

## Appendix J

**Bowater Canadian Forest Products Inc.  
Weekly Cash Flow Forecast  
18 Week Period Ended September 6, 2009  
US\$000s**

Week Ended	10-May-09	17-May-09	24-May-09	31-May-09	7-Jun-09	14-Jun-09	21-Jun-09	28-Jun-09	5-Jul-09	12-Jul-09
<b>Receipts</b>										
Trade Receipts	10,642	17,712	17,428	25,728	11,025	12,976	11,453	14,315	12,687	12,310
<b>Total Receipts</b>	<b>10,642</b>	<b>17,712</b>	<b>17,428</b>	<b>25,728</b>	<b>11,025</b>	<b>12,976</b>	<b>11,453</b>	<b>14,315</b>	<b>12,687</b>	<b>12,310</b>
<b>Disbursements</b>										
Trade Payables	(9,317)	(9,317)	(9,317)	(11,317)	(10,012)	(10,012)	(10,012)	(11,512)	(9,869)	(9,812)
Intercompany SG&A Allocation	-	(1,948)	(472)	(472)	(517)	(517)	(517)	(517)	(478)	(464)
Freight	(1,920)	(1,920)	(1,298)	(1,298)	(1,424)	(1,424)	(1,424)	(1,424)	(1,396)	(1,384)
Payroll and Benefits	(1,196)	(4,088)	(1,196)	(4,697)	(1,199)	(2,576)	(2,713)	(2,576)	(3,320)	(2,574)
Capital Expenditures	(452)	(452)	(452)	(452)	(467)	(467)	(467)	(467)	(456)	(452)
Interest	(879)	(130)	(325)	(303)	-	-	(338)	-	(1,026)	-
Restructuring Costs	(280)	(2,280)	(280)	(280)	(280)	(280)	(280)	(280)	(280)	(280)
<b>Total Disbursements</b>	<b>(14,024)</b>	<b>(20,115)</b>	<b>(13,320)</b>	<b>(18,799)</b>	<b>(13,878)</b>	<b>(15,256)</b>	<b>(15,729)</b>	<b>(16,756)</b>	<b>(16,806)</b>	<b>(14,946)</b>
<b>Cash Flow from Operations</b>	<b>(3,382)</b>	<b>(2,403)</b>	<b>4,108</b>	<b>6,929</b>	<b>(2,853)</b>	<b>(2,280)</b>	<b>(4,276)</b>	<b>(2,441)</b>	<b>(4,118)</b>	<b>(2,635)</b>
Opening Bank Balance	43,338	39,956	37,553	41,661	48,590	45,738	43,458	39,181	36,741	32,622
Cash Flow	(3,382)	(2,403)	4,108	6,929	(2,853)	(2,280)	(4,276)	(2,441)	(4,118)	(2,635)
<b>Closing Bank Balance</b>	<b>39,956</b>	<b>37,553</b>	<b>41,661</b>	<b>48,590</b>	<b>45,738</b>	<b>43,458</b>	<b>39,181</b>	<b>36,741</b>	<b>32,622</b>	<b>29,987</b>
<b>Intercompany A/R Balance</b>										
Ending Balance	54,815	56,154	57,579	54,408	56,342	57,148	58,688	59,697	59,867	61,347

Amounts in the above table are subject to rounding adjustments from the underlying balances

The information and analysis in this document have not been audited or reviewed and, according, no assurances are provided thereon. In addition, because forecasts are dependent upon numerous assumptions regarding future events, actual results will be different than forecast, and such differences may be material.

## Appendix J

**Bowater Canadian Forest Products Inc.  
Weekly Cash Flow Forecast  
18 Week Period Ended September 6, 2009  
US\$000s**

