UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

FORM 8-K CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) June 8, 2010

ONE LIBERTY PROPERTIES, INC.

(Exact name of Registrant as specified in charter)

Marylan	d 001-09279	13-3147497
(State or o	other (Commission file N	o.) (IRS Employer
jurisdic	tion of	I.D. No.)
incorporation)		
	60 Cutter Mill Road, Suite 303, Great	
	(Address of principal executive offices	s) (Zip code)
	516-466-3100)
	Registrant's telephone number, i	ncluding area code
satisfy the filir	the appropriate box below if the Form 8- ag obligation of the registrant under any oction A.2. below):	of the following provisions (see
CFR 230.425)	Written communications pursuant to Ru	le 425 under the Securities Act (17
240.14a-12)	Soliciting material pursuant to Rule 14a-	-12 under the Exchange Act (17 CFR
□ Exchange Act	Pre-commencement communications pu (17 CFR 240.14d-2(b))	rsuant to Rule 14d-2(b) under the
□ Exchange Act	Pre-commencement communications pu (17 CFR 240.13e-4(c))	rsuant to Rule 13e-4(c) under the

Item 7.01 Regulation FD Disclosure.

Certain executive officers of One Liberty Properties, Inc. will be attending a conference commencing on June 9, 2010, which is sponsored by NAREIT, the National Association of Real Estate Investment Trusts. These executive officers expect to meet with analysts and other persons and may provide them with copies of, or discuss the information set forth in, the attached presentation.

Pursuant to Regulation FD, the registrant hereby furnishes the information contained in the presentation materials attached as Exhibit 99.1 to this Current Report on Form 8-K, which information is incorporated into this Item 7.01 by this reference.

The information in this Current Report on Form 8-K under this Item 7.01, as well as Exhibit 99.1, shall not be deemed "filed" for the purposes of Section 18 of the Securities Exchange Act of 1934, as amended, or otherwise subject to the liabilities of that Section, nor shall it be deemed incorporated by reference in any filing under the Securities Act of 1933, as amended, or the Securities Exchange Act of 1934, as amended, except as shall be expressly set forth by specific reference in such a filing. The furnishing of this Report is not intended to constitute a determination by the registrant that the information is material or that the dissemination of the information is required by Regulation FD.

Item 9.01 Financial Statements and Exhibits.

- (d) Exhibits.
 - 99.1 Presentation June 9, 2010

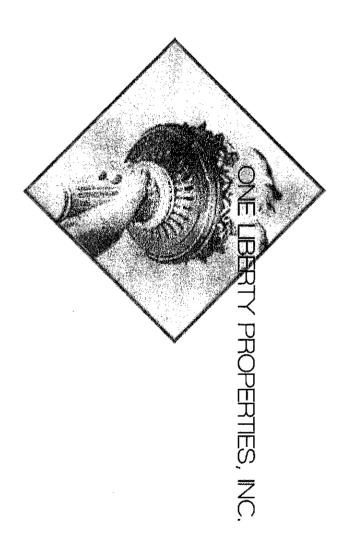
Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

ONE LIBERTY PROPERTIES, INC.

Date: June 8, 2010

By: /s/ Simeon Brinberg Simeon Brinberg Senior Vice President

EXHIBIT 99.1



One Liberty Properties

NAREIT Presentation June 2010

Safe Harbor Statement

achieve the final objectives referred to above. We undertake no obligation to publicly appear in the Company's Form 10-K for the year ended December 31,2009. You should tenants. We intend such forward looking statements to be covered by the safe harbor assessments of certain trends, risks and uncertainties, which assumptions appear to be and Section 21E of the Securities and Exchange Act of 1934, as amended. These and the resulting yield and the acquisition pipeline, together with other statements and update or revise any forward-looking statements included in this presentation, whether as a could materially affect actual results, performance or achievements and our ability to uncertainties and other factors which are, in some cases, beyond our control and which not rely on forward looking statements since they involve known and unknown risks outcomes or other events to differ materially from any such forward looking statements unexpected lease defaults by our tenants or fluctuations in the economy that affect our statements involve assumptions and forecasts that are based upon our current forward looking within the meaning of Section 27A of Securities Act of 1933, as amended, information publicly disseminated by One Liberty Properties, Inc. (the "Company"), is Certain information contained in this presentation, including the guidance relating to FFO result of new information, future events or otherwise. harbor provisions. Information regarding certain important factors that could cause actual provision for forward looking statements contained in the Private Securities Litigation reasonable to us at the time they are made. These amounts may fluctuate as a result of Reform Act of 1995 and include this statement for the purpose of complying with these safe

