

U.S. SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

FORM 4

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

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(f) of the Investment Company Act of 1940

(PRINT OR TYPE RESPONSES)

1. Name and Address of Reporting Person*

Spring Albert

(Last) (First) (Middle)
c/o Cali Realty Corporation, 11 Commerce Drive

(Street)
Cranford, NJ 07016

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

Cali Realty Corporation (CLI)

3. IRS or Social Security Number of Reporting Person (Voluntary)

4. Statement for Month/Year

June 1997

5. If Amendment, Date of Original
(Month/Year)

6. Relationship of Reporting Person(s) to Issuer
(Check all applicable)

Director 10% Owner

 Officer (give title below) Other (Specify below)

Vice-President--Operations

7. Individual or Joint/Group Filing (Check Applicable Line)

Form filed by One Reporting Person
 Form Filed by More than One Reporting Person

<TABLE>
<CAPTION>

TABLE I -- NON-DERIVATIVE SECURITIES, ACQUIRED, DISPOSED OF, OR BENEFICIALLY OWNED

1. Title of Security 7. Nature of	2. Transac- tion	3. Transaction Code	4. Securities Acquired (A) or Disposed of (D)	5. Amount of Securities	6. Ownership Form:
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Indirect Beneficial 4) Ownership (Instr. 4)	Date (Month /Day/ Year)	(Instr. 8) Code V	(Instr. 3, 4, and 5) Amount (A) or (D) Price	Beneficially Owned at End of Month (Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 3 and 4)
<S> <C>	<C>	<C>	<C>	<C>	<C>
Common Stock	5/9/97	P	1,000 A \$30.50		D
Common Stock	6/5/97	P	500 A \$30.375	28,513	D
Common Stock By Wife (1)				2,335	I

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. (Print or Type Responses)

(over)
SEC 1474 (7/96)

FORM 4 (CONTINUED)
<TABLE>
<CAPTION>

TABLE II -- DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR BENEFICIALLY OWNED (E.G., PUTS, CALLS, WARRANTS, OPTIONS, CONVERTIBLE SECURITIES)

1. Title of Derivative Security Title and Amount (Instr. 3) of Underlying Securities (Instr. 3 and 4)	2. Conversion or Exercise Price of Derivative Security	3. Trans- action Date (Month/ Day/ Year)	4. Trans- action 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.
Amount or Number of Title Shares			Code V	(A) (D)	Date Expiration Date	

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Explanation of Responses:

(1) These securities are owned by the reporting person's wife and brother-in-law as tenants-in-common. The reporting person disclaims beneficial ownership of these securities, and this report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for the purposes of Section 16 or for any other purposes.

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations.
See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

/s/ Albert Spring -----	11/6/97 -----
**Signature of Reporting Person	Date

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