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Rockland Minerals Releases Technical Report on Retty Lake Airborne Survey

March 15, 2011, Vancouver, BC, Canada – Rockland Minerals Corp. (The “Company” or “Rockland”), (TSX.V: RL) reports that a technical report interpreting the data from a helicopter-borne Time-Domain Electromagnetic and Magnetic survey (TDEM) on its 100% optioned Retty Lake Cu-Ni-PGE property near Schefferville, Quebec is now available for download on the Company’s website: www.rocklandminerals.ca.

The report by Géophysique Camille St-Hilaire Inc. provides new, high-resolution geophysical data, which has helped the Company outline numerous exploration targets:

<http://www.rocklandminerals.ca/Presentation.php>

The Retty Lake property is on-trend with four known adjacent copper-nickel-platinum group metals (PGM) lenses known as the “Blue Lake Deposits” originally outlined by Hollinger North Shore Exploration in the 1950's. The Blue Lake Cu-Ni-Pt-Pd deposits were formed at or near the basal zone of a fertile ultramafic peridotite sill, where it was intruded above sulfur-rich metasediments. This favourable horizon runs through the Rockland property in a northwest trajectory. Québec government and academic publications state specific grades and tonnages (non 43-101 compliant) for 4 main massive sulfide lenses at Blue Lake. In general, each of the 4 massive sulfide lens is reported to contain about 1 Mt of mineralized material averaging approximately 0.5% Ni, slightly less than 1% Cu, and just under 1 g/t combined Pt+Pd. While believed to be accurate, these estimates were made too early to be in accordance with National Instrument 43-101 standards and should not be relied upon by investors. Rockland is looking to discover additional lenses on the Retty Lake property.

The NW Retty Lake area is the number one priority prospect area for Rockland. Within the NW Retty Lake area three zones stand out in compilations of previous work since the 1950's: namely, Lac Retty Ouest, Lost Lake and Nancy Lake South. Select surface sampling compiled from the Québec government literature and published in Rockland’s qualifying technical report (2010) includes the following anomalous metal values in surface rock samples collected from peridotite outcrops and boulders:

Nancy Lake South

Butrenchuk (1997) peridotite float samples

Sample Number	Cu (ppm)	Ni (ppm)	Au (ppb)	Pt (ppb)	Pd (ppb)
SBB-96-21	1667	893	27	54	204

SBB-96-21A	1109	583	11	40	162
SBB-96-21B	1424	913	18	46	175
SBB-96-21C	1404	1601	41	48	183
SBB-96-45	3086	1732	8	92	305
SBB-96-59	2646	1921	7	104	376

Lost Lake

Pawliuk (2004) Lost Lake (Northwest Retty Area) peridotite sampling

Sample Number	Cu (ppm)	Ni (ppm)	Au (ppb)	Pt (ppb)	Pd (ppb)
RY – 001	2,350	1,480	9	46	192
RY – 002	12,200	1,635	3	53	226
RY – 003	1,675	906	18	36	135
RY – 004	1,405	997	14	34	113
RY – 005	2,470	809	9	29	100
RY – 006	3,260	2,940	138	31	230
RY – 007	2,260	1,085	7	70	267
RY – 048	1,590	1,325	35	84	294
RY – 049	1,685	2,040	4	65	157
RY – 050	1,800	2,620	1	44	144
RY – 051	1,855	2,870	15	51	159

Lac Retty Ouest

Butrenchuk (1997) Grid Gr-RET-G1, peridotite float samples

Sample Number	Cu (ppm)	Ni (ppm)	Au (ppb)	Pt (ppb)	Pd (ppb)
SBB-96-32	1280	754	10	44	157
SBB-96-34	1891	878	22	45	141
SBB-96-35	1367	984	3	49	173
SBB-96-36	1730	1700	4	56	153
SBB-96-37	1236	849	8	47	151

The complete historical compilation of interesting Cu-Ni-Pt-Pd values from Retty Lake sampling with bibliography and maps can be found in the Retty Lake 43-101 Technical Report on the Company's website.

The Company is currently planning its next exploration on Retty Lake and will release program details soon.

President, Rav Mlait, states: "The price of copper, platinum and palladium are very strong which should bode well for Rockland as we continue to uncover the mineral potential at Retty Lake."

The survey was flown in August 2010 by Geo Data Solutions, Inc. of Laval, Québec over the Rockland Retty Lake claims, consisting of a North block and a South block, for a total of 1,767 line-kilometres. Rockland is earning a 100% interest in the property from E.D. Black. The property consists of 210 mineral claims in the Labrador Trough.

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.

On behalf of the Board of Directors

“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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