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Form 4

Revision No.: 2020-07-31

UNITED STATES SECURITIES AND EXCHANGE COMMISSIO
Washington, D.C. 20549

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## FORM 4

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

#### 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 * GOULD MATTHEW J	2. Issuer ONE LIBERTY PROPERTIES INC	Ticker or Trading Symbol [OLP]	5. Relationship of Reporting Person(s) to (Check all ap	pplicable)
(Last) (First) (Middle)	3. Date of Earliest Transaction (Month/Day/Y	(ear)	<b>✓</b> Director	10% Owner
60 CUTTER MILL ROAD, SUITE 303	07/31/2020		Officer (give title below)  SENIOR VICE PRESIDENT	Other (specify below)
(Street) GREAT NECK, NY 11021	4. If Amendment, Date Original Filed (Month	/Day/Year)	6. Individual or Joint/Group Filing (Will Form filed by One Reporting Person	• •
(City) (State) (Zip)			Form filed by More than One Reporting	

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

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3. Transaction (Instr. 8)	n Code	4. Securities Acc (Instr. 3, 4 and 5	_		Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
		Code	V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	07/31/2020	J		2,746	A	(1)	25,581	D	
Common Stock	07/31/2020	J		147	A	(1)	14,126 (2)	I	By Gould Shenfeld Family Foundation
Common Stock	07/31/2020	1		105	A	(1)	4,149 <sup>(3)</sup>	I	By BRT Apartments Corp. Pension

Common Stock	07/31/2020	J	44,678	A	(1)	1,885,687.215 (4)	I	By Gould Investors L.P.

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

	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Yea r)	(Instr. 8)	tion Code	5. Numb Derivativ Securitie Acquired Disposed (Instr. 3, 5)	ye s (A) or l of (D)	6. Date Exei Expiration I (Month/Day	Date	7. Title and Underlying § (Instr. 3 and	Securities 4)	Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following	Form of Derivative	11. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	(A)		Date Exercisable	Expiration Date		Amount or Number of Shares				

#### Explanation of Responses:

- 1. On June 10, 2020, the issuer declared a quarterly dividend on its common stock of \$.45 per share, payable on July 31, 2020 to stockholders of record on June 22, 2020. Stockholders were entitled to elect whether the dividend payable to them would be paid in cash or shares of the issuer's commons stock, provided that, with certain exceptions, 50% of the aggregate dividend to be paid by the issuer would be paid in each of cash and shares of common stock (the "Limitation"). The number of shares in column 4 represents the shares issued to the recipient after giving effect to the Limitation.
- 2. Reporting person is a trustee of the Gould Shenfeld Family Foundation.
- 3. Reporting person is a trustee of the BRT Apartments Corp. Pension Trust, which owns these shares.
- 4. These shares are owned by Gould Investors L.P. Reporting person is the chairman of the corporate managing general partner of Gould Investors L.P., and he holds limited partnership interests in Gould Investors L.P. These shares represent all of the shares of issuer owned by Gould Investors L.P., including shares in which he does not have a pecuniary interest. Includes shares obtained through the issuer's dividend reinvestment plan.

Rem	arl	ks	:
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/s/ Matthew J. Gould	08/04/2020
**Signature of Reporting Person	Date

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

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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

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