

For immediate release: March 6, 2009

TIMBERWEST FOREST CORP. ANNOUNCES MAUREEN HOWE APPOINTED TO ITS BOARD OF DIRECTORS

VANCOUVER, BC - TimberWest Forest Corp. is pleased to announce the appointment of Ms. Maureen E. Howe to its Board of Directors. Ms. Howe has extensive experience in corporate finance and the capital markets sector. Ms. Howe's appointment is on behalf of the BC Investment Management Corporation (bcIMC) and is consistent with the terms of the investment agreement entered into with TimberWest in December 2008.

"We are pleased to have Ms. Howe join our Board," said Ed Daughney, Chairman of the Board of TimberWest. "Her experience in corporate finance and British Columbia business background will serve the Board well."

Ms. Howe was Managing Director-Equity Research, Energy Infrastructure with RBC Capital Markets from 1996 to 2008. Ms. Howe was previously Treasurer of BC Gas Inc. from 1994 to 1996. Ms. Howe was Adjunct Professor in Finance at the University of British Columbia from 1993 to 1996 and has lectured in finance at both the University of British Columbia and the University of Manitoba.

Ms. Howe is a member of a number of associations, including the Board of the UBC Investment Management Trust Inc., the Board of the Canadian Securities Institute Foundation, the UBC Dean of Commerce Advisory Board and Chairperson of Phillip, Hager & North Centre for Financial Research.

Ms. Howe attended the University of Manitoba, where she obtained a Bachelor of Commerce degree. She then earned a doctorate degree in finance from the University of British Columbia.

For further information:

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TIMBERWEST FOREST CORP.

About TimberWest

TimberWest Forest Corp. is uniquely positioned as western Canada's largest private timber and land management company. The Company owns in fee simple approximately 322,000 hectares or 796,000 acres of private land and is in the business of selling timber products and real estate.

TimberWest Forest Corp.

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Stapled Units of TimberWest Forest Corp. are traded on the Toronto Stock Exchange under the symbol: TWF.UN

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