

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust Announces
December 2005 Monthly Distribution**

TSX - CUF.UN

Quebec City, December 19, 2005—Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today a distribution of 11.0 cents per unit to unitholders of record as at December 30, 2005, payable on December 30, 2005. The December monthly distribution includes a special distribution of one cent per unit, bringing the 2005 annual distribution to \$1.21 per unit.

PROFILE as at December 19, 2005

Cominar is one of the largest commercial real estate property owners and managers in the province of Quebec. It owns a high quality portfolio of **125 properties in the Greater Montreal and Quebec City areas, consisting of 14 office, 27 retail and 84 industrial and mixed-use buildings, totaling approximately 9.5 million square feet.** The REIT’s objectives are to deliver to its unitholders growing cash distributions and to maximize unitholder value through proactive management and accretive growth of its portfolio.

Cominar has a distribution reinvestment plan for its unitholders that allows participants to reinvest their monthly cash distributions in additional Cominar units **at an effective discount of 5%**. Additional information and enrolment forms are available at www.cominar.com.

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