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Rockland Plans Field Mapping, Heli-Borne Mag Survey for Schefferville Gold Project

April 5, 2011, Vancouver, BC, Canada – Rockland Minerals Corp. (The “Company” or “Rockland”), (TSX.V: RL) is pleased to provide an update on its ongoing compilation and analysis of the Schefferville gold property. Since February, Rockland has been working with *IOS Services Geoscientifiques Inc.* (“IOS”) of Chicoutimi, Québec to compile past exploration work on the Schefferville Gold property. Overall, the compilation is helping Rockland 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. A graphical portrayal of these highly anomalous, broad gold intercepts, along with several new compilation maps been posted to the Rockland website (www.rocklandminerals.ca). The compilation and analysis is being done develop new drill targets for Rockland’s next phase of drilling on the property.

The focus of most of the compilation is on the northern claim blocks, specifically the Arséne and Rusty Acres areas. Rockland will engage IOS to carry out detailed structural field mapping and geochemical sampling of this northern block in order to unravel the complex geology. To aid this field work, Rockland is planning a heli-borne high-resolution magnetic survey to be completed before the geologists begin their field work. Details of this survey will be made available soon.

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: “Drilling on the Schefferville Gold Project returned many broad zones of highly anomalous gold values. This gold is truly disseminated, and is not associated with any quartz veining whatsoever. Rockland believes that this near-surface gold mineralization could be bulk-mineable. A glance at the compilation map shows many plus 1 gram-per-tonne surface gold values that were not followed up in the first wave of exploration here in the late 1980's. Rockland selected *IOS Services Geoscientifiques* to put the best structural team possible on the ground -- to unravel the complex structural picture, and to follow all these anomalous gold zones in this portion of our Schefferville Gold Project. We plan on giving our professionals the best tools possible to help them define more drill targets.”

We seek Safe Harbor.

On behalf of the Board of Directors

“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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