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PRESS RELEASE

TIMBERWEST FOREST CORP. CONFERENCE CALL NOTIFICATION

2005 SECOND QUARTER RESULTS

VANCOUVER - TimberWest invites investors and media to listen-in on its second quarter conference call with financial analysts. TimberWest President and CEO Paul McElligott and Vice President Finance & CFO Bev Park will discuss the Company's second quarter results, which will be released at the end of the working day, August 4, 2005.

The conference call will take place on Friday, August 5, 2005 at 8:00am (PDT). The dial-in phone number is 1-800-428-5596. To access the call at a later time, dial 1-800-558-5253 and enter code 21250088. The recording will be available until August 19, 2005.

TimberWest will also broadcast the conference call live on the internet via our web site home page at <http://www.timberwest.com>. The webcast will be archived and available for listening for an additional 90 days.

TimberWest Stapled Units are listed on the Toronto Stock Exchange under the symbol "TWF.UN".

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