## FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL	
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### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person * Kalish Isaac	2. Issuer ONE LIBERTY PROPERTIES INC	Ticker or Trading Symbol [OLP]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle) 60 CUTTER MILL ROAD SUITE 303	3. Date of Earliest Transaction (Month/Day/Y 08/03/2023	· · · · · · · · · · · · · · · · · · ·	<ul> <li>Director</li> <li>Officer (give title below) Sr Vice President and CFO</li> </ul>	10% Owner Other (specify below)			
(Street) <u>GREAT NECK, NY 11021</u> (City) (State) (Zip)	4. If Amendment, Date Original Filed (Month	/Day/Year)	<ul> <li>6. Individual or Joint/Group Filing (Will be automatically set)</li> <li>Form filed by One Reporting Person</li> <li>Form filed by More than One Reporting Person</li> </ul>				
	Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.						

#### 1.Title of Security 2. Transaction Date 2A. Deemed 3. Transaction Code 4. Securities Acquired (A) or Disposed of (D) 6. Ownership 7. Nature of Indirect Beneficial 5. Amount of (Instr. 3) (Month/ Day/ Year) Execution Date, if any (Instr. 8) (Instr. 3, 4 and 5) Securities Beneficially Form: Direct Ownership (Month/ Day/ Year) Owned Following (D) or Indirect (Instr. 4) Code V Amount (A) or (D) Price Reported (I) Transaction(s) (Instr. 4) (Instr. 3 and 4) Common Stock 08/03/2023 Α 4,000 Α (1) 70,544.657 (2) D Common Stock Ι By Gould Investors L.P. 19,438 (3) pension trust Common Stock 155,033 (4) T By REIT Mgt. Corp. pension and profit sharing trusts Common Stock I By BRT Apartments Corp. 4,169 (5) Pension Trust Common Stock Т As custodian for children 6,434.200 (2) pursuant to UGMA Common Stock 4,076.406 (2) (6) I By daughter

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security	2. Conversion	3. Transaction	3A. Deemed	4. Transaction	Code	5. Numbe	r of	6. Date Exercisable a	and Expiration Date	7. Tit	le and Amount of Underlying	8. Price of	9. Number of	10.	11. Nature of
(Instr. 3)	or Exercise	Date (Month/Day/	Execution Date, if	(Instr. 8)		Derivativ	e	(Month/ Day/ Year)		Secu	rities	Derivative	Derivative	Ownership	Indirect
	Price of	Year)	any (Month/ Day/			Securities	8			(Instr	r. 3 and 4)	Security	Securities	Form of	Beneficial
	Derivative		Year)			Acquired	(A) or					(Instr. 5)	Beneficially	Derivative	Ownership
	Security					Disposed	of (D)						Owned	Security:	(Instr. 4)
						(Instr. 3, 4, and 5)		4, and 5)					Following	Direct (D)	
				Code	V	А	D	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	1	Reported Transaction(s) (Instr. 4)	or Indirect (I) (Instr. 4)	

#### **Explanation of Responses:**

- 1. Represents the date that the compensation committee determined that the metrics with respect to the shares underlying the RSUs granted in 2020 had been satisfied. The related performance period ended June 30, 2023.
- 2. Includes shares acquired through issuer's dividend reinvestment plan.
- 3. Reporting person is a trustee of Gould Investors L.P. Pension Trust.
- 4. Reporting person is a trustee of each of the REIT Management Corp. Pension Plan and the REIT Management Corp. 401(k) Tax Deferred Savings Plan Profit Sharing Trust, which in the aggregate own the number of shares shown.
- 5. Reporting person is a trustee of BRT Apartments Corp. Pension Trust, which owns these shares.
- 6. Represents shares received by reporting person's daughter as a gift from a third party. Reporting person disclaims any interest in these shares.

#### Remarks:

/s/ Isaac Kalish	08/07/2023			
**Signature of Reporting Person	Date			

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed.

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