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Rockland Launches Detailed Heli-Mag Airborne Survey at Schefferville Gold, Québec

For Immediate Release, Vancouver, British Columbia, May 5, 2011: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to report that a detailed low altitude, helicopter-borne magnetic survey has commenced over the Company's Schefferville Gold property, Québec. The survey is being flown by Novatem Inc. of Mont-Saint-Hilaire, Québec and will cover approximately 1,045 line-kilometers.

The focus of the survey will be the northern claim blocks, specifically the Arsène and Rusty Acres areas. It is here that Rockland geologists have identified the best discovery potential for a near-surface, disseminated gold deposit.

Flight lines for this detailed survey will be flown at 50-meter spacing. This is Novatem's specialty geophysical survey product, with an exceptionally tight terrain drape and sampling rate. The data will be processed in-house by *IOS Services Geoscientifiques Inc.* of Chicoutimi, Québec in support of the IOS detailed structural mapping program to be carried out in the early summer on the Arsène and Rusty Acres blocks.

Pictures of the Novatem survey aircraft and the Rockland claims to be flown can be seen at our website.

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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: "Recent drilling by Rockland has demonstrated the presence of multiple, broad gold zones extending from the Arsène to the Baleine Rouge drilling areas -- , a N-S distance of more than 1.2 kilometers -- containing a number of higher-grade 'sweet spots'. Early this summer, IOS will generate drill targets by carrying out a geological mapping program of the heart of the Schefferville Gold Project, aided by the Novatem detailed heli-borne mag survey. The focus will be on the gold zones in the Arsène--Baleine Rouge area, and on the numerous plus-1-gram surface gold anomalies the Rusty Acres area which have never been drilled."

We seek Safe Harbor.

On behalf of the Board of Directors

"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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