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RETROCOM MID-MARKET REIT ANNOUNCES STRATEGIC INITIATIVE TO ENHANCE SHAREHOLDER VALUE

Toronto, Ontario – November 30, 2005 – (TSX:RMM.UN) - **Retrocom Mid-Market Real Estate Investment Trust** (the “REIT”) announced today that it has initiated a strategic process so that the public market trading price of its units will more closely reflect the underlying value of its assets.

“In light of recent valuations in real estate markets, we believe that the trading price of the REIT’s units is below the underlying value of its property portfolio,” said Michael Steplock, President and Chief Executive Officer. Patrick Lavelle, Chairman of the Board of Trustees confirmed, “We are determined to find ways to unlock the significant unitholder value that exists.”

In this regard, the Board of the REIT has established a special committee comprised of Patrick J. Lavelle, Walter Davies and Christopher J. Cann. Working with financial advisors to be retained by it, this committee has been charged with the mandate to review and make recommendations in respect of strategies available to the REIT in its efforts to enhance the value of the REIT’s units.

About Retrocom Mid-Market REIT

Retrocom Mid-Market REIT is an Ontario unincorporated open-end real estate investment trust which focuses on owning and acquiring mid-market commercial properties in primary and secondary cities across Canada with the objective of producing a geographically diversified portfolio of properties with stable and growing cash flows. Further information can be found at <http://www.retrocomreit.ca>.

Certain statements contained in this news release may include forward-looking information with respect to Retrocom Mid-Market Real Estate Investment Trust’s operations and future financial results. Such statements are based on current expectations, are subject to a number of uncertainties and risks, and actual results may differ materially from those contained in such statements. These uncertainties and risks include, but are not limited to, economic, competitive and commercial real estate conditions. Further information can be found in the disclosure documents filed by Retrocom Mid-Market Real Estate Investment Trust with the securities regulatory authorities, available at <http://www.sedar.com/>.

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