

URSTADT BIDDLE PROPERTIES INC

Form 4

January 02, 2014

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 SECURITIESFiled 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 *
Myers Thomas D2. Issuer Name and Ticker or Trading Symbol
URSTADT BIDDLE PROPERTIES
INC [UBA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
321 RAILROAD AVENUE
(Street)3. Date of Earliest Transaction
(Month/Day/Year)
01/02/2014____ Director ____ 10% Owner
____X____ Officer (give title below) ____ Other (specify below)
EVP, Counsel & Secretary

GREENWICH, CT 06830

4. If Amendment, Date Original
Filed(Month/Day/Year)6. Individual or Joint/Group Filing(Check Applicable Line)
____X____ Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

(City) (State) (Zip)

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 Ownership Indirect Beneficial Ownership (Instr. 4)
Class A Common Stock	01/02/2014		J ⁽¹⁾	11,000 A \$ 0	144,184 ⁽²⁾	I	See footnote ⁽³⁾

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

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(9-02)**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)**

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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. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
Myers Thomas D 321 RAILROAD AVENUE GREENWICH, CT 06830	EVP, Counsel & Secretary

Signatures

Thomas D.
Myers 01/02/2014

__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).

On January 2, 2014, the Issuer entered into an agreement with Thomas D. Myers (the "Reporting Person") whereby the Reporting Person
(1) was granted a restricted stock award of 11,000 shares of Class A Common Stock pursuant to the Issuer's Amended and Restated Restricted Stock Award Plan (the "Restricted Stock Award Plan").

This figure includes 83,500 restricted shares of Class A Common Stock issued pursuant to the Restricted Stock Award Plan. On January
(2) 2, 2014, restrictions applicable to two previously reported grants totaling 17,500 shares of Class A Common Stock lapsed, resulting in the reporting person becoming fully vested in such shares. This resulted in no change in the number of shares beneficially owned by the Reporting Person.

Mr. Myers is the direct beneficial owner of 142,950 shares of Class A Common Stock, including the 83,500 restricted shares referenced
(3) in footnote 2. In addition, he is the indirect beneficial owner of 1,234 shares of Class A Common Stock owned by the Trust established under the Urstadt Biddle Properties Inc. Excess Benefit and Deferred Compensation Plan of 2005 for the benefit of Mr. Myers.

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