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Field Mapping Begins at Schefferville Gold Property, Québec.

For Immediate Release, Vancouver, British Columbia, June 30, 2011: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce that follow-up field work is underway on the northern block of the Schefferville Gold Property, using recently flown data from a low altitude (10 meter altitude, 2.5 meter sampling rate) "draped" heli-borne magnetometer survey on a 50-meter spaced grid, flown by *Novatem Inc.*

The Schefferville Gold Project lies within the 2.7 Ga Ashuanipi Metamorphic Province (2.7 Ga) of the Archean-age Superior Craton. In the mid-1980's Québec government regional lake-bottom geochemical surveys revealed strong arsenic-gold geochemical anomalies northwest of Schefferville. The old-timers, panning the creeks in the region, had not seen "colour" in their gold pans, due to the atomic-scale dissemination of gold within arsenopyrite. Weathering of the Ashuanipi gold mineralization simply did not create nuggets at the earth's surface, and this mineralization lay undiscovered. Only one wave of exploration followed the government discovery, in the late 1980's, and consisted of channel sampling, and a few shallow drill holes by Québec juniors VIOR-Mazarin, and by IOC. VIOR-Mazarin reported +1 g/t Au diamond drill intercepts at the Arsène in the northern block, and at Lac Lilois in the southern block. The first focus of Rockland's 2011 geological field work is on a new area, the Rusty Acres, which has never been drilled. Here, several clusters of +1 g/t Au historic surface samples in outcropping rusty, iron-formations are seen on the compilation map.

Rockland controls the best prospects in the district by first optioning 100% of E.D. Black's Ashuanipi Claims (southern block) and by earning a 55% interest in the Schefferville Gold Project claims, in both the northern and southern blocks, with Joint Venture partner Western Troy Capital Resources Inc. (45%) (TSX Venture: WRY).

Rockland drilled 1,500 meters in September 2010 based on positive drill results obtained by Western Troy in 2009. Within broad intercepts of anomalous low-grade gold mineralization with visible arsenopyrite, a significant number of "sweet spots" of multi-gram gold values were encountered over 1-2 meter core sampling intervals. These higher grade intervals can be averaged with all the rest of the anomalous gold values because there are no quartz veins, no "nuggety" free gold, and no sharp assay boundaries. This gives rise to the expectation of finding significant tonnages of near-surface, low-grade gold mineralization on the Schefferville Gold Project. The assay results, and a graphical illustration of gold assay intervals, can be seen on the Company website at www.rocklandminerals.ca.

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: "The strength of our mapping program this summer lies in the calibre of the geological consultants on the Rockland team -- Dr. Serge Chevé, Independent Consultant, and Réjean Girard, and Gennady Ivanov of *IOS Services Geoscientifiques Inc.* The first look at the raw airborne magnetic data shows just how useful it will be to the ground mapping."

An additional, more detailed write-up accompanying the first new field map of the 2011 season is posted on the Rockland website www.rocklandminerals.ca.

We seek Safe Harbor.

On behalf of the Board of Directors
“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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