History of One Liberty Properties

- Gould Investors LP became the controlling shareholder in 1989
- Fredric Gould, chairman of OLP, controls 16.4 % of the stock
- Directors & Officers control over 25% of the stock
- Since 1999 total assets have increased by over 400%

One Liberty Properties Overview

- Internally managed net lease equity REIT
- Focused on U.S. single tenant commercial real estate with long term leases
- Acquired properties by balancing fundamental real estate analysis with tenant credit evaluation
- Analysis focused on value of property, local demographics, and tenants operations
- Ability to re-rent or dispose of property on favorable terms upon lease expiration or early termination
- Diversified portfolio by tenant, property type & geography
- Own 77 properties including 4 properties owned by 4 joint ventures
- \$41.1mm of 2010 contractual rental revenue⁽¹⁾ including OLP's \$1.3mm share ot rental income from joint ventures
- Total square footage of 4.97mm including 1.15mm from joint ventures

Investment Highlights

- High performing portfolio with embedded growth
- 98.6% occupied as of 12/31/09
- At least 97.5% occupied for the last 5 years
- 95% of 2010 contractual rental income provides for rent increases
- Ability to make opportunistic acquisitions at attractive values
- Current LOIs and contracts of approximately \$35 million
- Currently analyzing a diverse pipeline a new opportunities
- High level of transparency and earnings stability
- 2010 FFO⁽¹⁾ / share expected to be between \$1.55 and \$1.64⁽²⁾ based on outstanding shares ⁽³⁾
- 1Q10 annualized FFO yield of approximately 10.9%⁽⁴⁾
- Experienced management team
- Low leveraged balance sheet with net debt of \$209 mm
- High current income (current dividend is 8.0%)⁽⁵⁾

⁽¹⁾ FFO calculated in accordance with the NAREIT definition, adds back to net income depreciation of properties. One Liberty's share of depreciation of its unconsolidated joint ventures and amortization of capitalized leasing expenses and deducts One Liberty's share of gain on the disposition of real estate if any. Funds from operations (FFO) should not be deemed to be a measure of liquidity. FFO does not represent cash generated from operations as defined by generally accepted accounting principles (GAAP) and is not indicative of cash available to fund all cash needs, including distributions. It should not be considered as an attenrative to net income for the purpose of evaluating the Company's performance on careful portfolio; does not include future acquisitions; There can be no assurance that the actual FFO for the 2010 year will not differ for the range provided.

(2) Based on 11.45mm common shares outstanding on 3/3/1/10

(3) Based on 1Q10 FFO/share (diluted) of \$0.41 and closing price of OLP stock \$15.00 on 6/1/10

⁽⁵⁾ Based on \$0.30 quarterly dividend and closing price of OLP stock of \$15.00 on 6/1/10

Recent Developments

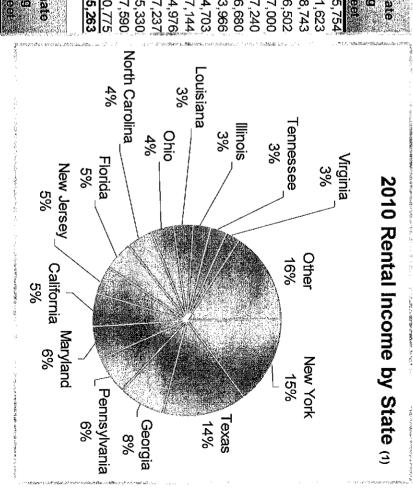
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- On February 24, 2010, we acquired a retail shopping center in Royersford, PA (a suburb of Philadelphia) for \$23.5mm
- Approximately \$17.7 mm was paid by the assumption of a first mortgage, and the balance was paid in cash
- 194,000 square feet on 33 acres; co-anchored by Giant Food Stores and Kohls
- On March 9, 2010, we reinstated our quarterly cash dividend
- Increased dividend by 36% to \$0.30
- On May 6, 2010, we reported 1Q10FFO⁽¹⁾of \$0.41 per share (diluted)
- On May 26, 2010, announced the extension and modification of our line of credit the greater of 90 day Libor plus 3% or 6% per annum extending the maturity until March 31, 2012. We can borrow up to \$40 million at

