

URSTADT BIDDLE PROPERTIES INC
 Form 4
 March 28, 2007

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 *
 DOUGLASS ROBERT R

2. 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)
 85 PECKSLAND ROAD
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 03/28/2007

Director 10% Owner
 Officer (give title below) Other (specify below)

GREENWICH, CT 06831
 (City) (State) (Zip)

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

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 Ownership (Instr. 4)		
				Code V	Amount	(A) or (D)	Price		
Class A Common Stock	03/28/2007		X	1,953	A	\$ 8.577	33,190 ⁽¹⁾	I	See footnote ⁽²⁾

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

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SEC 1474 (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. Amount or Number of Shares
Exercise of Option to buy Class A Common Stock	\$ 8.577	03/28/2007		X	1,953	04/01/1998 04/01/2007	Class A Common Stock	1,953

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
DOUGLASS ROBERT R 85 PECKSLAND ROAD GREENWICH, CT 06831		X		

Signatures

Robert R. Douglass by Thomas D. Myers as Attorney in Fact 03/28/2007

__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) This figure includes 3,400 restricted shares of Class A Common Stock issued pursuant to the Issuer's Amended and Restated Restricted Stock Award Plan.
- The Reporting Person is the direct beneficial owner of 29,690 shares of Class A Common Stock, including the 3,400 restricted shares referenced in footnote (1). He is the indirect beneficial owner of 3,500 shares of Class A Common Stock, of which 500 shares are owned by the Trust established under the Will of Henry T. Luria, deceased September 20, 1977 (of which the Reporting Person's wife is the life beneficiary and the Reporting Person, Linda L. Douglass and Andrew Douglass are co-trustees) and 3,000 shares are owned by the Trust established under the Will of Frances B. Douglass, deceased January 4, 2002 (of which the Reporting Person is the life beneficiary and co-trustee).
- (2) This number represents derivative securities with various strike prices, exercise dates and expiration dates. See Exhibit #1 and the Reporting Person's Form 4 dated October 8, 1998.
- (3) The information set forth herein assumes that the Reporting Person has elected the Class A Common Stock Option, as described in Exhibit #1, with respect to each Stock Option granted to the Reporting Person prior to June 16, 1998. If the Reporting Person were to exercise the Common Stock Option or the Combination Option, as described in Exhibit #1, the number of derivative securities acquired

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would be different, all as reported fully in the Reporting Person's Form 4 dated October 8, 1998.

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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