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*For Immediate Release*

## **Rockland Completes Staking Of Priority Gold Area, Schefferville Gold Project, Québec**

**Vancouver, British Columbia, January 18, 2011 - Rockland Minerals Corp. (TSX.V: RL) (the “Company”)** reports that it has staked 48 additional mineral claims in the Schefferville gold area of Québec contiguous to Rockland’s Schefferville gold project. The additional staking covers favorable gold surface samples between the Arséne and Rusty Acres claim blocks.

Rockland's new staking has been plotted over a Québec government geological map of the Ashuanipi Metamorphic Complex, specifically focusing on the Arséne and Rusty Acres blocks in the northern portion of the Schefferville gold property. The new maps can be found on the Rockland website at:

[http://www.rocklandminerals.ca/Project\\_Schefferville\\_Gold\\_Property.php](http://www.rocklandminerals.ca/Project_Schefferville_Gold_Property.php)

The base map was co-authored by Dr. Serge Chevé, a consultant to Rockland Minerals during its most recent drill program, and shows a compilation of numerous highly anomalous gold surface samples, many of which contain greater than 1.0 g/t gold. This prospect map zeros-in on the Arséne, Rusty Acres and Lac du Canoe areas, all of which are now under claim by Rockland. The Arséne block was the site of the majority of Rockland and Western Troy’s drilling to date. In addition to drilling, Rockland carried out a surface sampling program on several areas during the summer and fall of 2010. The Rusty Acres claim block returned some of the most impressive results, including 1.1 g/t Au, 1.3 g/t Au and 2.6 g/t Au from surface. These results are in good agreement with the multiple surface gold results shown on the 1995 geological map.

George F. Sanders, P.Geo, a director of the Company, and the Qualified Person under National Instrument 43-101 responsible for the technical content of this news release, states: "In the recent drilling, we found numerous wide envelopes of highly anomalous gold values, plus some very attractive 'sweet spots'. In the 1980's, the surface values shown on the geological map were interesting, but the prevailing gold price back then wasn't high enough to support more than one cycle of very limited drilling (1987-1988). Now however, in this current gold cycle, these gold anomalies are much more attractive exploration targets, and they represent strong indications of potentially economic disseminated gold mineralization near to the surface. We've had a reconnaissance look at most of the claims now, and the clustering of these surface gold anomalies at Arséne and Rusty Acres is highly encouraging. Rusty Acres is especially interesting because we found arsenopyrite with anomalous gold right at the surface, in an area which had never been drilled."

Rav Mlait, President of Rockland stated; “Our new staking covers the remaining gold anomalies in the area and expands the property and provides new targets for our 2011 exploration.” The new claims fall under the Western Troy option agreement with Rockland.

We seek Safe Harbor.

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*On behalf of the Board of Directors*

*“Rav Mlait”*

President and CEO

Rockland Minerals Corp.

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### **About Rockland Minerals**

Rockland Minerals Corp. (RL – TSX.V) is a Canadian exploration and development company, focused on developing its “Schefferville” Gold property in the Ashuanipi Metamorphic Province and its “Retty Lake” copper-nickel, platinum group metals (PGM) property in the prolific Labrador Trough area in north east Québec, Canada. Rockland is listed on the TSX Venture Exchange under the symbol "RL". To learn more about Rockland please visit [www.rocklandminerals.ca](http://www.rocklandminerals.ca) or contact Investor Relations Toll Free at (1-888-818-1365).

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