



**For immediate release: October 14, 2003**

**PRESS RELEASE**

**TIMBERWEST FOREST CORP. CONFERENCE CALL NOTIFICATION**

**THIRD QUARTER RESULTS**

VANCOUVER, October 14, 2003 - TimberWest invites investors and media to listen-in on its third quarter conference call with financial analysts. TimberWest President and CEO Paul McElligott and CFO Bev Park will discuss the company's third quarter results, which will be released at the end of the working day, October 21, 2003.

The conference call will take place on Wednesday, October 22, 2003 at 9:00 a.m. (PT). The dial-in phone number is 1-800-298-3006. To access the call at a later time, dial 1-800-558-5253 and enter code 21161389. The recording will be available until November 5, 2003.

TimberWest will also broadcast the conference call live on the Internet via our web site home page at [www.timberwest.com](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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