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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	0
obligations may continue. See	
Instruction 1(b).	

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response: 0.5

NBT

Bancorp ESOP by

Spouse

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1. Name and Add	ress of Reporting E DARYL R			Issuer Name and Ticke BT BANCORP					ationship of Reportin k all applicable) Director	g Person(s) to Is		
(Last) 52 SOUTH BI	(First) ROAD STREE	(Middle) T		Date of Earliest Transa 3/02/2006	ction (M	lonth/[Day/Year)		Officer (give title below)	Other below	(specify)	
(Street) NORWICH (City)	NY (State)	13815 (Zip)	4.	If Amendment, Date of	Original	Filed	(Month/Day/Y	′ear)	6. Indi Line) X	vidual or Joint/Group Form filed by One Form filed by Mor Person	e Reporting Pers	on
		Table I - No	n-Derivativ	e Securities Acq	uired,	Dis	posed of,	or Ben	eficially	Owned		
1. Title of Securi	ty (Instr. 3)	2. Transaction Date (Month/Day/Ye	Execution Date,		ransaction Disposed Of (D) (Instr. 3, 4 ode (Instr. 5)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
					v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150.4)	
NBT Bancorp	Inc. Common S	03/02/200	06	S		737	D	\$23.2	125,279.962	D		
NBT Bancorp	Inc. Common S	03/02/200	06	S		2,706	D	\$23.16	122,573.962	D		
NBT Bancorp	Inc. Common §	Stock								13,735.744	Ι	401k

NB1 Bancorp Inc. Common Stock				13,/35./44	L
NBT Bancorp Inc. Common Stock				2,924.431	
NBT Bancorp Inc. Common Stock				1,842	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)															
2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)			of Deriv Secu Acqu (A) o Dispo of (D (Instr	vative rities lired r osed) 7. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		of Securities		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					
\$14.3492							01/28/2003 ⁽¹⁾	01/28/2012	NBT Bancorp Inc. Common Stock	10,460		10,460	D		
\$17.538							01/01/2004 ⁽¹⁾	01/01/2013	NBT Bancorp Inc. Common Stock	14,550		14,550	D		
\$ 18.1632							01/27/1999 ⁽¹⁾	01/27/2008	NBT Bancorp Inc. Common Stock	0.99		0.99	D		
\$19.7917							08/11/2005 ⁽²⁾	08/11/2013	NBT Bancorp Inc. Common Stock	5,200		5,200	D		
\$19.7925							08/14/2005 ⁽²⁾	08/14/2013	NBT Bancorp Inc. Common Stock	6,050		6,050	D		
	Conversion or Exercise Price of Derivative Security \$14.3492 \$17.538 \$18.1632 \$18.1632	2. Conversion or Exercise Price of Derivative Security3. Transaction Date (Month/Day/Year)\$11.3492	(e.g.,2. Conversion Price of Derivative Security3. Transaction Execution Date, fray (Month/Day/Year)3. Transaction Execution Date, fray (Month/Day/Year)\$14.3492	(e.g., puts, 2. Conversion or Exercise Price of Derivative Security 3. Transaction (Month/Day/Year) 34. Demed Execution Date, if any (Month/Day/Year) 4. Transe Code (Month/Day/Year) 1 1 1 1 1	(e.g., puts, calls 2. Conversion or Exercise Price of Derivative Security 3. Transaction (Month/Day/Year) 34. Execution Date, if any (Month/Day/Year) 4. Transaction Code (Instr. 9) 1 1 1 1 <td>(e.g., puts, calls, via 2. Conversion or Exercise Price of Derivative Security 3. Transaction Month/Day/Year) 34. Deemed Execution Date, fany (Month/Day/Year) 4. Transation 5. Not Security 5. Not Security 2. Derivative Security 3. 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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. Transa Code (8)		of Deriv Secu Acqu (A) o Disp of (D	r osed) r. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		e of Securities		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)	\$19.8125							08/12/2005 ⁽²⁾	08/12/2013	NBT Bancorp Inc. Common Stock	11,700		11,700	D	
Non- Qualified Stock Option (right to buy)	\$20.0558							08/05/2005 ⁽²⁾	08/05/2013	NBT Bancorp Inc. Common Stock	4,000		4,000	D	
Non- Qualified Stock Option (right to buy)	\$22.1715							01/01/2005 ⁽¹⁾	01/01/2014	NBT Bancorp Inc. Common Stock	18,266		18,266	D	
Non- Qualified Stock Option (right to buy)	\$22.3517							09/01/2006 ⁽²⁾	09/01/2014	NBT Bancorp Inc. Common Stock	9,700		9,700	D	
Non- Qualified Stock Option (right to buy)	\$22.4075							09/08/2006 ⁽²⁾	09/08/2014	NBT Bancorp Inc. Common Stock	15,365		15,365	D	
Non- Qualified Stock Option (right to buy)	\$23.2708							01/20/2006 ⁽¹⁾	01/20/2015	NBT Bancorp Inc. Common Stock	31,907		31,907	D	
Non- Qualified Stock Option (right to buy)	\$23.7553							07/01/2007 ⁽²⁾	07/01/2015	NBT Bancorp Inc. Common Stock	12,841		12,841	D	
Non- Qualified Stock Option (right to buy)	\$23.8712							07/05/2007 ⁽²⁾	07/05/2015	NBT Bancorp Inc. Common Stock	2,693		2,693	D	

Explanation of Responses:

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.

By: Michael J. Chewens,	
Power of Attorney For: Daryl	03/03/2006
<u>R. Forsythe</u>	

** 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.