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Rockland Provides Update on Schefferville Gold Project, Quebec

For Immediate Release. Vancouver, British Columbia, January 28, 2014: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to report that it has initiated 3-D geophysical modeling of the Schefferville Gold property, located approximately 60 kilometers northwest of Schefferville, Quebec. The new modelling is being undertaken on data from Rockland's most recent low-altitude, terrain-draped heli-mag survey flown to pick up high susceptibility iron-bearing target rocks. The 3D modelling will help Rockland select deeper drill targets within broad areas already defined by surface prospecting.

The Schefferville gold property covers highly prospective Arsène--Baleine Rouge and Rusty Acres originally discovered in the mid-1980's by Québec government geologists containing arsenopyrite-bearing Archean iron formations which are strongly metamorphosed to the granulite facies. To date, Rockland has encountered the presence of broad zones of near-surface disseminated gold mineralization with several high grade "sweet-spots" in 2010 drilling. Surface sampling in the Rusty Acres area, which has never been drilled before, returned multiple results in the 4-12 grams-per-tonne gold range, with a high grade sample of 171 g/t Au. These new, higher grade gold values found on the surface in the Rusty Acres zone indicate that the Schefferville Gold Project has potential for the discovery of significant new mineralized zones in addition to those found by drilling so far.

The Schefferville Gold Project area attracted recent claim staking by "2282726 Ontario Ltd.", a wholly owned subsidiary of Dundee Corporation. These new claims cover a sizable land position adjacent to Rockland's Rusty Acres area in the north, and another block surrounds Rockland's claims covering the Lac Guillaume and Lac Lilois showings in the south. A new claim map has been posted to the Company website.

George F. Sanders, P.Geo, a director of the Company and the Qualified Person under NI 43-101 responsible for the technical content of this news release, states "We've been looking forward to a more detailed analysis of the data obtained by flying the heli-mag survey at 50-metre spaced lines and staying as close to the ground as practical. This methodology actually produces better data than ground surveys due to the high magnetic susceptibilities of our target formations."

Rockland Minerals Corp is a Canadian mineral exploration company, focused on developing its Quebec properties which include the Blue Lake copper-nickel-PGM property and the Schefferville Gold property. The Schefferville gold property is a joint venture between Rockland (64%) and Western Troy (36%). Please visit www.rocklandminerals.ca for further information.

We seek Safe Harbor.

On behalf of the Board of Directors
“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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