



600-999 West Hastings Street, Vancouver, BC, V6C 2W2

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

info@rocklandminerals.ca

rocklandminerals.ca

Rockland Minerals Retains Top Geoscience Firm in Québec

February 16, 2011, Vancouver, BC, Canada – Rockland Minerals Corp. (The “Company” or “Rockland”), (TSX.V: RL) is pleased to report that it has retained the services of award-winning *IOS Services Geoscientifiques Inc.* (“IOS”) of Chicoutimi, Québec. IOS is a full service geological consulting firm catering to exploration companies working the province since 1992. *IOS* is currently assembling a detailed historical compilation of past exploration work on Rockland's Schefferville Gold property. The compilation is taking Rockland's highly encouraging drill results and relating the historical work done on the property since the mid-80's. The compilation will help Company geologists project and follow the broad zones of anomalous gold values defined in the recent drilling, and find more of the high grade gold occurrences known to occur within these disseminated gold zones.

In addition to the compilation, IOS will help Rockland manage its field exploration campaigns in 2011. IOS has the capability to provide ‘turn-key’ geological services with full field support.

IOS is has won numerous awards for its exploration excellence in the province of Quebec. The firm has been recognized twice as the Service Company of the Year (in 1998 and 2006) by the *Association de l'exploration minière du Québec*. *IOS* President Rejean Girard has received the Award of Merit from the *Ordre professionnel des géologues du Québec* in 2006.

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: “We're looking forward to unraveling the near-surface, bulk-tonnage disseminated gold potential on our Schefferville Gold Project through careful geological and ground geophysical studies which will generate many new and exciting drill targets”

In other news, the Company has not renewed its investor relations contract with Ethos Consulting Ltd of Vancouver. Rockland management wishes to thank Ethos for its services.

On behalf of the Board of Directors

“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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