



7934 Government Road, Burnaby, BC V5A 2E2

Phone: (604) 551-7831 Fax: 604-676-2767

info@rocklandminerals.ca

rocklandminerals.ca

Rockland Adopts Advance Policy Notice

For Immediate Release. Vancouver, British Columbia, May 24, 2013: Rockland Minerals Corp. (TSX Venture: RL) (the “Company”) has adopted an advance-notice policy for the purpose of providing shareholders, directors and management of the Company with a clear framework for nominating directors. The policy is designed to further Rockland’s commitment to: facilitating an orderly and efficient annual general or, where the need arises, special meeting, process; ensuring that all shareholders receive adequate notice of the director nominations and sufficient information regarding all director nominees; and allowing shareholders to register an informed vote after having been afforded reasonable time for appropriate deliberation. The policy is in full force and effect as of May 24, 2013.

The policy contains a provision requiring advance notice to Rockland in certain circumstances where shareholders of Rockland nominate individuals for election to the board. The policy establishes deadlines by which director nominations must be submitted to Rockland prior to any annual or special meeting of shareholders and also outlines the information that must be included in the notice to Rockland for an effective nomination to occur.

The deadline for notice to Rockland in the case of an annual meeting of shareholders is not less than 30 days nor more than 65 days prior to the date of the annual meeting; provided, however, that in the event that the annual meeting is to be held on a date that is less than 50 days after the date on which the first public announcement of the date of the annual meeting was made, notice may be made not later than the close of business on the 10th day following such public announcement.

In the case of a special meeting (which is not also an annual meeting) of shareholders called for the purpose of electing directors (whether or not called for other purposes), the deadline for notice to Rockland is no later than the close of business on the 15th day following the day on which the first public announcement of the date of the special meeting was made.

The board has also approved the alteration of the company's articles to add the same advance-notice provisions, effective upon confirmation by the company's shareholders. The company will ask its shareholders to pass an ordinary resolution to confirm the alteration of the company's articles at its next annual general meeting. In the event the company's shareholders do not confirm the addition of the advance-notice provisions to the company's articles, the company's articles will remain unchanged. The policy will terminate and be of no further force and effect immediately following the next annual general meeting. The full text of the policy is available on SEDAR.

The Company has granted options to purchase 1,755,000 common shares under the Company's stock option plan, of which 1,275,000 were granted to directors and officers (exercisable for a period of ten years) and 480,000 to consultants (exercisable for a period of three years). The granted options have an exercise price of \$0.10.

We seek Safe Harbor.

On behalf of the Board of Directors
“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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