	14.65 m	0.17%	0.13%	0.20 g/t	0.04 g/t	0.01%
including	82.00	83.38	1.38 m	0.30%	0.20%	0.20 g/t	0.04 g/t	0.02%
including	89.09	90.65	1.56 m	0.28%	0.21%	0.30 g/t	0.06 g/t	0.03%
903-12-016	70.00	79.00	9.00 m	0.16%	0.14%	0.18 g/t	0.04 g/t	0.02%
903-12-016	100.11	107.54	7.43 m	0.25%	0.17%	0.18 g/t	0.04 g/t	0.02%
including	105.38	106.49	1.11 m	0.21%	0.45%	0.60 g/t	0.18 g/t	0.05%

NOTE: Hole DDH 903-12-009 was drilled to obtain whole-core petrophysical samples for density, susceptibility and resistivity. It was not split nor sampled.

A total of 16 holes were completed for 1,558 meters during July, 2012. The drill holes were strategically spread across the Blue Lake Cu-Ni-Pt-Pd property to explore and verify the Blue Lake massive sulfides. 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 engineers are starting to call attention to precious metals trends in the data which were not studied in the same light back in 1980's. The latest holes in the drill program were collared down-dip, and at the edge of the known mineralization. We were enticed to drill here by thick (>10 m) zones of disseminated Pd values in this region of the Lease adjacent to the Anglo American ground. The widespread precious metals values disseminated in the ultramafic sill, often as stacked, multiple zones, are starting to positively affect our copper-equivalent equation, and will re-draw and expand the boundaries of the potentially economic sulfides of the Blue Lake cluster."

We seek Safe Harbor.

On behalf of the Board of Directors
"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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