## FORM 4

continue. See instruction

Check box if no longer subject to Section 16. Form 4 or Form 5 obligations may

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

1. Name of Reporting Person (Last, First, MI)*  Mestrich, Keith			2. Issuer Name	and Tickler	or Trading	Symbol		5. Relationsh	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
			Amalgam	ated Ba	nk (Al	MAL)			Director 10% Owner					
Street Address Amalgamated Bank 275 Seventh Avenue  City New York State NY State NY State NY 10001			Required to be Reported (Month/Day/Year)  05/14/2019			. If Amendment, Da Filed <i>(Month/Day/</i>	te Original Year)		President and CEO					
								Individual or Joint/Group Filing (Check applicable box)     Form filed by One Reporting Person     Form filed by More than One Reporting Person						
			I - Non-Deriv	ative Sec	curities A	Acquired, Disp			Owned					
1. Title of Security (Instr. 3)	2	Transaction Date (Month/Day/Year)	2A. Deemed Execu- tion Date if any, (Month/ Day/ Year)	3. Transaction Cor (Instr. 8)		de 4. Securities Acquired (A) or Disp of (D) (Instrs. 3, 4, and 5)		sposed	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
				Code	l <sub>v</sub>	Amount	(A) or (D)	Price	Transactions (Instr. 3 and 4)					
Class A Common Stock		5/14/2019		M		8766	A	\$11.00	9866	D				
Class A Common Stock		5/14/2019		S		8766	D	\$17.52(1)	1100	D				

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).

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. Conversion or Exercise Price of Derivative Security	3. Trans- on action   Execu- ton Date   Code   Co		5. Number of Derivative Securities Acquired (A) 6. Dat Exe		6. Date Exercisa Expirati (Month/ Year)						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	5/14/2019		М		8766(2)			1/1/25	Class A Common Stock	8766	\$0	96254	D	
Explanation of Responses:	·			<del></del>	1.	1.1.1		<u> </u>	·	2 01=11	Φ1 <b>5</b> 0 6 :	1			

pred(in) Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$17.14 to \$17.86, inclusive. The reporting person undertakes to provide to AMAL, any security holder of AMAL, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnotes (1) and (2) to this Form 4.

(2) This option represented a right to purchase a total of 175,020 shares and vested in three annual installments beginning on January 1, 2016.

	<i>E E</i> ,	
(3)By: Mandy Tenner pursuant to power of attorney filed with the FDIC on August 8,2018	/s/ Keith Mestrich (3)	05/15/2019
	**Signature of Reporting Person	Date
		Dale

NOTE: File three copies of this form, one of which must be manually signed. If space provided is insufficient, see Instruction 6 for procedure (12 C.F.R. 335.612). 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 current, valid OMB Control Number. \*\*Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

## **BURDEN STATEMENT**

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FDIC 6800/04 (10-05) Page  $\overline{2}$  of  $\underline{2}$