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Rockland Director Update

Vancouver, British Columbia, January 22, 2016 - Rockland Minerals Corp. (TSX.V: RL) (the “**Company**”) announces that Brian Johnston has resigned from the board of directors for personal reasons. The Company’s management and board wish to acknowledge and thank Mr. Johnston for his contributions since 2010 and wish him well in his future endeavors.

We seek Safe Harbor.

On behalf of the Board of Directors

“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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