



For immediate release: January 18, 2006

PRESS RELEASE

TIMBERWEST FOREST CORP. CONFERENCE CALL NOTIFICATION

FOURTH QUARTER RESULTS

VANCOUVER, January 18, 2006 - 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, February 8, 2006.

The conference call will take place on Thursday, February 9, 2006 at 8:00 a.m. (PT). The dial-in phone number is 1-800-377-5794. To access the call at a later time, dial 1-800-558-5253 and enter code 21280125. The recording will be available until February 23, 2006.

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".

For further information please contact:

Bev Park

Chief Financial Officer

Telephone: 604 654 4600

Facsimile: 604 654 4662

Email: invest@timberwest.com