Week Ended	19-Jul-09	26-Jul-09	2-Aug-09	9-Aug-09	16-Aug-09	23-Aug-09	30-Aug-09	6-Sep-09	Total
<b>Receipts</b>									
Trade Receipts	12,642	13,101	14,116	13,879	13,998	14,027	14,280	14,218	256,538
<b>Total Receipts</b>	<b>12,642</b>	<b>13,101</b>	<b>14,116</b>	<b>13,879</b>	<b>13,998</b>	<b>14,027</b>	<b>14,280</b>	<b>14,218</b>	<b>256,538</b>
<b>Disbursements</b>									
Trade Payables	(9,812)	(9,812)	(9,243)	(10,322)	(10,322)	(10,322)	(10,322)	(10,548)	(181,198)
Intercompany SG&A Allocation	(464)	(464)	(467)	(474)	(474)	(474)	(474)	(475)	(9,667)
Freight	(1,384)	(1,384)	(1,396)	(1,424)	(1,424)	(1,424)	(1,424)	(1,504)	(26,274)
Payroll and Benefits	(2,710)	(2,574)	(3,319)	(2,574)	(2,710)	(2,574)	(2,710)	(3,185)	(48,493)
Capital Expenditures	(452)	(452)	(452)	(452)	(452)	(452)	(452)	(465)	(8,206)
Interest	-	(422)	(880)	-	-	(338)	(880)	-	(5,521)
Restructuring Costs	(260)	(260)	(260)	(260)	(260)	(260)	(260)	(260)	(6,880)
<b>Total Disbursements</b>	<b>(15,082)</b>	<b>(15,368)</b>	<b>(16,016)</b>	<b>(15,505)</b>	<b>(15,641)</b>	<b>(15,842)</b>	<b>(16,521)</b>	<b>(16,437)</b>	<b>(286,039)</b>
<b>Cash Flow from Operations</b>	<b>(2,440)</b>	<b>(2,267)</b>	<b>(1,900)</b>	<b>(1,626)</b>	<b>(1,643)</b>	<b>(1,815)</b>	<b>(2,241)</b>	<b>(2,219)</b>	<b>(29,501)</b>
Opening Bank Balance	29,987	27,547	25,280	23,380	21,754	20,112	18,297	16,066	43,338
<b>Cash Flow</b>	<b>(2,440)</b>	<b>(2,267)</b>	<b>(1,900)</b>	<b>(1,626)</b>	<b>(1,643)</b>	<b>(1,815)</b>	<b>(2,241)</b>	<b>(2,219)</b>	<b>(29,501)</b>
<b>Closing Bank Balance</b>	<b>27,547</b>	<b>25,280</b>	<b>23,380</b>	<b>21,754</b>	<b>20,112</b>	<b>18,297</b>	<b>16,056</b>	<b>13,837</b>	<b>13,837</b>
<b>Intercompany A/R Balance</b>	<b>62,860</b>	<b>63,666</b>	<b>64,168</b>	<b>64,704</b>	<b>65,155</b>	<b>65,585</b>	<b>65,860</b>	<b>66,645</b>	<b>66,645</b>
<b>Ending Balance</b>	<b>62,860</b>	<b>63,666</b>	<b>64,168</b>	<b>64,704</b>	<b>65,155</b>	<b>65,585</b>	<b>65,860</b>	<b>66,645</b>	<b>66,645</b>

Amounts in the above table are subject to rounding adjustments from the underlying balances

The information and analysis in this document have not been audited or reviewed and, according, no assurances are provided thereon. In addition, because forecasts are dependent upon numerous assumptions regarding future events, actual results will be different than forecast, and such differences may be material.

**Bowater Canadian Forest Products Inc. ("BCFPI")**  
**Notes to Weekly Cash Flow Forecast**  
**18 Week Period Ended September 6, 2009**  
**US\$000s**

1. **Trade Receipts** are based on BCFPI's estimate of collection terms and BCFPI's latest sales forecast and includes both third party and intercompany receipts.
2. **Trade Payables** represent payments for raw materials, repairs and maintenance, utilities and other production items.
3. **Intercompany SG&A Allocation** represents expenses incurred by BCFPI's parent company on behalf of BCFPI which are charged to BCFPI starting the week ended May 17, 2009, pursuant to its normal process for the allocation of such costs. These intercompany SG&A costs are assumed to be settled in cash on a weekly basis.
4. **Freight** represents disbursements in respect of costs to deliver product to customers.
5. **Payroll and Benefits** represent amounts paid to employees for salaries and wages (including the related withholdings), pension payments and other benefits due under employee benefit programs. The forecast assumes that only those pension payments in respect of current service costs will be paid.
6. **Capital Expenditures** are costs scheduled to be made in accordance with agreements with BCFPI's various capital equipment suppliers and reflect requirements pursuant to BCFPI's most recent capital expenditure budget.
7. **Interest** represents interest costs for the company's senior secured revolving facility, the existing secured term loan and the new DIP facility.
8. **Restructuring Costs** represent costs related to the restructuring including closing fees related to the new BCFPI DIP facility.
9. The cash flows included in the forecast include only those BCFPI mills in Canada. No funding or dividends from foreign subsidiaries are included in the forecast.
10. The intercompany accounts receivable balance represents pre-filing and post-filing sales to customers in the United States by BCFPI through Bowater America Inc. This amount is assumed not to be stayed and is collected by BCFPI from Bowater America Inc. in the normal course.