

MURPHY MICHAEL M
Form 4
November 17, 2009

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 *
MURPHY MICHAEL M

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)
52 SOUTH BROAD STREET
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/13/2009

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

NORWICH, NY 13815

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

6. Individual or Joint/Group Filing (Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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	11/13/2009		P	12,000 A	\$ 20.65 25,599	D	
NBT Bancorp Inc. Common Stock					2,950	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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 18.3408					08/08/2009 ⁽¹⁾	08/08/2017	NBT Bancorp Inc. Common Stock	100
Non-Qualified Stock Option (right to buy)	\$ 20.7492					05/01/2006 ⁽²⁾	05/01/2015	NBT Bancorp Inc. Common Stock	300
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007 ⁽²⁾	05/01/2016	NBT Bancorp Inc. Common Stock	1,500
Non-Qualified Stock Option (right to buy)	\$ 22.1542					02/02/2006 ⁽¹⁾	02/02/2014	NBT Bancorp Inc. Common Stock	1,000
Non-Qualified Stock Option (right to buy)	\$ 22.4842					05/01/2008 ⁽²⁾	05/01/2017	NBT Bancorp Inc. Common Stock	1,500
	\$ 22.5508					05/01/2009 ⁽²⁾	05/01/2018		1,500

