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Rockland Minerals Commences Drilling at Blue Lake Cu-Ni-PGE Project, Labrador Trough, Québec

Vancouver, British Columbia, August 17, 2015 - Rockland Minerals Corp. (TSX.V: RL) (the **"Company")** is pleased to announce commencement of its 2015 drill target ground evaluation program and subsequent diamond drilling campaign on the Blue Lake/Retty Lake Cu-Ni-PGE Project near Schefferville, Québec. Rockland's exploration team will perform Cu-Ni-PGE metallogenic studies along with Niton portable XRF and walk-mag/VLF over selected high priority VTEM geophysical targets, immediately ahead of diamond drilling, commencing mid-August. The Company plans to focus its exploration on the Blue Lake South and Blue Lake property, "frontier" targets which have never been tested, many of which lie at the flat crests of fold structures which are believed to dip gently to the south, down-plunge from outcropping Blue Lake Cu-Ni-PGE massive sulfides.

The Blue Lake Cu-Ni-PGE bearing massive sulfide mineralization has a copper content twice that of nickel, containing significant platinum and palladium, and is recognized as the best historical showing in the southern Labrador Trough. Major exploration and development drilling was done in the Blue Lake massive sulfide mineralized zones in the 60's and 80's, enabling former companies (Hollinger and La Fosse) to make historical estimates, the latest of which, in 1989, was based on well over 500 diamond drill holes.

Rockland's 100% owned Blue Lake South property will be the focus of this summer's exploration and drilling program to discover new Blue Lake style mineralization. This claim block covers multiple sulfur-rich black shale units lying at the top of the Thompson Lake Fm. at the contact with the overlying Willbob Basalt Fm. The strongest EM conductors are 1-2 meter thick massive pyrrhotite layers, probably volcanic exhalites, which Rockland intercepted in 2011 drilling on the Retty Lake property to the north of Blue Lake along this same trend. The Cu-Ni-PGE mineralization at Blue Lake is the magmatic segregation-type, caused when intrusive ultramafic magma sills came in contact with these pyrrhotite-rich black shales in the footwall of the sill. Sulfur is driven upward by the intense heating of the enclosing sedimentary and volcanic rocks, contaminates the magma, and forms dense sulfide droplets containing Cu-Ni-PGE which accumulate at or near the floor of the sills. Rockland's summer program will be under the direction of consulting geologist Dr. Larry Hulbert, P.Geo, a member of the Company's Advisory Board.

George F. Sanders, P.Geo, a Director of the company and person responsible for the technical content of this news release states: "Rockland's expanded land position covers all of the best Cu-Ni-PGE showings along trend with the known Blue Lake massive sulfides. Dr. Hulbert is bringing expertise in Pt-Pd exploration worldwide to the Blue Lake South drilling program, and use of the Niton portable XRF will give unprecedented real-time geochemical data to guide drill target selection in areas which have similar geophysical and geochemical signatures to Blue Lake."

We seek Safe Harbor.

On behalf of the Board of Directors

"Rav Mlait"

President and CEO
Rockland Minerals Corp.