FORSYTHE DARYL R

Form 4

NBT

Bancorp

November 01, 2007

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FORM	4 UNITED	STATES				ND EXC D.C. 20:		NGE (COMMISSION	OMB Number:	3235-0287	
Check this if no long subject to Section 16 Form 4 or Form 5 obligation may continue See Instruction.	STATE 5. Filed pu Section 17	rsuant to (a) of the	F CHAN Section 10	GES I SECU 6(a) of ility H	N II JRI the	BENEFI TIES Securiti	CIA	chang Act o	NERSHIP OF ge Act of 1934, f 1935 or Section 40	Expires: Estimated a burden hou response	rs per	
Print or Type R	esponses)											
. Name and Ad FORSYTHE	ddress of Reporting	g Person *	2. Issuer Symbol NBT BA			Ticker or '			5. Relationship of Issuer			
(Last) 52 SOUTH I	(First) BROAD STRE	(Middle)	3. Date of (Month/D 10/31/20	Earliest ay/Year	Tra	_	,		_X_ Director Officer (give below)		Owner er (specify	
NORWICH,	(Street)		4. If Amer Filed(Mon			e Original			6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M	One Reporting Pe	erson	
(City)	(State)	(Zip)			_				Person			
Title of Security Instr. 3)	2. Transaction Da (Month/Day/Yea	r) Execution		3. Transa Code (Instr.	ectio	4. Securi nAcquired Disposed (Instr. 3,	ties I (A) o I of (D 4 and (A) or	or) 5)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of	
NBT Bancorp Inc. Common Stock	10/31/2007			G		800	D		125,259.302	D		
NBT Bancorp Inc. Common Stock									1,063.284	I	401k	

13.385

NBT Bancorp

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Inc. ESOP
Common
Stock
NBT

Inc.
Common
Stock

Bancorp

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

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SEC 1474

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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. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and a Underlying S (Instr. 3 and	Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007(1)	05/01/2016	NBT Bancorp Inc. Common Stock	5,00
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005(2)	01/01/2014	NBT Bancorp Inc. Common Stock	18,20
Non-Qualified Stock Option (right to buy)	\$ 22.3517					09/01/2006(3)	09/01/2014	NBT Bancorp Inc. Common Stock	9,70
Non-Qualified Stock Option	\$ 22.4075					09/08/2006(3)	09/08/2014	NBT Bancorp	15,30

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(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.4842	05/01/2008(1)	05/01/2017	NBT Bancorp Inc. Common Stock	5,00
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(2)	01/20/2015	NBT Bancorp Inc. Common Stock	31,90
Non-Qualified Stock Option (right to buy)	\$ 23.7553	07/01/2007(3)	07/01/2015	NBT Bancorp Inc. Common Stock	12,84
Non-Qualified Stock Option (right to buy)	\$ 23.8712	07/05/2007(3)	07/05/2015	NBT Bancorp Inc. Common Stock	2,69

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

FORSYTHE DARYL R

52 SOUTH BROAD STREET X

NORWICH, NY 13815

Signatures

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

11/01/2007

**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 Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (2) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (3) 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.

Reporting Owners 3

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