A Geographically Diverse Portfolio

Control of the Contro

	A		1
109.509	\$99,318	2	Georgia
927,685	\$562,500	_	Wisconsin
112,260	\$603,594	1	Nebraska
Building Square Feet	2010 Contractual Rental Income (2)	Number of Propeாiக	State
		roperties	Joint Venture Properties
3,825,263	\$39,825,548	73	Total
670,775	\$5,385,730	19	Other
147,590	\$1,036,044	ω	Virginia
35,330	\$1,079,367		Tennessee
97,237	\$1,258,630	ω	Illinois
64,976	\$1,321,204	ហ	Louisiana
197,144	\$1,651,084	2	Ohio
94,703	\$1,810,259	2	North Carolina
103,966	\$2,015,585	ე	Florida
106,680	\$2,034,921		New Jersey
137,240	\$2,223,556	2	California
367,000	\$2,340,923		Maryland
366,502	\$2,553,724	ယ	Pennsylvania
298,743	\$3,150,157	တ	Georgia
521,623	\$5,773,100	10	Texas
615,754	\$6,191,264	10	New York
Square Feet	Rental Income (ii)	Properties 🌊	State
Apporximate Building	2010 Contractual *	Number of	
		Properties	Windiny Ewin elegated pleinlies



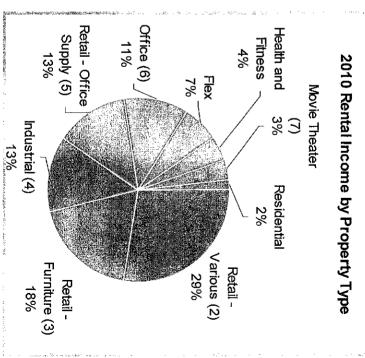
თ (1) Includes (a) rental income that is payable in 2010 under leases existing at December 31, 2009, (b) rental income that is payable in 2010 on tenancy in common interest and (c) rental income that is payable in 2010 under leases at a community shopping center acquired on February 24, 2010.

(2) OLP's share of income from JV properties

Diversification Across Sectors

Diversified portfolio of retail, industrial, office and other properties under long term leases

100.0%	\$39,825,548	73		Total
1.8%	\$700,000			Residential
3.5%	\$1,384,267		_	Movie Theater (7)
4.5%	\$1,783,128	ω	ω	Health and Fitness
6.5%	\$2,596,846	2	ω	Flex
11.3%	\$4,490,385	ω	ω	Office (6)
13.0%	\$5,188,383	12	12	Retail - Office Supply (5)
13.5%	\$5,362,762	00	7	Industrial (4)
18.4%	\$7,325,227	15	ΟΊ	Retail - Fumiture (3)
27.6%	\$10,994,550	28	ၾ	Retail - Various (2)
%of 2010 Contractual Rental Income	No. of No. of 2010 Contractual (Tenants Properties Rental Income (1) Re		No of No of Tenants Propertie	lype of Property



rential income that is payable to us in 2010 under leases at a community shopping center we acquired on February 24, 2010.

(2) Fourteen of the retail properties are net leased to single tenants. Five properties are net leased to a total of 21 separate tenants pursuant to separate leases and eight properties are net leased to one tenant pursuant to a master (1) Our 2010 contractual rental income includes (a) rental income that is payable to us in 2010 under leases existing at December 31, 2009, (b) rental income that is payable to us in 2010 on our tenancy in common interest, and (c)

⁽³⁾ Eleven properties are net leased to Haverty Furniture Companies, Inc. pursuant to a master lease overing all locations. Four of the properties are net leased to single tenants. (4) includes one vacant property.
(5) Includes the properties which are net leased to one tenant pursuant to ten separate leases. Eight of these leases contain cross-default provisions.
(6) Includes a property in which we own a 50% tenancy in common interest.
(7) We are the ground lessee of this property under a long-term lease and net lease the movie theater to an operator.

