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## Rockland and La Fosse Amend Blue Lake Cu-Ni-PGM Option

**For Immediate Release. May 12, 2014, 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 timelines for the Blue Lake Cu-Ni-Pt-Pd property located in the southern Labrador Trough, Quebec. The amendment provides greater flexibility for Rockland during the option period. The aggregate cash, shares and work commitment amounts have not changed. The Company can acquire a 55% interest in the Property by making cash payments totaling \$350,000 and issuing 5.5 million common shares and by spending \$4.5 million in exploration on the property. To date, the Company has made \$120,000 in cash payments, issued 3.5M common shares to La Fosse, and has completed over \$1.2M in work commitments.

The Blue Lake Cu-Ni-Pt-Pd historical deposits are located approximately 60 km northeast from the railhead town of Schefferville, Quebec. To date, the Blue Lake project has over 500 drill holes, 22 tonne underground bulk sampling and development of a 350 meter adit. Rockland controls 100% interest in exploration targets to the northwest and southeast of Blue Lake totaling over 145 square kilometers. Please visit [www.rocklandminerals.ca](http://www.rocklandminerals.ca) for more information.

Remaining cash and common share payments to La Fosse:

Year	Cash	Share Payments
2014	\$25,000	1M
2015	\$35,000	1M
2016	\$55,000	
2017	\$55,000	
2018	\$60,000	

Remaining work commitment expenditures:

Year	Amount
2014	nil
2015	\$500,000
2016	\$900,000
2017	\$1M
2018	\$1M

We seek Safe Harbor.

*On behalf of the Board of Directors*  
*“Rav Mlait”*

President and CEO  
Rockland Minerals Corp.

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