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Rockland and La Fosse Amend Blue Lake Option

For Immediate Release. January 15, 2013, Vancouver, BC, Canada – Rockland Minerals Corp. (the “Company” or “Rockland”), (TSX.V: RL) is pleased to announce that La Fosse Platinum Group Inc. (“La Fosse”) and Rockland have amended payment and work commitment terms for the Blue Lake Cu-Ni-PGM property located in the southern Labrador Trough, Quebec. The amended terms reduce both the amount of cash required to be paid by Rockland in the short term, and reduces the annual work commitment amounts by adding an additional year to the agreement. The amendment provides greater flexibility for Rockland during the option period. Under the amended option agreement, the Company can acquire a 55% interest in the Property over a 5 year period by making cash payments totaling \$350,000 and issuing an aggregate of 5.5 million common shares and by spending \$4.5 million in exploration on the property. Rockland has met and surpassed the first anniversary work commitment expenditures on Blue Lake. The amended terms are as follows:

Going forward cash and common share payments to La Fosse:

- a) \$50,000 before December 31, 2011 and 1,000,000 shares (paid)
- b) \$45,000 and 1,500,000 shares - 1st anniversary of option agreement
- c) \$50,000 and 1,000,000 shares - 2nd anniversary of option agreement
- d) \$60,000 and 1,000,000 shares - 3rd anniversary of option agreement
- e) \$65,000 and 1,000,000 shares - 4th anniversary of option agreement
- f) \$80,000 - 5th anniversary of option agreement

Work commitment expenditures:

- a) \$700,000 - 1st anniversary of option agreement
- b) \$400,000 - 2nd anniversary of option agreement
- c) \$1,000,000 - 3rd anniversary of option agreement
- d) \$1,200,000 - 4th anniversary of option agreement
- e) \$1,200,000 - 5th anniversary of option agreement

The amended option agreement is subject to TSX Venture Exchange acceptance.

On behalf of the Board of Directors

Rav Mlait

President and CEO

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