

FORSYTHE DARYL R

Form 4

January 05, 2006

FORM 4
UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
FORSYTHE DARYL R

(Last) (First) (Middle)

52 SOUTH BROAD STREET

(Street)

NORWICH, NY 13815

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol
NBT BANCORP INC [NBTB]

3. Date of Earliest Transaction
(Month/Day/Year)
12/31/2005

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

CEO NBT Bancorp

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 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount (A) or (D)	Price	
NBT Bancorp Inc. Common Stock	12/31/2005		F		2,345	D \$ 21.74	121,864.691 D
NBT Bancorp Inc. Common Stock						8,585.849	I 401k
NBT Bancorp						2,758.846	I NBT Bancorp

Inc.
Common
Stock

ESOP

NBT
Bancorp
Inc.
Common
Stock

1,842

I

by Spouse

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)

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 Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 14.3492					01/28/2003 ⁽¹⁾ 01/28/2012	NBT Bancorp Inc. Common Stock 10,400
Non-Qualified Stock Option (right to buy)	\$ 17.538					01/01/2004 ⁽¹⁾ 01/01/2013	NBT Bancorp Inc. Common Stock 14,500
Non-Qualified Stock Option (right to buy)	\$ 18.1632					01/27/1999 ⁽¹⁾ 01/27/2008	NBT Bancorp Inc. Common Stock 0.90
Non-Qualified Stock Option	\$ 19.7917					08/11/2005 ⁽²⁾ 08/11/2013	NBT Bancorp 5,200

(right to buy)					Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 19.7925		08/14/2005 ⁽²⁾	08/14/2013	NBT Bancorp Inc. Common Stock	6,05
Non-Qualified Stock Option (right to buy)	\$ 19.8125		08/12/2005 ⁽²⁾	08/12/2013	NBT Bancorp Inc. Common Stock	11,70
Non-Qualified Stock Option (right to buy)	\$ 20.0558		08/05/2005 ⁽²⁾	08/05/2013	NBT Bancorp Inc. Common Stock	4,00
Non-Qualified Stock Option (right to buy)	\$ 22.1715		01/01/2005 ⁽¹⁾	01/01/2014	NBT Bancorp Inc. Common Stock	18,20
Non-Qualified Stock Option (right to buy)	\$ 22.3517		09/01/2006 ⁽²⁾	09/01/2014	NBT Bancorp Inc. Common Stock	9,70
Non-Qualified Stock Option (right to buy)	\$ 22.4075		09/08/2006 ⁽²⁾	09/08/2014	NBT Bancorp Inc. Common Stock	15,30
Non-Qualified Stock Option (right to buy)	\$ 23.2708		01/20/2006 ⁽¹⁾	01/20/2015	NBT Bancorp Inc. Common Stock	31,90
Non-Qualified Stock Option (right to buy)	\$ 23.7553		07/01/2007 ⁽²⁾	07/01/2015	NBT Bancorp Inc. Common Stock	12,80
Non-Qualified Stock Option (right to buy)	\$ 23.8712		07/05/2007 ⁽²⁾	07/05/2015	NBT Bancorp Inc.	2,69

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FORSYTHE DARYL R 52 SOUTH BROAD STREET NORWICH, NY 13815	X		CEO NBT Bancorp	

Signatures

By: Michael J. Chewens, Power of Attorney For: Daryl R.
Forsythe

01/05/2006

__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) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (2) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan reload grant vests 100% two years after date of its grant.

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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