



## Press Release

For Immediate Release

### **Cominar Real Estate Investment Trust Announces October 2010 Monthly Distribution**

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#### **TSX - CUF.UN**

Quebec City, October 15, 2010 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today a distribution of 12.0 cents per unit to unitholders of record as at October 29, 2010, payable on November 15, 2010.

#### **PROFILE as at October 15, 2010**

Cominar is the largest commercial property owner in the Province of Québec. The REIT owns a real estate portfolio of **243 high-quality properties, consisting of 45 office, 51 retail and 147 industrial and mixed-use buildings that cover a total area of over 19.5 million square feet in the Greater Québec City, Montréal and Ottawa areas as well as in the Atlantic provinces**. Cominar’s objectives are to deliver growing cash distributions to its unitholders and to maximize unitholder value through proactive management and the growth of its portfolio.

The REIT has a distribution reinvestment plan for its unitholders that allows participants to reinvest their monthly distributions in additional Trust units. Participants will be given the right to receive an effective discount of 5% of distributions to which they are entitled in the form of additional units. Additional information and enrolment forms are available at [www.cominar.com](http://www.cominar.com).

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