

ONE LIBERTY PROPERTIES INC
 Form 4
 March 30, 2009

FORM 4

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

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
GOULD MATTHEW J

 (Last) (First) (Middle)
 60 CUTTER MILL ROAD, SUITE 303

 (Street)
 GREAT NECK, NY 11021

 (City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
ONE LIBERTY PROPERTIES INC [OLP]

3. Date of Earliest Transaction (Month/Day/Year)
03/26/2009

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)
 Director 10% Owner
 Officer (give title below) Other (specify below)
SENIOR VICE PRESIDENT

6. Individual or Joint/Group Filing(Check Applicable Line)
 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) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|--|
| Common Stock | | | | (A) | 198,282 ⁽¹⁾ | D | |
| Common Stock | | | | (A) | 34,734 ⁽²⁾ | I | As custodian |
| Common Stock | | | | (A) | 3,552 ⁽²⁾ | I | By spouse |
| Common Stock | | | | (A) | 12,128 ⁽³⁾ | I | By foundation |
| Common Stock | 03/26/2009 | | P | 1,000 A | \$ 3.4 1,036,806 ⁽⁴⁾ | I | By partnership |

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| | | | | | | | | |
|--------------|------------|---|-------|---|---------|--------------------------|---|----------------|
| Common Stock | 03/26/2009 | P | 1,000 | A | \$ 3.35 | 1,037,806 ⁽⁴⁾ | I | By partnership |
| Common Stock | 03/26/2009 | P | 2,000 | A | \$ 3.25 | 1,039,806 ⁽⁴⁾ | I | By partnership |
| Common Stock | 03/26/2009 | P | 1,000 | A | \$ 3.23 | 1,040,806 ⁽⁴⁾ | I | By partnership |
| Common Stock | 03/26/2009 | P | 1,000 | A | \$ 3.2 | 1,041,806 ⁽⁴⁾ | I | By partnership |
| Common Stock | 03/26/2009 | P | 1,000 | A | \$ 3.15 | 1,042,806 ⁽⁴⁾ | I | By partnership |
| Common Stock | 03/26/2009 | P | 1,000 | A | \$ 3.14 | 1,043,806 ⁽⁴⁾ | I | By partnership |

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

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.

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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) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Securities (Instr. 3 and 4) | 8. Price of Derivative Security (Instr. 5) | 9. Number of Derivative Securities Beneficially Owned (Instr. 5) |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|--|--|
| | | | | | | Date Exercisable | Expiration Date | Title | Amount or Number of Shares |
| | | | | | | Code | V (A) (D) | | |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|-----------------------|-------|
| | Director | 10% Owner | Officer | Other |
| GOULD MATTHEW J 60 CUTTER MILL ROAD, SUITE 303 GREAT NECK, NY 11021 | X | | SENIOR VICE PRESIDENT | |

Signatures

Matthew J. Gould, by Simeon Brinberg, his attorney
in fact

03/30/2009

__Signature of Reporting Person

Date

Explanation of Responses:

- * 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).

- (1) Includes shares held in reporting person's IRA and Keogh accounts and in money purchase pension plan.
- (2) Reporting person disclaims any beneficial interest in these shares.
- (3) These shares are owned by a charitable foundation of which reporting person is a director.

- Reporting person is president of managing general partner of Gould Investors L.P. Reporting person also holds limited partnership units
- (4) in Gould Investors L.P. These shares represent all shares of issuer owned by Gould Investors L.P. and includes shares obtained through issuer's dividend re-investment plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. 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.