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Rockland Minerals Provides Retty Lake Cu-Ni-PGM Project Update

April 19, 2011, Vancouver, BC, Canada – Rockland Minerals Corp. (The “Company” or “Rockland”), (TSX.V: RL) is pleased to provide an update on its ongoing preparation for drilling at its Retty Lake Cu-Ni-Pt-Pd Property, northwest of Schefferville, Québec. Rockland has completed its fuel purchase order of Diesel and Jet-A for the 2011 program. Rockland recently announced that it had signed a drill contract with Cartwright Drilling of Goose Bay, Labrador to drill a minimum of 1,500 meters, of core holes at the Retty Lake for late May. The fuel barrels will now be flown to the Retty Lake area from Schefferville. Rockland has selected Air Saguenay of Jonquière, QC , for its fixed wing air capability and sourcing of the fuel. Rockland is working with its turn-key service provider, *IOS Services Geoscientifiques Inc.* (“IOS”) of Chicoutimi, Québec, to finalize the Retty Lake project logistics.

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 ultramafic peridotite sill, where it was intruded sulfur-rich metasediments. This favourable horizon runs through the Rockland property in a northwest trajectory and Rockland is looking to discover additional lenses on the Retty Lake property.

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.

We seek Safe Harbor.

On behalf of the Board of Directors

“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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