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Rockland Grants Stock Options

For Immediate Release. August 11, 2014, Vancouver, BC, Canada – Rockland Minerals Corp. (the “**Company**” or “**Rockland**”), (TSX.V: RL) announces the grant of options to purchase 300,000 common shares under the Company's stock option plan to consultant, Trent Pezzot. The granted options have an exercise price of \$0.06, exercisable for two years.

We seek Safe Harbor.

On behalf of the Board of Directors
“Rav Mlait”

President and CEO
Rockland Minerals Corp.

NEITHER THE TSX VENTURE EXCHANGE NOR ITS REGULATION SERVICES PROVIDER (AS THAT TERM IS DEFINED IN THE POLICIES OF THE TSX VENTURE EXCHANGE) ACCEPTS RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS RELEASE.