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Rockland Commences Drill Program at Retty Lake Cu-Ni-PGE, Quebec

For Immediate Release, Vancouver, British Columbia, May 18, 2011: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") reports that a 1,500 meter drilling program has begun at the Retty Lake Cu-Ni-Pt-Pd Property, located near the town of Schefferville, in the heart of the Labrador Trough, Quebec.

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 (Iron Ore Company of Canada) in the 1950's. The Blue Lake Cu-Ni-Pt-Pd deposits were formed at or near the basal zone of the (middle) ultramafic peridotite sill, where it intrudes sulfur-rich metasediments. This favourable stratabound horizon runs through the Rockland property in a northwest trajectory. Rockland is looking to discover additional lenses within the Retty Lake property.

The drilling will focus on four zones, namely: Nancy Lake, Lost Lake, Lac Retty Ouest, NW Retty Syncline Nose areas. A map of these zones can be found at the Company's website: www.rocklandminerals.ca

George F. Sanders, P.Geo, states: "This will be the first drilling in Northwest Retty Lake area since 1987, and a lot of people are keen on seeing new drill core from this fascinating area. The "middle" ultramafic sill is the regional "ore-maker". It hosts anomalous copper-nickel-PGM mineralization, at or near its lower contact, and this zone has been explored every decade since the widespread, underlying pyrrhotite-bearing metasediment gossans were first observed from the air in 1929. In 1936, pioneering geologist Joseph A. Retty (Iron Ore Company of Canada) made the first maps of the area, and it's exciting to be drilling some of Joe Retty's targets, in the current metals cycle, that he sketched so long ago.

Rockland believes that the Blue Lake cluster of massive sulfide lenses represents a regional "hot spot". We're confident that this magmatic "hot spot" extends across the footprint of our NW Retty Lake focused staking. The visible chalcopyrite (copper) mineralization in surface samples will be our first-order exploration guide."

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.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.