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**TIMBERWEST FOREST CORP. RESCHEDULES 2008 FOURTH QUARTER
RESULTS CONFERENCE CALL**

Vancouver (BC) – TimberWest has rescheduled its fourth quarter conference call with financial analysts to February 13, 2009, so as to include discussion related to the private placement and rights offering scheduled to close on February 11, 2009. TimberWest President and CEO Paul McElligott and CFO Bev Park will discuss the Company's fourth quarter results, which will be released on Thursday, February 12, 2009.

The conference call will take place on Friday, February 13, 2009 at 9:00 am (Pacific). The dial-in phone number is 1-800-754-1336. To access the call at a later time, please dial 1-800-558-5253 and enter code 21410937. The recording will be available until February 27, 2009.

TimberWest will also broadcast the conference call live on the internet via our website 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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