#### **GUMBLE WILLIAM C**

Form 4

January 03, 2006

# FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB Number:

**OMB APPROVAL** 

3235-0287

Expires:

January 31, 2005

0.5

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Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

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if no longer

subject to

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(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * GUMBLE WILLIAM C			2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)		
			NBT BANCORP INC [NBTB]			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction			
			(Month/Day/Year)	X Director 10% Owner		
52 SOUTH BROAD STREET			12/31/2005	Officer (give title Other (specify below)		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person		
NORWICH NV 13815				Form filed by More than One Reporting		

Person

### NORWICH, NY 13815

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	e Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securi omr Dispo (Instr. 3,	sed of	` '	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
NBT Bancorp Inc. Common Stock	12/31/2005		Code V  M			Price \$ 16.0625	(Instr. 3 and 4) 103,432	D	
NBT Bancorp Inc. Common Stock	12/31/2005		M	1,200	A	\$ 14.3492	104,632	D	
NBT Bancorp	12/31/2005		M	900	A	\$ 17.6008	105,532	D	

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Inc.
Common
Stock

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.

SEC 1474

(9-02)

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

Non-Qualified Stock Option (right to buy)   \$14.3492   \$12/31/2005   M   \$12/31/2005   M   \$1,500   \$1,22/2002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,22002   \$1,220	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. 5. Number of TransactionDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Underlying (Instr. 3 and	
Stock Option (right to buy)         \$ 14.3492         12/31/2005         M         1,200         01/28/2003(1)         01/28/2012           Non-Qualified Stock Option (right to buy)         \$ 16.0625         12/31/2005         M         1,500         01/22/2002(1)         01/22/2001           Non-Qualified Stock Option (right to buy)         \$ 17.6008         12/31/2005         M         900         01/01/2004(1)         01/01/2013           Non-Qualified Stock Option (right to buy)         \$ 22.4092         12/31/2005         A         1,500         12/31/2007(2)         12/31/2015           Non-Qualified Stock Option         \$ 22.4092         12/31/2005         A         1,200         12/31/2007(2)         12/31/2015					Code V	(A)	(D)	Date Exercisable	^	Title
Stock Option (right to buy)         \$ 16.0625         12/31/2005         M         1,500         01/22/2002(1)         01/22/2001           Non-Qualified Stock Option (right to buy)         \$ 17.6008         12/31/2005         M         900         01/01/2004(1)         01/01/2013           Non-Qualified Stock Option (right to buy)         \$ 22.4092         12/31/2005         A         1,500         12/31/2007(2)         12/31/2015           Non-Qualified Stock Option         \$ 22.4092         12/31/2005         A         1,200         12/31/2007(2)         12/31/2015	Stock Option	\$ 14.3492	12/31/2005		M		1,200	01/28/2003(1)	01/28/2012	NBT Bancorp Inc. Common Stock
Stock Option (right to buy)       \$ 17.6008       12/31/2005       M       900       01/01/2004(1)/2004(1)/2013       01/01/2013         Non-Qualified Stock Option (right to buy)       \$ 22.4092       12/31/2005       A       1,500       12/31/2007(2)/2012       12/31/2015         Non-Qualified Stock Option       \$ 22.4092       12/31/2005       A       1,200       12/31/2007(2)/2012       12/31/2015	Stock Option	\$ 16.0625	12/31/2005		M		1,500	01/22/2002(1)	01/22/2011	NBT Bancorp Inc. Common Stock
Stock Option (right to buy)       \$ 22.4092       12/31/2005       A       1,500       12/31/2007(2)       12/31/2015         Non-Qualified \$ 22.4092       12/31/2005       A       1,200       12/31/2007(2)       12/31/2015         Stock Option       A       1,200       12/31/2007(2)       12/31/2015	Stock Option	\$ 17.6008	12/31/2005		M		900	01/01/2004(1)	01/01/2013	NBT Bancorp Inc. Common Stock
Stock Option	Stock Option	\$ 22.4092	12/31/2005		A	1,500		12/31/2007(2)	12/31/2015	NBT Bancorp Inc. Common Stock
	Stock Option	\$ 22.4092	12/31/2005		A	1,200		12/31/2007(2)	12/31/2015	NBT Bancorp Inc. Common

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Non-Qualifi Stock Optio (right to buy	on \$ 22.4092	12/31/2005	A	900	12/31/2007(2)	12/31/2015	NBT Bancorp Inc. Common Stock
Non-Qualification Stock Option (right to buy	on \$ 20.7492				05/01/2006 <u>(1)</u>	05/01/2015	NBT Bancorp Inc. Common Stock

Ion-Qualified

Non-Qualified Bancorp
Stock Option \$ 22.1388 01/01/2005(1) 01/01/2014 Inc.

(right to buy)

Non-Qualified Stock Option \$ 23.2708 01/20/2006<sup>(1)</sup> 01/20/2015

(right to buy)

Common Stock

**NBT** 

Common Stock NBT

Bancorp

Inc.

Stock

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
<b>F-</b>	Director	10% Owner	Officer	Other			
GUMBLE WILLIAM C 52 SOUTH BROAD STREET NORWICH, NY 13815	X						

## **Signatures**

By: Michael J. Chewens, Power of Attorney For: William C.
Gumble
01/03/2006

\*\*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) 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.
- (2) Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan reload grant vests 100% two years after date of its grant.

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.

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