FORM 4	4
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Check box if no longer
 subject to Section 16. Form
4 or Form 5 obligations may
continue. See instruction
1(b).

Federal Deposit Insurance Corporation Washington, D.C. 20429

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

(PLEASE PRINT OR TYPE ALL RESPONSES)

OMB APPROVAL OMB NUMBER: 3064-0030 EXPIRES: 07/31/2013 Estimated average burden hours per response ...0.5

1. Name of Reporting Person (Last, First, MI)	2. Issuer Name	a sa al Tilal da a	Tl'	Ourseland		E Polationship of Poporting Porgon(a) to loguer (Chack all applicable)						
						5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
Mestrich, Keith	Amalgam	ated Ba	INK (A	MAL)		D D	irector		10% Owner			
Street Address	3. Date of Earlie			I. If Amendment, Da		_ ⊠ °	fficer (Give title below	<i>ı</i>)	Other (Specify below)			
Amalgamated Bank	Required to be Reported (Month/Day/Year)			Filed (Month/Day/	Year)		President and					
275 Seventh Avenue		,										
		04/30/2019					6. Individual or Joint/Group Filing (Check applicable box)					
	1					Form filed by One Reporting Person						
City State							Form filed by More than One Reporting Person					
New York NY	<u> </u>											
					Acquired, Disp		•		6. Ownership	1		
1. Title of Security (Instr. 3)	 Transaction Date (Month/Day/Year) 	2A. Deemed Execu-			e 4. Securities Acquination of (D) (Instrs. 3		sposed	sed 5. Amount of Securities		7. Nature of Indirect Beneficial Ownership		
(1150.5)	(MONUL/Day/Teal)	tion Date if any,				, 4, and 3)		Beneficially		(Instr. 4)		
								Owned Follow-				
		(Month/ Day/						ing Reported Transactions	(Instr. 4)			
		Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)				
					010/1		\$11.00					
Class A Common Stock	04/30/2019		M		21061	A		221616	D			
	04/30/2019					D		1100	D			
Class A Common Stock			S		21061		\$17.01 (1)	1100				
									_			
Class A Common Stock	05/01/2019		M		48939	A	\$11.00	50039	D			
Class A Common Stock 05/01/2019					400.20	D	¢17.05.(2)	1100	D			
			S		48939		\$17.05 (2)	1100	D			
-												
					-							
	1	1	1	1	1	1	1		1	1		

FDIC 6800/04 (10-05)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. (Continue on Page 2) *If the form is filed by more than one reporting person, see Instruction 4(b)(v).

FORM 4 (continued)

Table II - Derivative Securities Acquired, Disposed of or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)															
 Title of Derivative Security (Instr. 3) 	2. Con- version or Ex- ercise Price of De- rivative Secu- rity	3. Trans- action Date (Month/ Day/ Year)	 3A. Deemed Execu- tion Date if any, (Month/ Day/ Year) 	4. Trans actior Code (Instr.	ı	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instrs. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/ Day/ Year)		7. Title and Amount of Underlying Securities (Instrs. 3 and 4)		8. Price of De- rivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Trans- action(s)	10. Owner- ship Form of Deriva- tive Securities: Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Ex- ercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)	
Employee Stock Option (right to buy)	\$11	4/30/2019		м		21061(3			1/1/25	Class A Common Stock	21061	\$0	153959	D	
Employee Stock Option (right to buy)	\$11	5/1/2019		м		48939 (3)		1/1/25	Class A Commo Stock	n 48939	\$0	105020	D	
(1) Explanation of Responses person undertakes to pr number of shares sold a (2) The price in Column (3) This option represen	ovide to A at each sepa n 4 is a we	MAL, any arate price ighted ave	security hol within the ra rage price. T	der of A anges se 'he shar	AMAL, et forth es were	or the s in footn sold in	taff of th otes (1) multiple	he Securi and (2) t e transact	ties and E to this Forr tion at pric	xchange Commi n 4. ses ranging from	ssion, upo \$17 to \$1	n request,f	ull informatic	on regarding th	he
(d) Hus option represent installments beginning(4) By: Mandy Tenner	on Januar	y 1, 2016.							/8/ 1	Keith Mestrich				05/02	2/2019
NOTE: File three copies of Potential persons who are **Intentional misstatemen	e to respond to	the collectio	n of information	contained	in this fo	rm are not	required t	to respond u	unless the for	ocedure (12 C.F.R. 3 m displays a current,	335.612). valid OMB C	ontrol Number			

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