

TRUSTCO BANK CORP N Y
Form 4
November 04, 2008

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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 *
CUSHING ROBERT T

2. Issuer Name and Ticker or Trading Symbol
TRUSTCO BANK CORP N Y [TRST]

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)

(Last) (First) (Middle)
C/O TRUSTCO BANK CORP NY, 5 SARNOWSKI DRIVE
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
10/31/2008

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
CFO & EVP

GLENVILLE, NY 12302

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) | | | |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|---------|---|---------------------|
| | | | Code | V | Amount | (A) or (D) | Price | | | |
| COMMON STOCK | 10/31/2008 | | M | | 95,796 | A | \$ 10 | 548,867 | I | BY IMMEDIATE FAMILY |
| COMMON STOCK | 10/31/2008 | | M | | 95,237 | A | \$ 9.47 | 644,104 | I | BY IMMEDIATE FAMILY |
| COMMON STOCK | 10/31/2008 | | M | | 105,800 | A | \$ 9.75 | 749,904 | I | BY IMMEDIATE FAMILY |
| COMMON STOCK | 10/31/2008 | | M | | 100,000 | A | \$ | 849,904 | I | BY IMMEDIATE FAMILY |

| | | | | | | | | | |
|--------------|------------|---|---------|---|----------|---------|---|--|---------------------|
| STOCK | | | | | 11.83 | | | | IMMEDIATE FAMILY |
| COMMON STOCK | 10/31/2008 | S | 361,072 | D | \$ 12.17 | 488,832 | I | | BY IMMEDIATE FAMILY |

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 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 Underlying Security (Instr. 3) | |
|---|--|---|---|-----------------------------------|--|---|--|-------|
| | | | | | | Date Exercisable | Expiration Date | Title |
| OPTION:RT-TO-BUY | \$ 10 | 10/31/2008 | | M | 95,796 | 06/24/1999 | 06/24/2009 | CO |
| OPTION:RT-TO-BUY | \$ 9.47 | 10/31/2008 | | M | 95,237 | 01/18/2000 | 01/18/2010 | CO |
| OPTION:RT-TO-BUY | \$ 9.75 | 10/31/2008 | | M | 105,800 | 03/16/2001 | 03/16/2011 | CO |
| OPTION:RT-TO-BUY | \$ 11.83 | 10/31/2008 | | M | 100,000 | 07/24/2002 | 07/24/2012 | CO |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|--|---------------|-----------|-----------|-------|
| | Director | 10% Owner | Officer | Other |
| CUSHING ROBERT T C/O TRUSTCO BANK CORP NY 5 SARNOWSKI DRIVE GLENVILLE, NY 12302 | | | CFO & EVP | |

Signatures

| | |
|---|------------|
| ROBERT T. CUSHING, BY POWER OF ATTORNEY | 11/04/2008 |
| **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).

Remarks:

ADDITIONAL SHARES ACQUIRED BY REPORTING PERSON'S PARTICIPATION IN DIVIDEND REINVESTMENT

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.