Portfolio Overview: Tenant Base

Top 5 Tenants

Office Depot, Inc.	11.1%	œ
Haverty Furniture Companies, Inc.	10.8%	Not Rated
Ferguson Enterprises, Inc.	5.9%	Not Rated
DSM Nutritional Products, Inc.	5.1%	Ą
L-3 Communications Corporation	4.6%	BBB-
All others 62.59	62.5%	



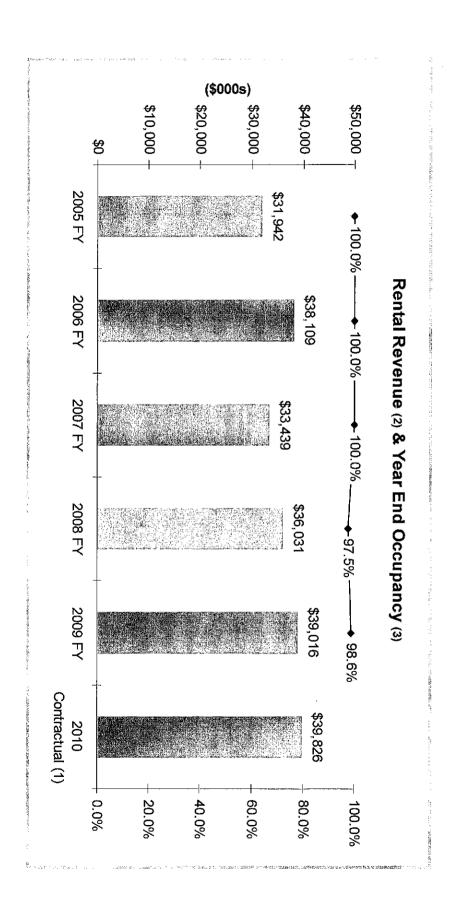


Office DEPOT.

Nobody expects more from us than we do"

