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*For Immediate Release*

## **Rockland Drill Results Show Widespread Disseminated Gold Mineralization, Schefferville Gold Property, Québec**

Vancouver, British Columbia, January 11, 2011 - Rockland Minerals Corp. (TSX.V: RL) (the “Company”) is pleased to announce that all assays have been received from its Fall 2010 diamond drill program at the Schefferville Gold Project, Québec. These results are highly encouraging and point to the presence of widespread gold mineralization on the property that could possibly be amenable to bulk tonnage exploitation from the surface. Rockland recently completed a 1,525 meter, 12 hole diamond drill program during the fall of 2010, and Western Troy carried out an 800 metre, 8 hole diamond drilling program during the summer of 2009. Data from both drilling campaigns has been integrated into a master database which now can be downloaded from the Rockland website ([www.rocklandminerals.ca](http://www.rocklandminerals.ca)). The integrated database was developed to show the broad gold mineralization discovered from both initial programs.

The drilling took place on the Arsène block. This was one of the most prospective areas discovered in the mid-1980's through sophisticated lake-bottom geochemical surveys in support of mineral exploration and development done by the Québec government. Gold mineralization in this area had lain hidden until the mid-80's because its finely disseminated nature did not favour development of placer gold nuggets at the surface. Rockland is earning a 55% interest in 10 claim blocks optioned from Western Troy Capital Resources Inc. which, in many places, are contiguous and intermingled with Rockland's original gold claims, optioned from E.D. Black, where Rockland is earning a 100% interest.

The holes are scattered over a zone that stretches more than 2 kilometres north-south. The results are tabulated below in two groups -- Group 1-- Highest Gold Assay Values, and Group 2 -- Longest Gold Intercepts:

**Table 1--Highest Gold Values--Rockland/Western Troy--2009-2010\***

Hole Number	starting from (metres)	intercept length (metres)	Au g/t
WT09-04	53.85 m	2.03 metres	10.21 g/t Au
RL10-17	57.30 m	1.10 metres	9.92 g/t Au
RL10-17	11.45 m	1.20 metres	6.63 g/t Au
WT09-04	57.91 m	2.02 metres	5.93 g/t Au
WT09-02	25.40 m	1.01 metres	2.43 g/t Au
RL10-13	146.50 m	4.80 metres	1.03 g/t Au
RL10-16	113.50 m	1.00 metres	1.09 g/t Au
WT09-03	5.79 m	1.92 metres	1.21 g/t Au

**Table 2--Longest Anomalous Gold Intercepts--Rockland/Western Troy--2009-2010\***

Hole Number	starting from (metres)	intercept length (metres)	Au g/t
WT09-04	40.39 m	19.50 metres	2.23 g/t Au
RL10-17	11.45 m	8.25 metres	1.24 g/t Au
RL10-17	49.70 m	12.55 metres	1.05 g/t Au
WT09-02	22.35 m	3.04 metres	0.957 g/t Au
RL10-13	145.30 m	9.50 metres	0.611 g/t Au
RL10-18	9.40 m	4.38 metres	0.285 g/t Au
WT09-05	44.20 m	21.81 metres	0.227 g/t Au
RL10-18	35.43 m	6.50 metres	0.223 g/t Au
RL10-10	101.48 m	16.02 metres	0.202 g/t Au
WT09-06	30.47 m	10.10 metres	0.153 g/t Au
WT09-03	4.57 m	6.58 metres	0.145 g/t Au
RL10-14	33.55 m	17.30 metres	0.136 g/t Au
WT09-04	25.38 m	9.09 metres	0.117 g/t Au
WT09-06	44.70 m	21.26 metres	0.094 g/t Au

\* Note: this is an area of complex structural geology. In all cases, sample lengths shown here are core lengths only, and not necessarily true lengths.

Two files can be downloaded from the Rockland website ([http://www.rocklandminerals.ca/Project\\_Schefferville\\_Gold\\_Property.php](http://www.rocklandminerals.ca/Project_Schefferville_Gold_Property.php)) showing graphical illustrations of the truly disseminated nature of the gold within these broad intercepts. Rockland believes that these broad envelopes of consistently anomalous gold values found in the recent drilling campaigns (Table 2) are pointing to the presence of a bulk mineable, disseminated gold deposit on the Arsène block. Supporting this conclusion are the "sweet spots" of higher grade gold mineralization within these anomalous gold zones (Table 1). Rockland believes that continued exploration will expand these zones of higher grade, and that many of the low-grade envelopes discovered in the drilling are within typical cutoff grades being used worldwide for open pit gold deposits.

George F. Sanders, P.Geol., a director of the Company, and the Qualified Person under National Instrument 43-101 responsible for the technical content of this news release, states: "Our drilling assays confirm the truly disseminated nature of this gold mineralization, and its near-surface bulk tonnage mining potential. It is very important to emphasize that there are absolutely no quartz veins anywhere on the Schefferville Gold Project. We will now embark on a detailed structural analysis of a very specific area using the data already collected, and we will develop new drill targets in a very short time frame to chase these broad gold envelopes, and find the higher gold grades that we now know to exist."

Rav Mlait, President and CEO, states: "We are excited about the gold results from our first phase drilling on the Schefferville Gold property. Our 2010 surface sampling program discovered wide-spread gold on several additional zones which also require follow up. We will now turn our attention to generating drill targets for the next phase of our exploration program in 2011. Rockland will be very active on both of our Quebec projects in 2011."

We seek Safe Harbor.

*On behalf of the Board of Directors*

*"Rav Mlait"*

President and CEO  
Rockland Minerals Corp.

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