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Rockland Discovers Widespread Gold at Rusty Acres, Schefferville Gold Property, Québec

For Immediate Release. Vancouver, British Columbia, September 15, 2011: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce impressive, widespread gold values in surface grab samples from iron-stained outcrops at the Rusty Acres zone on the Schefferville Gold Project, Québec. The results had several higher grade samples including 12.75 g/t Au, 4.94 g/t Au, 4.42 g/t Au, 3.64 g/t Au. A lone grab sample from one of the mineralized areas at Rusty Acres returned a gold assay value higher than anything previously reported in the literature and confirms the attractiveness of this target area.

These grab samples were taken by Rockland geologists, and represent rock chips collected over an area sufficient to provide the best "representative" gold value for the rusty rock outcroppings. Out of a total of 324 grab samples from Rusty Acres, there were fourteen samples above one gram-per-tonne gold, mostly in the 3-4 g/t Au range. A total of 30 grab samples had in excess of one-half gram, and an impressive 116 grab samples had over one-tenth gram gold, highlighting the bulk tonnage potential throughout the Schefferville Gold Project. These new assay results and map can be seen on the Company website at www.rocklandminerals.ca.

Sample number #81790376 had 171.5 g/t Au confirmed by re-assay with gravimetric finish. This is significantly higher than the historical maximum gold values in the 15-20 g/t range previously reported from this property. Pathfinder multi-element geochemical data from this high-grade sample shows iron, sulfur and arsenic contents typical of the gold-bearing Precambrian iron formations sampled so far in the district, plus highly anomalous pathfinders antimony and bismuth.

George F. 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: "Receipt of such a high fire-assay gold value is very exciting, and it shows where there's geochemical "smoke" there's fire. However, it doesn't change Rockland's focus on discovering more near-surface disseminated gold on the project. Drilling results on this property have proven that we can commonly expect meter-plus widths of 1-4 g/t Au, within wide envelopes of highly anomalous gold in excess of one tenth of a gram. This single high-grade sample, with its distinctive pathfinder geochemistry and probable free gold, is a game-changer for this district, and will shed light on the origin and distribution of the gold."

Rockland geologists will visit the Schefferville Gold Project with these results in-hand before the end of September to do follow-up sampling and to define drill targets. Rockland has a 55% interest in the Schefferville Gold claims, in both the northern and southern blocks, with Joint Venture partner Western Troy Capital Resources Inc. (45%) (TSX Venture: WRY).

We seek Safe Harbor.

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

President and CEO
Rockland Minerals Corp.

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