

Press Release
For Immediate Release

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

TSX - CUF.UN

Quebec City, August 19, 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 August 29, 2008, payable on September 15, 2008.

PROFILE as at August 19, 2008

Cominar is one of the largest commercial property owners and managers in the Province of Quebec. The REIT owns a real estate portfolio of **212 high-quality properties, consisting of 36 office, 39 retail and 137 industrial and mixed-use buildings that cover a total area of over 17.6 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.

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For more information, please contact:

Michel Dallaire, P.Eng., President and Chief Executive Officer

Michel Berthelot, CA, Executive Vice President and Chief Financial Officer

Tel: (418) 681-8151

mdallaire@cominar.com

mberthelot@cominar.com