#### **NBT BANCORP INC**

Form 4

January 22, 2009

### FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES** 

January 31, Expires: 2005

**OMB APPROVAL** 

Form 4 or Form 5 obligations may continue.

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

burden hours per response... 0.5

Estimated average

See Instruction 1(b).

(Last)

(Print or Type Responses)

1. Name and Address	of Reporting Person
RAVEN DAVID	E.

2. Issuer Name and Ticker or Trading

NBT BANCORP INC [NBTB]

5. Relationship of Reporting Person(s) to Issuer

Symbol

(Check all applicable)

(Middle) 3. Date of Earliest Transaction

Director 10% Owner \_X\_\_ Officer (give title

(First)

(Street)

(Month/Day/Year)

Other (specify below)

01/21/2009

President & CEO Pennstar

52 SOUTH BROAD STREET

4. If Amendment, Date Original

Applicable Line)

Filed(Month/Day/Year)

\_X\_ Form filed by One Reporting Person Form filed by More than One Reporting

6. Individual or Joint/Group Filing(Check

Person

NORWICH, NY 13815

(City)	(State) (Z	Zip) Table	I - Non-D	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)  (A) or		) 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)	
NBT Bancorp Inc. Common Stock	01/21/2009		Code V	5,850	(D)	\$ 0 (1)	23,355.032	D	

**NBT** 

Bancorp

401k Inc. 14,248.4749

Common Stock

**NBT** 1,672.7197 NBT Ι Bancorp Bancorp

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Inc. ESOP

Common Stock

1. Title of

2.

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

3. Transaction Date 3A. Deemed

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SEC 1474

(9-02)

6. Date Exercisable and

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

5.

Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transactic Code (Instr. 8)	onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Number Expiration Date of (Month/Day/Year) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009(2)	01/15/2018	NBT Bancorp Inc. Common Stock	17,0
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005(2)	01/01/2014	NBT Bancorp Inc. Common Stock	15,83
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007(2)	01/01/2016	NBT Bancorp Inc. Common Stock	20,00
Non-Qualified Stock Option (right to buy)	\$ 23.2708					01/20/2006(2)	01/20/2015	NBT Bancorp Inc. Common Stock	16,28
Non-Qualified Stock Option	\$ 25.38					01/15/2010(3)	01/15/2019	NBT Bancorp	18,00

7. Title and Amount

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(right to buy) Inc.
Common

Stock

Non-Qualified

(right to buy)

NBT Bancorp

19,0

Stock Option \$ 25.762

01/01/2008(2) 01/01/2017

Inc. Common Stock

# **Reporting Owners**

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

RAVEN DAVID E 52 SOUTH BROAD STREET NORWICH, NY 13815

President & CEO Pennstar

## **Signatures**

By: Michael J. Chewens, Power of Attorney For: David E. Raven

01/22/2009

\*\*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).
- Acquired pursuant to the formula provisions of the NBT Bancorp Inc. Performance Share Plan pursuant to which each member of a select (1) group of Management is entitled to receive an award based on Company performance goals in the form of restricted shares of the
- Company's common stock that vests four years following the end of a performance period.

  (2) 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. 2009 Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following
- years.

  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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