

**Press Release**  
For Immediate Release

**Cominar Real Estate Investment Trust Announces  
October 2009 Monthly Distribution**

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**TSX - CUF.UN**

Quebec City, October 15, 2009 — 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 30, 2009, payable on November 16, 2009.

**PROFILE as at October 15, 2009**

Cominar is the largest commercial property owner in the Province of Quebec. The REIT owns a real estate portfolio of **215 high-quality properties, consisting of 38 office, 38 retail and 139 industrial and mixed-use buildings that cover a total area of over 18.5 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](http://www.cominar.com).

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