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## Retty Lake Cu-Ni-PGM Core Sampling Completed, Québec

*For Immediate Release.* Vancouver, British Columbia, August 23, 2011: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce that core samples from the 1,500 meter Retty Lake Cu-Ni-PGE drilling program have been submitted to a commercial laboratory for precious metals fire assay and multi-element geochemical analysis. The core was carefully saw-cut, and a half-split was retained at the *IOS Services Géoscientifiques* facility in Chicoutimi, QC for detailed logging and petrographic studies. The precious metals fire assay procedure to be used for palladium and platinum will be a more robust one assay-ton (50g charge) to insure the most reliable and repeatable results.

Gold fire assay results and multi-element geochemical results are also awaited from Rockland's Schefferville Gold Project, where 367 surface rock chip samples were collected from the new Rusty Acres area during an early summer 2011 field program guided by a detailed 50 meter-spaced heli-mag survey flown in May 2011.

George Sanders, P. Geo, a director of the Company, and qualified Person under NI 43-101 responsible for the technical content of this News Release states: "We all share the anticipation of the Retty Lake drilling results. The drill core was flown from Retty Lake to the nearby town of Schefferville when the drill was de-mobed, but remained in the queue to be transported via rail to the port of Sept-Îles for quite awhile. The intense iron ore development in the Schefferville area is exciting, and better infrastructure favours advancement of Rockland's two exploration projects located very close to Schefferville. There will be bottlenecks here and there as the service sector matures, but the first look at the rock samples from both projects is very encouraging."

We seek Safe Harbor.

*On behalf of the Board of Directors  
"Rav Mlait"*

President and CEO  
Rockland Minerals Corp.

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