SEC Form 4

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

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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
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1. Name and Address of Reporting Person* **FORSYTHE DARYL R**	2. Issuer Name **and** Ticker or Trading Symbol **NBT BANCORP INC** [NBTB]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
(Last)　　(First)　　(Middle) 52 SOUTH BROAD STREET	3. Date of Earliest Transaction (Month/Day/Year) 03/02/2006	X　Director　　　　10% Owner 　　Officer (give title below)　　Other (specify below)
(Street) NORWICH　　NY　　13815	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) 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

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	03/02/2006		S		737	D	$23.2	125,279.962	D	
NBT Bancorp Inc. Common Stock	03/02/2006		S		2,706	D	$23.16	122,573.962	D	
NBT Bancorp Inc. Common Stock								13,735.744	I	401k
NBT Bancorp Inc. Common Stock								2,924.431	I	NBT Bancorp ESOP
NBT Bancorp Inc. Common Stock								1,842	I	by Spouse

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)	$14.3492							01/28/2003[1]	01/28/2012	NBT Bancorp Inc. Common Stock	10,460		10,460	D	
Non-Qualified Stock Option (right to buy)	$17.538							01/01/2004[1]	01/01/2013	NBT Bancorp Inc. Common Stock	14,550		14,550	D	
Non-Qualified Stock Option (right to buy)	$18.1632							01/27/1999[1]	01/27/2008	NBT Bancorp Inc. Common Stock	0.99		0.99	D	
Non-Qualified Stock Option (right to buy)	$19.7917							08/11/2005[2]	08/11/2013	NBT Bancorp Inc. Common Stock	5,200		5,200	D	
Non-Qualified Stock Option (right to buy)	$19.7925							08/14/2005[2]	08/14/2013	NBT Bancorp Inc. Common Stock	6,050		6,050	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) Code	V	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A)	(D)	6. Date Exercisable and Expiration Date (Month/Day/Year) Date Exercisable	Expiration Date	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) Title	Amount or Number of Shares	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)
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 R. Forsythe   03/03/2006

** Signature of Reporting Person   Date