

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

OMB APPROVAL	
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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* <b>RAVEN DAVID E</b>			2. Issuer Name and Ticker or Trading Symbol <b>NBT BANCORP INC [ NBTB ]</b>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <b>President &amp; CEO Pennstar</b>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <b>01/01/2007</b>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		
52 SOUTH BROAD STREET			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street)	(City)	(State)	(Zip)	NORWICH NY 13815				

**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)
			Code	V	Amount	(A) or (D)	Price			
NBT Bancorp Inc. Common Stock								14,952	D	
NBT Bancorp Inc. Common Stock								5,189.0799	I	401k
NBT Bancorp Inc. Common Stock								1,327.0807	I	NBT Bancorp ESOP

**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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$25.762	01/01/2007		A		19,000		01/01/2008 <sup>(1)</sup>	01/01/2017	NBT Bancorp Inc. Common Stock	19,000	\$0	19,000	D	
Non-Qualified Stock Option (right to buy)	\$11.6424							01/28/1998 <sup>(1)</sup>	01/28/2007	NBT Bancorp Inc. Common Stock	0.5		0.5	D	
Non-Qualified Stock Option (right to buy)	\$16.0625							01/22/2002 <sup>(1)</sup>	01/22/2011	NBT Bancorp Inc. Common Stock	17,400		17,400	D	
Non-Qualified Stock Option (right to buy)	\$17.538							01/01/2004 <sup>(1)</sup>	01/01/2013	NBT Bancorp Inc. Common Stock	18,450		18,450	D	
Non-Qualified Stock Option (right to buy)	\$19.4886							07/07/2001 <sup>(2)</sup>	07/07/2009	NBT Bancorp Inc. Common Stock	2,315.25		2,315.25	D	
Non-Qualified Stock Option (right to buy)	\$20.5952							01/26/2000 <sup>(1)</sup>	01/26/2009	NBT Bancorp Inc. Common Stock	5,145		5,145	D	

**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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$22.1715							01/01/2005 <sup>(1)</sup>	01/01/2014	NBT Bancorp Inc. Common Stock	15,831		15,831	D	
Non-Qualified Stock Option (right to buy)	\$22.352							01/01/2007 <sup>(1)</sup>	01/01/2016	NBT Bancorp Inc. Common Stock	20,000		20,000	D	
Non-Qualified Stock Option (right to buy)	\$23.1133							01/26/2007 <sup>(2)</sup>	01/26/2015	NBT Bancorp Inc. Common Stock	1,543		1,543	D	
Non-Qualified Stock Option (right to buy)	\$23.2708							01/20/2006 <sup>(1)</sup>	01/20/2015	NBT Bancorp Inc. Common Stock	16,289		16,289	D	

**Explanation of Responses:**

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

By: Michael J. Chewens, Power of Attorney For: David E. Raven      01/03/2007

\*\* Signature of Reporting Person      Date

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

\* 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).

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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