

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

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

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

1. Name and Address of Reporting Person* <u>CHEWENS MICHAEL J</u>  (Last) (First) (Middle) 52 SOUTH BROAD STREET  (Street) NORWICH NY 13815  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>NBT BANCORP INC [ NBTB ]</u>	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) Senior EVP & CFO
	3. Date of Earliest Transaction (Month/Day/Year) 01/20/2006	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	

**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	01/20/2006		A		3,675	A	\$0 <sup>(1)</sup>	7,915.773	D	
NBT Bancorp Inc. Common Stock								9,430.597	I	401k
NBT Bancorp Inc. Common Stock								2,490.757	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					
Non-Qualified Stock Option (right to buy)	\$22.352	01/20/2006		A		22,000		01/01/2007 <sup>(2)</sup>	01/01/2016	NBT Bancorp Inc. Common Stock	\$0	22,000	D	
Non-Qualified Stock Option (right to buy)	\$14.3492							01/28/2003 <sup>(2)</sup>	01/28/2012	NBT Bancorp Inc. Common Stock		5,980	D	
Non-Qualified Stock Option (right to buy)	\$16.0625							01/22/2002 <sup>(2)</sup>	01/22/2011	NBT Bancorp Inc. Common Stock		25,600	D	
Non-Qualified Stock Option (right to buy)	\$17.538							01/01/2004 <sup>(2)</sup>	01/01/2013	NBT Bancorp Inc. Common Stock		19,875	D	
Non-Qualified Stock Option (right to buy)	\$18.1632							01/27/1999 <sup>(2)</sup>	01/27/2008	NBT Bancorp Inc. Common Stock		9,261	D	
Non-Qualified Stock Option (right to buy)	\$20.5952							01/26/2000 <sup>(2)</sup>	01/26/2009	NBT Bancorp Inc. Common Stock		9,660	D	

