



For immediate release: July 16, 2003

PRESS RELEASE

TIMBERWEST FOREST CORP. CONFERENCE CALL NOTIFICATION

SECOND QUARTER RESULTS

VANCOUVER, July 16, 2003 - TimberWest invites investors and media to listen-in on its second quarter conference call with financial analysts. TimberWest President and CEO Paul McElligott and CFO Bev Park will discuss the company's second quarter results, which will be released at the end of the working day, July 24, 2003.

The conference call will take place on Friday, July 25, 2003 at 8:00 a.m. (PT). The dial-in phone number is 1-800-440-1782. To access the call at a later time, dial 1-800-558-5253 and enter code 21152497. The recording will be available until August 8, 2003.

TimberWest will also broadcast the conference call live on the Internet via our web site home page at 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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