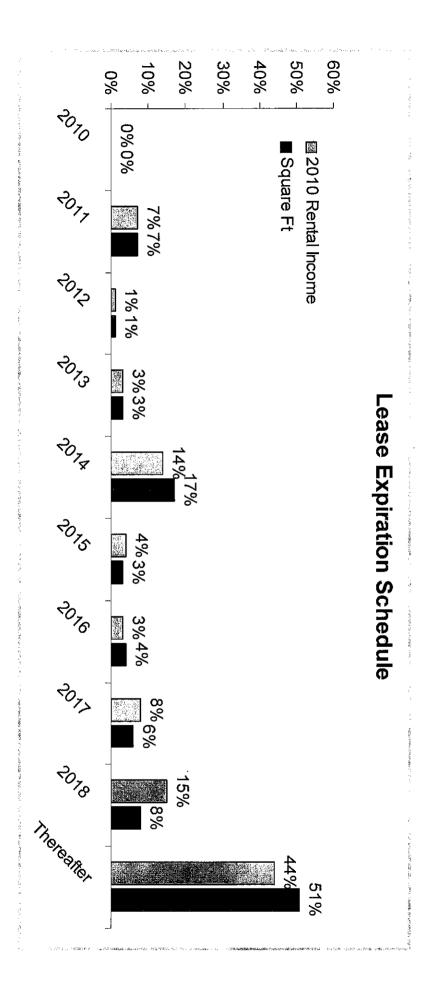


Stable Financial Performance



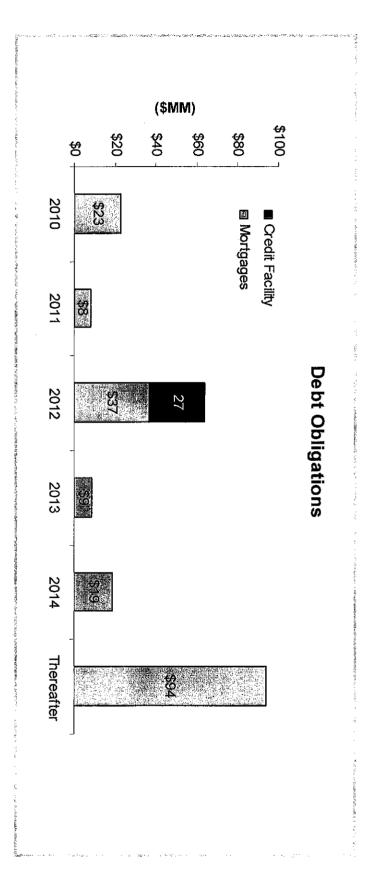
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Note: 2010 Rental Income excludes \$3.08mm of discontinued operations, primarily from eight properties that were sold or conveyed to lenders by deeds-in-lieu of foreclosure
(1) includes (a) rental income that is payable in 2010 under leases existing at December 31, 2009, (b) rental income that is payable in 2010 on tenancy in common interest, and (c) rental income that is payable in 2010 on tenancy in common interest, and (c) rental income that is payable in 2010 on tenancy in common interest, and (c) rental income that is payable in 2010 on tenancy in common interest, and (c) rental income that is payable in 2010 on tenancy in common interest, and (c) rental income that is payable in 2010 under leases at a community shopping center acquired on February 24, 2010
(2) Occupancy rates are year end for wholly-owned properties
(3) Occupancy rates are for wholly-owned properties



Financing Strategy

- Emphasis on long-term fixed rate debt to lock-in returns
- 88% of total debt is fixed rate and non recourse
- As of 3/31/10, had 49% mortgage debt / total assets
- Amortizing principal and laddered maturities to create manageable maturity
- schedule 2010 schedule amortization of principal balances of approximately \$4.7 million



Acquisition Strategy

- Focus on retail and operational essential industrial and office
- Emphasis on the underlying real estate fundamentals
- Focus on markets or industry sectors offering superior risk-adjusted returns
- Long-term net leases with scheduled rent increases
- Ability to identify and understand the intrinsic value of a property enabling quick reaction to acquisition opportunities across all sectors

Sources of Acquisitions

- Senior management's industry contacts
- Brokers
- Off market transactions
- Leasing agents
- Developers
- Investment banks
- Private equity/LBO

Acquisition Pipeline

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- On March 4, 2010, we entered into an agreement to purchase from one seller in a saleapproximately 13,500 aggregate square feet for approximately \$6.1 million leaseback transaction five single tenant quick service restaurants in Pennsylvania, with
- We expect to close on three of the properties prior to June 30, 2010 and we are completing due diligence on the other sites
- to a long-term lease with a national retailer for approximately \$9 million We are also negotiating to acquire an 85,000 square foot retail building in Missouri, subject
- A letter of intent was signed by us and the seller and we expect to close on the transaction prior to June 30, 2010, subject to final agreement.
- a long-term lease with a national retailer for approximately \$20 million We are negotiating to acquire a 47,000 square foot retail building in Connecticut, subject to
- We expect to close on the transaction prior to September 30, 2010, subject to final agreement
- Simultaneously with the closing, we will assume \$13 million of fixed rate mortgage debt

Case Study

- On February 24, 2010 acquired a retail shopping center in Royersford, PA (a suburb of Philadelphia)
- The center is 99% occupied and leased to 10 different tenants

Yield on Equity	Annual Interest Expense Net to OLP	Annual Rental Income Estimated recurring expenses	Net Equity Invested	Purchase Price Mortgage Assumed	(\$mm)
And a second property of the first second se	↔	↔	\$	↔	
14.7%	0.9	0.1	5.9	23.5	S − 2° Am2/26
Other Tenants:	e oftwo Bhinnis is distillation blocks at all the light	Co-Anchors:	Land Area:	Square Feet:	Property Facts
TD Bank KFC WaWa	(with guarantee from Koninklifke Ahold, n.v.)	Kohl's Giant Food Stores	33 acres	194,000	ty Facts

