

GOUVERNEUR BANCORP INC
 Form 4
 February 16, 2006

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

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
 LANGEVIN FRANK P

2. Issuer Name and Ticker or Trading Symbol
 GOUVERNEUR BANCORP INC
 [GOV]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 42 CHURCH STREET, PO BOX 297
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 02/15/2006

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

GOUVERNEUR, NY 13642-0297

(City) (State) (Zip)

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

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 (A) 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)
COMMON STOCK	02/15/2006		X ⁽¹⁾	(A) or (D) D	1,500 \$ 4.75 35,000	D ⁽²⁾	
COMMON STOCK	02/15/2006		S ⁽¹⁾	(A) or (D) D	1,500 \$ 11.25 33,500	D ⁽³⁾	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 (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 of Underlying Securities (Instr. 3 and 4)
OPTIONS TO PURCHASE	\$ 4.75	02/15/2006		M ⁽¹⁾	1,500	10/27/2001 10/27/2009	COMMON STOCK

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LANGEVIN FRANK P 42 CHURCH STREET PO BOX 297 GOUVERNEUR, NY 13642-0297		X		

Signatures

FRANK P
LANGEVIN 02/16/2006

**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) DIRECTOR DISPOSED OF 1,500 SHARES TO PURCHASE OPTION SHARES IN A CASHLESS EXERCISE TRANSACTION THROUGH A BROKER.
- (2) DIRECT 33,300 SHARES / INDIRECT 1,700 SHARES BY MRP TRUST
- (3) DIRECT 31,800 SHARES / INDIRECT 1,700 SHARES BY MRP TRUST

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.