UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPR	OVAL
OMB Number:	3235-0287
Estimated average b	urden
hours per response	0.5

longer subject to Section 16. Form 4 or Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person HERSH MITCHELL E (Last) (First) (Middle) C/O MACK-CALI REALTY CORPORATION, 343 THORNALL STREET (Street) EDISON, NJ 08837				2. Issuer Name and Ticker or Trading Symbol MACK CALI REALTY CORP [CLI] 3. Date of Earliest Transaction (Month/Day/Year) 04/11/2014 4. If Amendment, Date Original Filed(Month/Day/Year)						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
									X	X Officer (give title below) Other (specify below) President and CEO					
			4. If A						_X_ Fe	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person _Form filed by More than One Reporting Person					
(Cit	(City) (State) (Zip)				Table I - Non-Derivative Securities Acqu					Acquired,	lired, Disposed of, or Beneficially Owned				
1.Title of S (Instr. 3)	ecurity	2. Transaction Date (Month/Day/Ye		ear) Exe	Execution Date, if	(Instr. 8)		4. Securities Acquir (A) or Disposed of (Instr. 3, 4 and 5)		(D) Owne Trans	Amount of Securities Beneficially wned Following Reported ransaction(s)) F	wnership orm:	7. Nature of Indirect Beneficial Ownership
				(1010	onui/Day/1ear)		ode V	Amoun	(A) or (D)	Price	or Inc (I)		r Indirect		
Reminder:	Report on a s	separate line for each	class of securities b	eneficia	lly owned direc	tly or i	Pers						contained i	n SEC 1	474 (9-02)
Reminder:	Report on a s	eparate line for each		II - Der	ivative Securit	ies Ac	Pers this curr	form are ently vali	not required OMB co	red to resp introl numbers	ond unless per.		contained i displays a	n SEC 1	474 (9-02)
			Table	II - Der (<i>e.g.</i>	ivative Securit	ies Ac	Pers this curr equired, D	form are ently val sposed of converti	not required OMB co , or Benefic	red to resp introl number cially Owner cials	ond unlessoer.	s the form	displays a		, ,
1. Title of Derivative Security (Instr. 3)	2. Conversion	3. Transaction Date	Table 3A. Deemed Execution Date, if	II - Der (e.g. 4. Transac Code	tivative Securit, puts, calls, was 5. Number Derivative Securities	ies Ac arrant or of e (A) ed of	Pers this curr	form are ently vali sposed of convertil ercisable a Date	not required OMB co , or Benefic	red to resp introl numbers	ond unless oer. d Amount ing	8. Price of	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s	10. Ownersh Form of Derivativ Security: Direct (I or Indire	11. Nature of Indire Benefici Owners! (Instr. 4
1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction	Table 3A. Deemed Execution Date, if any	II - Der (e.g. 4. Transac Code	ivative Securit, puts, calls, was 5. Number Securities Acquired or Dispos (D) (Instr. 3, 4	ies Accarranter of e (A) ed of	Pers this curr equired, D ts, options 6. Date Ex Expiration	sposed of convertil ercisable a Date ty/Year)	not required OMB co , or Benefic	red to respontrol numbers of Underly Securities	ond unless oer. d Amount ing	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported	10. Ownersh Form of Derivativ Security: Direct (I or Indire	11. Nature of Indire Benefici Owners! (Instr. 4

Reporting Owners

	Relationships				
Reporting Owner Name / Address	Director	10% Owner	Officer	Other	
HERSH MITCHELL E C/O MACK-CALI REALTY CORPORATION 343 THORNALL STREET EDISON, NJ 08837	X		President and CEO		

Signatures

/s/ Mitchell E. Hersh	04/15/2014
**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).
- The phantom stock units shall be settled solely in cash based on the fair market value of an equal number of shares of common stock of Mack-Cali Realty Corporation (the "Company") on the (1) earliest to occur of any of the following triggering events (each, a "Triggering Event"): (a) the reporting person's death or "disability"; (b) the date of the reporting person's separation from service to the Company; and (c) the effective date of a "change in control", in each case as such terms are defined in the reporting person's employment agreement.
- (2) The phantom stock units were issued pursuant to a Multi-Year Deferred Retirement Compensation Agreement pursuant to the Company's dividend paid on April 11, 1014 solely in respect of vested phantom stock units.
- (3) The phantom stock units are not subject to expiration and shall become payable within 30 days after the earliest to occur of any Triggering Event.

(4) The reported amount excludes 121,424 common units of limited partnership interest of Mack-Cali Realty, L.P. beneficially owned by the reporting person.

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

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 currently valid OMB number.