GOULD :	FREDRIC H
Form 4	

Revision No.: 2023-01-05

Client	Reference	Num	ber:
--------	-----------	-----	------

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 AP	PROVAL
OMB Number:	3235-0287
Estimated	
average burden	
hours per	
response:	0.5

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 FREDRIC H	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			
(Last) (First) (Middle) 60 CUTTER MILL RD STE 303	3. Date of Earliest Transaction (Month 01/05/2023	. 3.				
(Street) GREAT NECK, NEW YORK 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 (Instr. 3)	Date (Month/ Day/ Year)	2A. Deemed Execution Date, if any (Month/ Day/ Year)	3. Transaction Co (Instr. 8)	de	4. Securities Acquired (Instr. 3, 4 and 5)	(A) or Disposed of	(D)	5. Amount of Securities	Ownership Form: Direct	7. Nature of Indirect Beneficial Ownership	
			Code	V	Amount	(A) or (D)		Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		(IIIStr. 4)	
Common Stock	01/05/2023		Α		10,670 ⁽¹⁾	Α	\$0	540,180	D		
Common Stock								13,622 ⁽²⁾	I	By 130 Store Company	
Common Stock								49,208 ⁽³⁾	I	By spouse	

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	Code		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)	Date Exercisable	Expiration Date		Amount or Number of Shares	(Instr. 5)	Owned Following Reported Transaction(s)	Direct (D) or Indirect	Ownership (Instr. 4)

Explanation of Responses:

- These shares were issued as restricted stock on January 5, 2023 under the issuer's 2022 Incentive Plan. Generally, subject to the reporting person's continued relationship with the issuer, the shares vest on or about January 4, 2028.
- Reporting person is a partner in 130 Store Company, which owns these shares.
- Reporting person disclaims any beneficial interest in said shares.

Remarks:

/s/ Fredric H. Gould by David W. Kalish, his attorney 01/05/2023 in fact **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.