

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust Announces
November 2008 Monthly Distribution**

TSX - CUF.UN

Quebec City, November 17, 2008 — 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 November 28, 2008, payable on December 15, 2008.

PROFILE as at November 17, 2008

Cominar is the largest commercial property owner in the Province of Quebec. The REIT owns a real estate portfolio of **213 high-quality properties, consisting of 37 office, 38 retail and 138 industrial and mixed-use buildings that cover a total area of over 18.2 million square feet in the Greater Quebec City, Montreal and Ottawa areas.** 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.

- 30 -

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