Marshalls

Management Team

Simeon Brimberg	David W. Kalish SVP, CPO	Lawrence G. Ricketts, Jr. EVP, COO	Patrick J. Callan, Jr. President & CEO	Fredric II. Could Chairman
 Served as a Senior Vice President since 1989 Secretary of BRT Realty Trust since 1983, a Senior Vice President of BRT Realty Trust since 1988 and a Vice President of the managing general partner of Gould Investors L.P. since 1988 Attorney-at-law and a member of the bar of the State of New York. 	 Served as Senior Vice President and Chief Financial Officer since June 1990 Served as Senior Vice President, Finance of BRT Realty Trust since August 1998 and Vice President and Chief Financial Officer of the managing general partner of Gould Investors L.P. since June 1990 Certified Public Accountant. 	 Chief Operating Officer since January 2008, and Vice President since December 1999 (Executive Vice President since June 2006) Employed by One Liberty Properties, Inc. since January 1999 	 Director since June 2002; President since January 2006 and Chief Executive Officer since January 2008 Senior Vice President of First Washington Realty, Inc. from March 2004 to November 2005 Vice President of Real Estate for Kimco Realty Corporation, a real estate investment trust, from May 1998 to March 2004. Employed by Kimco Realty Corporation from November 1987 to March 2004 	 Chairman of the board since June 1989, Chief Executive Officer from December 1999 to December 2001 and from July 2005 to December 2007 Chairman of the board of BRT Realty Trust, a mortgage REIT, since 1984 Chairman of the Managing General Partner of Gould Investors L.P., since December 1997 Director of EastGroup Properties, Inc., since 1998

Portfolio of Properties By State As of June 1, 2010

i constant			
58,800	GA	Tucker	LA Fitness International, LLC
7,959	GA	Savannah	Lanier Realty Inc. (Outparcel to Kmart above)
101,550	GA	Savannah	Kmart Corporation
50,400	GA	Morrow	The Sports Authority, Inc.
32,052	GA	Kennesaw	Office Depot, Inc.
65,951	GA	Fayetteville	Havertys Fumiture
50,260	GA	Duluth (Gwinnett Place)	Havertys Furniture
41,280	GA	Athens	Athens (Michaels Arts & Crafts and Office Depot)
			Georgia
103,966			5
10,361	된	West Palm Beach	BellSouth Telecommunications, Inc.
22,700	핃	Pensacola	Office Depot, Inc.
15,912	된	Naples	OfficeMax, Inc.
25,000	끧	Miami Springs	Office Depot, Inc.
29,993	핃	Ft. Myers	Barnes & Noble Superstores, Inc.
			Florida
23,547			
23,547	D€	Newark	CompUSA Retail, Inc./Systemax, Inc.
			Delayvare
45,000			
45,000	8	Greenwood Village	The Sports Authority, Inc.
			Colorado
137,240			N
106,262	CA	Los Angeles	Playboy Entertainment Group, Inc.
30,978	CA	East Palo Alto	Office Depot, Inc.
T T	And the second s		California
Square Feet	State	o.a. City	Name or Tenant/d.b.a.
7	The state of the s		The second secon

Portfolio of Properties By State As of June 1, 2010

367,000	The state of the s	Appropriate to the control of the co	Activities was a second and the seco
367,000	MD	Baltimore	Ferguson Enterprises, Inc.
			Maryland
91,400			7
91,400	ME	Saco	Huttig Building Products, In.c
			Waine
64,976			Ċ
2,806	⋝	Monroe	Pantry Gas Station and Convenience Store
2,756	5	Monroe	Pantry Gas Station and Convenience Store
54,229	Ā	Lake Charles	Lake Charles (Office Depot, PetSmart, Party City)
2,578	Ā	Kentwood	Pantry Gas Station and Convenience Store
2,607	5	Bastrop	Pantry Gas Station and Convenience Store
			Louisiana
30,173			1
30,173	₹	Lexington	Havertys Furniture
			Kentucky
88,108			1
88108	₹	Witchita	Havertys Furniture
			Kansas
97,237			3
22,768	F	Gurnee	La-Z-Boy
23,939	F	Chicago	Office Depot, Inc.
50,530	IL	Champaign	Champaign (Barnes & Noble and Bed, Bath & Beyond)
			Illinois
Square Feet	State	City	Name or Tenant/d.b.a.
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Portfolio of Properties By State As of June 1, 2010

