NASSER JOSEPH G

Form 5

Common Stock

February 02, 2010

OMB APPROVAL FORM 5 **OMB** UNITED STATES SECURITIES AND EXCHANGE COMMISSION 3235-0362 Number: Washington, D.C. 20549 Check this box if January 31, Expires: no longer subject 2005 to Section 16. Estimated average ANNUAL STATEMENT OF CHANGES IN BENEFICIAL Form 4 or Form burden hours per 5 obligations OWNERSHIP OF SECURITIES response... 1.0 may continue. See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 1(b). Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Reported 30(h) of the Investment Company Act of 1940 Form 4 Transactions Reported 1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading 5. Relationship of Reporting Person(s) to Issuer NASSER JOSEPH G Symbol NBT BANCORP INC [NBTB] (Check all applicable) 3. Statement for Issuer's Fiscal Year Ended (Last) (First) (Middle) (Month/Day/Year) _X_ Director 10% Owner Officer (give title Other (specify 12/31/2009 below) below) **52 SOUTH BROAD STREET** (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Reporting Filed(Month/Day/Year) (check applicable line) NORWICH, ÂNYÂ 13815 _X_ Form Filed by One Reporting Person Form Filed by More than One Reporting Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 4. Securities Acquired 5. Amount of 1.Title of 2. Transaction Date 2A. Deemed 3. 7. Nature of Transaction Security (Month/Day/Year) Execution Date, if (A) or Disposed of Securities Ownership Indirect (Instr. 3) Code (D) Beneficially Form: Direct Beneficial (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Owned at end (D) or Ownership of Issuer's Indirect (I) (Instr. 4) Fiscal Year (Instr. 4) (A) (Instr. 3 and (D) Price Amount **NBT** Bancorp Â Inc. 12/31/2009 J 16.732 A 431.732 by Spouse Common Stock **NBT** Bancorp Â Â Â Â Â Â Â 27,669 D Inc.

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NBT

Bancorp Custodian Â Â Â Â Â 26,511 Inc. for Minor Common Stock

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

Persons who respond to the collection of information **SEC 2270** contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

(e.g., puts, cans, 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 Amo Underlying Secu (Instr. 3 and 4)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	or Nu of Sh
Non-Qualified Stock Option (right to buy)	\$ 20.7492	Â	Â	Â	Â	Â	05/01/2006(2)	05/01/2015	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 21.74	Â	Â	Â	Â	Â	05/01/2007(2)	05/01/2016	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.4842	Â	Â	Â	Â	Â	05/01/2008(2)	05/01/2017	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option (right to buy)	\$ 22.5508	Â	Â	Â	Â	Â	05/01/2009(2)	05/01/2018	NBT Bancorp Inc. Common Stock	1
Non-Qualified Stock Option	\$ 23.2708	Â	Â	Â	Â	Â	01/20/2006(2)	01/20/2015	NBT Bancorp	

(9-02)

Inc.
Common
Stock

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

NASSER JOSEPH G

52 SOUTH BROAD STREET Â X Â Â

NORWICH, NYÂ 13815

Signatures

(right to buy)

By: Michael J. Chewens, Power of Attorney For: Joseph Nasser 02/02/2010

**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) Shares acquired under NBT Bancorp Dividend Reinvestment Plan during period of 1/1/2009 to 12/31/2009 at prices ranging from \$ 19.393 to \$ 22.785.
- 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.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.

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