



7934 Government Road, Burnaby, B.C., V5A 2E2

Phone: (604) 551-7831 Fax: 604-676-2767

info@rocklandminerals.ca

rocklandminerals.ca

Rockland Drills 4.8m of Massive Sulfide with 0.4% Cu, 0.2% Ni, .07 g/t Pt, 0.23 g/t Pd; Retty Lake Project, Schefferville, Québec

Vancouver, British Columbia, November 23, 2015 - Rockland Minerals Corp. (TSX.V: RL) (the “Company”) is pleased to announce drill results from the 2015 exploration and diamond drilling program on the Blue Lake/Retty Lake PGE-Cu-Ni Project near Schefferville, Québec. Seven drill holes were completed for a total of 708 m of core in widely spaced locations on the Blue Lake, Blue Lake South and Retty Lake claim blocks. Significant PGE-Cu-Ni mineralization was encountered as follows (below):

2015 Rockland Retty Lake/Blue Lake Drill Results^{1,2,3}

Hole	From Meters	To Meters	Length Meters	Cu %	Ni %	Pt g/t	Pd g/t
RL-15-001	19.66m	25.76m	6.10m	0.10%	0.13%	0.02 g/t	0.12 g/t
RL-15-001	36.42m	40.44m	4.02m	0.13%	0.14%	0.03 g/t	0.15 g/t
RL-15-001	80.02m	84.52m	4.50m	0.06%	0.07%	0.03 g/t	0.10 g/t
RL-15-001	132.40m	132.84m	0.44m	0.48%	0.33%	0.02 g/t	0.46 g/t
RL-15-007	71.27m	76.13m	4.86m	0.41%	0.23%	0.06 g/t	0.23 g/t
including	72.27m	72.58m	0.31m	0.99%	0.71%	0.14 g/t	0.66 g/t
RL-15-007	82.39m	82.88m	0.49m	0.18%	0.32%	0.16 g/t	0.64 g/t

1) these are weighted averages

2) These intercepts have not been corrected for true width

3) RL-15-002 to RL-15-006: no significant intercepts.

Rockland's Retty Lake and Blue Lake South claim blocks surround the existing Blue Lake PGE-Cu-Ni-bearing massive sulfide mineralization. Major exploration and development drilling was done at Blue Lake in the 60's and 80's and the 1989 Blue Lake historical estimate was based on well over 500 diamond drill holes. Results from Rockland's 2015 drilling now suggest the westernmost Pogo trend at Blue Lake extends at least four kilometres to the southeast, with multiple zones of anomalous Pd>0.1 g/t (Hole 1). Hole 7 intercepted Blue Lake style massive sulfide with strongly anomalous Pt-Pd.

Rockland's 2015 exploration and drill program was carried out by Aurora Geoscience Ltd. 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 for the purpose of National Instrument 43-101, states "Rockland is fortunate to have Dr. Larry Hulbert and Aurora Geoscience Ltd. bringing their expertise to bear on the Retty Lake and Blue Lake South exploration programs. We accomplished our objectives with the 2015 field program, and we will begin planning for a winter walkmag/VLF program to survey target sites over terrain which is otherwise inaccessible. We have added another highly prospective zone of massive sulfide mineralization to continue to drill along the NW Retty Lake trend."

All analyses for rock and core samples from the 2015 program were performed by TSL Laboratories Inc. of Saskatoon, Saskatchewan. Core samples were routinely analyzed for 41 elements (including Cu and Ni) using

four-acid digestion and an ICP-MS finish. All samples were also analyzed for Au, Pt and Pd using fire assay and an ICP finish. Rigorous procedures were in place regarding sample collection, chain of custody and data entry. Certified assay standards, coarse reject duplicates, field duplicates and blanks were routinely inserted into the sample stream to ensure integrity of the assay process. All of the results reported have passed the QAQC screening. A map showing drill hole locations has been posted to the Company 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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