

CHEWENS MICHAEL J  
Form 4  
January 22, 2013

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2015  
Estimated average burden hours per response... 0.5

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

**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 \*  
CHEWENS MICHAEL J

(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)  
01/18/2013

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)  
Sr EVP & CFO

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)
NBT Bancorp Inc. Common Stock	01/18/2013		S	1,725	D		
					\$ 20.8203		
NBT Bancorp Inc. Common Stock					14,046.634	I	401k
NBT Bancorp					3,703.4	I	NBT Bancorp

Inc.  
Common  
Stock

ESOP

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)

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 Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011 <sup>(2)</sup>	01/15/2020	NBT Bancorp Inc. Common Stock	18,000
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009 <sup>(3)</sup>	01/15/2018	NBT Bancorp Inc. Common Stock	18,000
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005 <sup>(3)</sup>	01/01/2014	NBT Bancorp Inc. Common Stock	715
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007 <sup>(3)</sup>	01/01/2016	NBT Bancorp Inc. Common Stock	22,000
Non-Qualified Stock Option	\$ 23.2708					01/20/2006 <sup>(3)</sup>	01/20/2015	NBT Bancorp	17,500

(right to buy)

Inc.  
Common  
Stock

Non-Qualified  
Stock Option \$ 25.38  
(right to buy)

01/15/2010<sup>(2)</sup> 01/15/2019

NBT  
Bancorp  
Inc. 18,0  
Common  
Stock

Non-Qualified  
Stock Option \$ 25.762  
(right to buy)

01/01/2008<sup>(3)</sup> 01/01/2017

NBT  
Bancorp  
Inc. 20,0  
Common  
Stock

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CHEWENS MICHAEL J 52 SOUTH BROAD STREET NORWICH, NY 13815			Sr EVP & CFO	

## Signatures

By: F. Sheldon Prentice, Power of Attorney For: Michael J. Chewens 01/22/2013

\_\_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) The sale price is an average of 300 shares sold at \$ 20.76, 449 shares sold at \$ 20.78, 51 shares sold at \$ 20.80, 200 shares sold at \$ 20.81, 100 shares sold at \$ 20.82, 2 shares sold at \$ 20.84, 200 shares sold at \$20.8554, 198 shares sold at 20.86 and 225 shares sold at \$ 20.929.
- (2) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.
- (3) Pursuant to NBT Bancorp Inc. 1993 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.