

FORSYTHE DARYL R
Form 5
February 10, 2006

FORM 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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Form 3 Holdings Reported Form 4 Transactions Reported

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

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)

3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)
12/31/2005

Director 10% Owner
 Officer (give title below) Other (specify below)

52 SOUTH BROAD STREET

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Reporting

(check applicable line)

NORWICH, NY 13815

(City) (State) (Zip)

Form Filed by One Reporting Person
 Form Filed by More than One Reporting Person

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 at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Amount (A) or (D) Price			
NBT Bancorp Inc. Common Stock	12/31/2005	Â	J	3,296.149 A \$ 0 (1)	120,766.962	D	Â
NBT Bancorp Inc. Common Stock	12/31/2005	Â	J	756.017 A \$ 0 (2)	13,735.744	I	401k
	12/31/2005	Â	J	165.585 A	2,924.431	I	

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NBT Bancorp Inc. Common Stock						\$ 0 <u>(3)</u>			NBT Bancorp ESOP
NBT Bancorp Inc. Common Stock	Â	Â	Â	Â	Â	Â	1,842	I	by Spouse

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

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(9-02)

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 Underlying Security (Instr. 3 and 4)
					(A) (D)	Date Exercisable Expiration Date	Title Amount or Number of
Non-Qualified Stock Option (right to buy)	\$ 14.3492	Â	Â	Â	Â	01/28/2003 ⁽⁴⁾ 01/28/2012	NBT Bancorp Inc. Common Stock 10
Non-Qualified Stock Option (right to buy)	\$ 17.538	Â	Â	Â	Â	01/01/2004 ⁽⁴⁾ 01/01/2013	NBT Bancorp Inc. Common Stock 14
Non-Qualified Stock Option (right to buy)	\$ 18.1632	Â	Â	Â	Â	01/27/1999 ⁽⁴⁾ 01/27/2008	NBT Bancorp Inc. Common Stock 0
Non-Qualified Stock Option	\$ 19.7917	Â	Â	Â	Â	08/11/2005 ⁽⁵⁾ 08/11/2013	NBT Bancorp 5

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(right to buy)

Non-Qualified
Stock Option
(right to buy)

\$ 19.7925

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08/14/2005⁽⁵⁾

08/14/2013

Inc.
Common
Stock

NBT
Bancorp
Inc.
Common
Stock

6

Non-Qualified
Stock Option
(right to buy)

\$ 19.8125

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08/12/2005⁽⁵⁾

08/12/2013

NBT
Bancorp
Inc.
Common
Stock

1

Non-Qualified
Stock Option
(right to buy)

\$ 20.0558

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08/05/2005⁽⁵⁾

08/05/2013

NBT
Bancorp
Inc.
Common
Stock

4

Non-Qualified
Stock Option
(right to buy)

\$ 22.1715

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01/01/2005⁽⁴⁾

01/01/2014

NBT
Bancorp
Inc.
Common
Stock

1

Non-Qualified
Stock Option
(right to buy)

\$ 22.3517

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09/01/2006⁽⁵⁾

09/01/2014

NBT
Bancorp
Inc.
Common
Stock

9

Non-Qualified
Stock Option
(right to buy)

\$ 22.4075

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09/08/2006⁽⁵⁾

09/08/2014

NBT
Bancorp
Inc.
Common
Stock

1

Non-Qualified
Stock Option
(right to buy)

\$ 23.2708

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01/20/2006⁽⁴⁾

01/20/2015

NBT
Bancorp
Inc.
Common
Stock

3

Non-Qualified
Stock Option
(right to buy)

\$ 23.7553

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07/01/2007⁽⁵⁾

07/01/2015

NBT
Bancorp
Inc.
Common
Stock

1

Non-Qualified
Stock Option
(right to buy)

\$ 23.8712

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07/05/2007⁽⁵⁾

07/05/2015

NBT
Bancorp
Inc.

2

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FORSYTHE DARYL R 52 SOUTH BROAD STREET NORWICH, NY 13815	X	^	^	^

Signatures

By: Michael J. Chewens, Power of Attorney For: Daryl R. Forsythe 02/10/2006

__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 January 1, 2005 to December 31, 2005 at prices ranging from \$23.0588 to \$23.8424 per share.
- (2) Shares were purchased from 1/1/2005 through 12/31/2005 through NBT Bancorp Inc. 401k Plan.
- (3) Shares were purchased from 1/1/2005 through 12/31/2005 through NBT Bancorp Inc. ESOP Plan.
- (4) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (5) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan reload grant vests 100% two years after date of its grant.

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