Clair]	Justin
Form	4

Revision No.: 2022-01-12

Client	Reference	Num	ber:
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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).

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

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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

Name and Address of Reporting Person * Clair Justin (Last) (First) (Middle)	2. Issuer ONE LIBERTY PROPERTIES INC	Ticker or Trading Symbol [OLP]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
60 CUTTER MILL ROAD SUITE 303	3. Date of Earliest Transaction (Month 01/12/2022		✓ Officer (give title below) Sr. Vice President Acquistions				
(Street) GREAT NECK, NY 11021 (City) (State) (Zip)	4. If Amendment, Date Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Will be automatically set) Form filed by One Reporting Person Form filed by More than One Reporting Person				

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

1. Title of Security 2. Transactio (Instr. 3) Date (Month/		(Month/ Execution Date, if	(Instr. 8)		4. Securities Acquire (Instr. 3, 4 and 5)	d (A) or Disposed of	(D)	Securities	Form: Direct	7. Nature of Indirect Beneficial Ownership
		any (Month/ Day/ Year)	Code	V	Amount	(A) or (D)		Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	01/12/2022		A		6,000 ⁽¹⁾	A	\$0	38,659	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	Conversion or Exercise	Day/ Year)	Execution Date, if any	4. Transactic Code (Instr. 8)	ode Derivative Securities		Expiration Date		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		Derivative Security	Securities	Ownership Form of	Beneficial
	Price of Derivative Security		(Month/ Day/ Year)	Code	V	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Expiration Date		Amount or Number of Shares	(Instr. 5)	Owned Following Reported Transaction(s)	Direct (D) or Indirect	Ownership (Instr. 4)

Explanation of Responses:

1. These shares were issued as restricted stock effective January 12, 2022 under the issuer's 2019 Incentive Plan. Subject to the reporting person's continued relationship with the Company, the shares vest January 11, 2027.

Remarks:

/s/ Justin Clair by Isaac Kalish, his attorney in fact 01/12/2022

**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.

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.

Power of Attorney Document

Know all by these presents, that the undersigned hereby constitutes and appoints each of Asher Gaffney, Mark H. Lundy, David W. Kalish, and Isaac Kalish signing singly, the undersigned's true and lawful attorney-in-fact to:

- (1) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of One Liberty Properties, Inc. (the "Company"), Forms 3, 4 and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder;
- (2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4 or 5, complete and execute any amendment or amendments thereto, and timely file such form with the United States Securities and Exchange Commission and any stock exchange or similar authority; and
- (3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney revokes any prior power of attorney signed for the above purposes and shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4 and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 8th day of December 2021.