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TIMBERWEST FOREST ANNOUNCES APPOINTMENT OF NEW CFO

Vancouver (BC) – TimberWest Forest Corp. is pleased to announce the appointment of Robert (Bob) Allen to the position of Vice President Finance and Chief Financial Officer effective June 14, 2010.

Bob joins TimberWest with a strong background in both the BC forestry industry and financial management with 20 plus years of experience building, leading, and advising corporations through complex restructurings, acquisitions/divestitures, and capital market transactions. He is the former Chief Financial Officer of Ainsworth, where he worked for some six years. He has also occupied senior roles at Skeena and Western Forest Products. He started his career in 1986 with PriceWaterhouseCoopers, where he worked for five years as Senior Audit Supervisor.

A Vancouver native, Bob is a Chartered Accountant and he also holds a BSc in Agriculture from the University of British Columbia.

As previously announced, Bev Park, Executive Vice President and CFO of TimberWest and President and Chief Operating Officer of Couverdon Real Estate will move full-time into the real estate role.

TimberWest Stapled Units are listed on the Toronto Stock Exchange under the symbol "TWF.UN".

For further information please contact:

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