

NBT BANCORP INC  
Form 4  
November 12, 2013

**FORM 4**

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

OMB APPROVAL

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**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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
FORSYTHE DARYL R

(Last) (First) (Middle)

52 SOUTH BROAD STREET

(Street)

NORWICH, NY 13815

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
NBT BANCORP INC [NBTB]

3. Date of Earliest Transaction  
(Month/Day/Year)  
11/08/2013

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing(Check Applicable Line)  
 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 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	11/08/2013		M		5,000 A \$ 21.74	119,098.787	D
NBT Bancorp Inc. Common Stock	11/08/2013		S		5,000 D \$ 25	114,098.787	D
NBT Bancorp	11/08/2013		M		5,000 A \$ 22.4842	119,098.787	D

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Inc. Common Stock									
NBT Bancorp Inc. Common Stock	11/08/2013		S	5,000	D	\$ 25	114,098.787	D	
NBT Bancorp Inc. Common Stock	11/08/2013		M	5,000	A	\$ 22.5508	119,098.787	D	
NBT Bancorp Inc. Common Stock	11/08/2013		S	5,000	D	\$ 25	114,098.787	D	
NBT Bancorp Inc. Common Stock							0	I	NBT 401k/ESOP Plan
NBT Bancorp Inc. Common Stock							0	I	NBT Bancorp ESOP
NBT Bancorp Inc. Common Stock							1,842	I	by Spouse

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

**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 control number.**

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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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
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Security			Disposed of		Date Exercisable	Expiration Date	Title	A or N of S	
			(D)	(D)					
			Code	V	(A)	(D)			
Non-Qualified Stock Option (right to buy)	\$ 21.74	11/08/2013	M		5,000	05/01/2007 <sup>(1)</sup>	05/01/2016	NBT Bancorp Inc. Common Stock	5
Non-Qualified Stock Option (right to buy)	\$ 22.4842	11/08/2013	M		5,000	05/01/2008 <sup>(1)</sup>	05/01/2017	NBT Bancorp Inc. Common Stock	5
Non-Qualified Stock Option (right to buy)	\$ 22.5508	11/08/2013	M		5,000	05/01/2009 <sup>(1)</sup>	05/01/2018	NBT Bancorp Inc. Common Stock	5

## 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: F. Sheldon Prentice, Power of Attorney For: Daryl R. Forsythe  
 11/12/2013  
 \*\*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) Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.