106,680			7
106,680	Z	Parsippany	DSM Nutritional Products Inc.
			New Jersey.
112,260			1
112,260	NE	Lincoln	Shopko Stores, Inc.
			Nebraska
14,450			4
2,790	MS	Vicksburg	Pantry Gas Station and Convenience Store
4,505	MS	Vicksburg	Pantry Gas Station and Convenience Store
4,505	MS	Flowood	Pantry Gas Station and Convenience Store
2,650	MS	D'iberville	Pantry Gas Station and Convenience Store
			Wississippi
202,000			2
72,000	M	Grand Rapids (OHSS)	Saint Mary's Health Mgmt Co. (Trinity Health - Michigan)
130,000	MI	Grand Rapids (EHAC)	Saint Mary's Health Mgmt Co. (Trinity Health - Michigan)
			Michigan
49,151			4
12,054	MA	Somerville	Walgreen Co.
18,572	MA	Everett	Pep Boys - Manny, Moe & Jack
8,775	MA	Marstons Mills	CVS Caremark Corporation
9,750	MA	Hyannis	CVS Caremark Corporation
			Wassachussetts
Square Feet	State	City	Name or Tenant/d.b.a.
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Portfolio of Properties By State As of June 1 2010

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Name or Tenant/d.b.a.	City	State	Square Feet
New York Service Servi			
OfficeMax, Inc.	Batavia	Ą	23,483
The City of New York	Brooklyn	NΥ	66,000
L-3 Communications Corporation	Hauppauge	NΥ	149,870
TGI Friday's Inc.	Hauppauge	NY	7,000
DHL Express, Inc.	Melville	NY	51,351
International Bonded Couriers, Inc.	New Hyde Park	NY	38,000
Vacant	New Hyde Park	ΥN	51,000
Sanford Realty Associates, Inc.	New York	NΥ	125,000
Cedar Graphics, Inc. & Gavin Mfg. Corp.	Ronkonkoma	NY	89,500
PetCo Animal Supplies, Inc.	Selden	NΥ	14,550
10			615,754
North Carolina			
Office Depot, Inc.	Cary	NO.	33,490
Greensboro I Theatre LLC c/o Regal Cinemas Inc.	Greensboro	NC	61,213
N			94,703
Olno			
Kittle's Home Furnishing Center, Inc.	Columbus	ОН	96,924
Quality Bakery Company (Lancaster Colony Corp.)	Columbus	НО	100,220
2			197,144
Oregon			
Office Depot, Inc.	Eugene	QR.	24,978
			24,978

Portfolio of Properties By State As of June 1, 2010

The second secon	The Contract of the Contract o	Section of the second	Martin Co.
Name or Tenant/d.b.a.	city	State	Square Feet
Pennsylvania			
Sweet Ovations LLC	Philadelphia	PA	166,000
Lakeview Shopping Centre (Kohl's, Giant Supermarket, Marshalls)	Royersford	PA	194,451
The Men's Wearhouse, Inc.	Monroeville	PA	6,051
3			366,502
South Carolina 😘 💮 💮			
Havertys Furniture	Bluffton (Hilton Head)	SC	35,011
7			35,011
Tennesee			
CarMax Auto Stores	Knoxville	N	35,330
			35,330
Texas			
Havertys Furniture	Amarillo	ヹ	72,227
Havertys Furniture	Austin (Cedar Park)	ΤX	50,810
Office Depot, Inc.	El Paso	オメ	25,000
Viscount Village (Best Buy, Barnes & Noble, CompUSA & Mattress Firm)	El Paso	, ,	110,179
Party City Corporation	Houston	ヌ	12,000
Hollywood Entertainment Corp.	Killeen	Χ̈	8,000
Golfsmith International Inc. & Bassett Furniture	Plano	XT	51,018
Robb & Stucky, Ltd.	Plano	X	112,389
Vacant	Rosenberg	, ,	8,000
Havertys Furniture	Tyler		72,000
70			521,623

Portfolio of Properties By State As of June 1, 2010

Name or Tenant/d.b.a.	City	State	Square Feet
Virginia			
Havertys Furniture	Newport News	VA	49,865
Havertys Furniture	Richmond (Midlothian)	VA	38,788
Havertys Furniture	Virginia Beach	VA	58,937
3			147,590
Washington			
Payless Shoesource, Inc.	Seattle	ΑW	3,038
1			3,038
Wisconsin			
Hob-Lob Limited Partnership	Onalaska	W	63,919
Bucyrus International	South Milwaukee	M	927,685
2			991,604
Total, 77 Properties in 21 States			

