



For immediate release: July 9, 2010

**TIMBERWEST FOREST CORP. CONFERENCE CALL NOTIFICATION
2010 SECOND QUARTER RESULTS**

Vancouver (BC) – 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 Robert Allen will discuss the Company's second quarter results, which will be released at the end of the working day, Tuesday, July 27, 2010.

The conference call will take place on Wednesday, July 28, 2010 at 7:00 am (Pacific). The dial-in phone number is 1-800-926-4481. To access the call at a later time, please dial 1-800-558-5253 and enter code 21473305. The recording will be available until August 11, 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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