

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust
to Announce Third Quarter Results
November 13, 2008**

TSX - CUF.UN

Quebec City, October 8, 2008—Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today that it will release its 2008 third quarter results on Thursday, November 13, 2008.

Management will also hold a conference call on the same day at 11:30 a.m. (ET) to discuss the REIT’s financial results and performance for the three months ended September 30, 2008. Presentation materials will be made available on our website at www.cominar.com prior to the call.

To take part in the conference call, please dial 1-800-732-9307. To ensure your participation, please dial in five minutes prior to the start of the call.

For those unable to participate, a taped re-broadcast will be available from Thursday, November 13, at 1:30 p.m. to Thursday, November 20, at 11:59 p.m. by dialing 1-877-289-8525, followed by the code 21284087#.

The event will be simultaneously webcast at www.q1234.com and archived for 90 days.

PROFILE as at October 8, 2008

Cominar is the largest commercial property owner and manager in the Province of Québec. Cominar owns a real estate portfolio of 213 high quality properties, consisting of 37 office, 39 retail and 137 industrial and mixed-use buildings that cover a total area of over 18.1 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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