

## 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 APPROVAL              |           |
|---------------------------|-----------|
| OMB Number:               | 3235-0287 |
| Expires:                  | December  |
|                           | 31, 2014  |
| Estimated av erage burden | 0.5       |
| hours per response        |           |

### 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<br>BRT REALTY | TRUST                           | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)                               |               |                    |                 |                                  |  |
|---|----------------------------|-------------------|--|-------------------------|---------------------------------|---|---------------|--------------------|-----------------|----------------------------------|--|
| (Last) 60 CUTTE   | (First) ER MILL ROAD, SUIT | (Middle)<br>E 303 |  | 3. Date of Earlies      | t Transaction (Month/D<br>01/06 | ☐ Director ☐ 10% Owner ☐ Officer (give title below) ☐ Other (specify below) ☐ SENIOR VICE PRESIDENT   |               |                    |                 |                                  |  |
| (Street)<br>GREAT NECK, NY 11021                          |                            |                   | 4. IfAmendment, Date Original Filed (Month/Day/Year) |                         |                                 | 6. Individual or Joint/Group Filing (Will be automatically set)  • Form filed by One Reporting Person |               |                    |                 |                                  |  |
| (City)  | (State)                    | (Zip              | )  |                         |                                 |   | C Formfiled b | y More than One Re | eporting Person | 1                                |  |
|   |                            |                   | Table I - I  | Non-Derivative          | Securities Acquir               | ed, Disposed of, or Benefici  | ally Owned    |                    |                 |                                  |  |
| Н   | 1.Title of Security        | _                 | 2. Transaction Date                                  | 2A. Deemed              | 3. Transaction Code             | 4. Securities Acquired (A) or Dispose   | d of (D)      | 5. Amount of       | 6. Ownership    | 7. Nature of Indirect Beneficial |  |

| H<br>o<br>1      | 1.Title of Security<br>(Instr. 3) | 2. Transaction Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date, if | 3. Transaction Code<br>(Instr. 8) |   | 4. Securities Acquired (A (Instr. 3, 4 and 5) | ) or Disposed of (D) |       | 5. Amount of<br>Securities   | 6. Ownership<br>Form: Direct         | 7. Nature of Indirect Beneficial Ownership            |  |
|------------------|-----------------------------------|---|----------------------------------|-----------------------------------|---|---|----------------------|-------|--|--------------------------------------|---|--|
| d<br>i<br>n<br>g |                                   |   | any<br>(Month/Day/Year)          | Code                              | V | Amount  | (A) or (D)           | Price | Beneficially Owned<br>Following Reported<br>Transaction(s)<br>(Instr. 3 and 4) | (D) or Indirect<br>(I)<br>(Instr. 4) | (IIIou. 7)  |  |
|                  | Shares of Beneficial Interest     | 01/06/2014                              |                                  | A                                 |   | 14,625 (1)                                    | Α                    | \$0   | 274,418 (2)  | D                                    |   |  |
| V                | Shares of Beneficial Interest     |   |                                  |                                   |   |   |                      |       | 37,081   | I                                    | By One Liberty<br>Properties, Inc. <sup>(3)</sup>     |  |
|                  | Shares of Beneficial Interest     |   |                                  |                                   |   |   |                      |       | 47,633   | I                                    | As custodian (4)                                      |  |
| V                | Shares of Beneficial Interest     |   |                                  |                                   |   |   |                      |       | 33,259   | I                                    | By Gould Family Trust (5)                             |  |
| V                | Shares of Beneficial Interest     |   |                                  |                                   |   |   |                      |       | 23,469   | I                                    | By Gould Shenfeld<br>Family Foundation <sup>(6)</sup> |  |
|                  | Shares of Beneficial Interest     |   |                                  |                                   |   |   |                      |       | 1,140  | I                                    | By children <sup>(7)</sup>                            |  |
| V                | Shares of Beneficial Interest     |   |                                  |                                   |   |   |                      |       | 2,801,425  | I                                    | By Gould Investors L.P. (8)                           |  |

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

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

| H<br>o<br>1<br>d | 1. Title of Derivative Security (Instr. 3) | or Exercise<br>Price of | Date<br>(Month/Day/Year) | Execution Date, if any |      | str. 8) Derivative Date (Month/Day |  | Date             |                 | 7. Title and Amount of Underlying<br>Securities<br>(Instr. 3 and 4) |                               | Derivative<br>Security | Securities F                                     | Ownership<br>Form of                   | 11. Nature<br>of Indirect<br>Beneficial |
|------------------|--|-------------------------|--------------------------|------------------------|------|------------------------------------|--|------------------|-----------------|---|-------------------------------|------------------------|--|--|---|
| i<br>n<br>g      |  | Derivative<br>Security  |                          | (Month/Day/Year)       | Code |                                    | Acquired (A) or<br>Disposed of (D)<br>(Instr. 3, 4, and 5) | Date Exercisable | Expiration Date |   | Amount or Number of<br>Shares |                        | Owned<br>Following<br>Reported<br>Transaction(s) | Security:<br>Direct (D)<br>or Indirect | Ownership<br>(Instr. 4)                 |

#### **Explanation of Responses:**

- 1. These shares were issued as restricted stock effective January 6, 2014, under the issuer's 2009 Incentive Plan. The shares vest January 5, 2019. The award is exempt from Section 16(b) under Rule 16b-3(d)(1).
- 2. Total includes shares owned by IRA of reporting person and shares owned by money purchase pension plan.
- 3. Reporting person is an officer and director of One Liberty Properties, Inc., the corporation which owns these shares.
- 4. Reporting person holds these shares as custodian for his children. Reporting person disclaims any beneficial interest in these shares.
- 5. Reporting person is a trustee of the Gould Family Trust, which owns these shares.
- 6. Reporting person is a director of the Gould Shenfeld Family Foundation.
- 7. These shares are owned by children of reporting person who reside with reporting person. Reporting person disclaims any beneficial interest in these shares
- 8. Reporting person is president of managing general partner of Gould Investors L.P. Reporting person also holds limited partnership units in Gould Investors L.P. These shares represent all shares of issuer owned by Gould Investors L.P. Includes shares obtained through issuer's dividend reinvestment plan.

| arks |
|------|
|      |

| Matthew J. Gould                | 01/06/2014 |
|---------------------------------|------------|
| **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 formare not required to respond unless the formdisplays 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 acts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78 ff(a).