



For immediate release: February 22, 2010

**TIMBERWEST FOREST CORP. CONFERENCE CALL NOTIFICATION
2009 FOURTH QUARTER RESULTS**

Vancouver (BC) – TimberWest invites investors and media to listen-in on its fourth quarter conference call with financial analysts. TimberWest President and CEO Paul McElligott and CFO Bev Park will discuss the Company's fourth quarter results, which will be released at the end of the working day, Wednesday, March 17, 2010.

The conference call will take place on Thursday, March 18, 2010 at 8:00 am (Pacific). The dial-in phone number is 1-800-694-6219. To access the call at a later time, please dial 1-800-558-5253 and enter code 21455719. The recording will be available until April 1, 2010.

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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