CHEWENS MICHAEL J

Form 4

January 24, 2013

FORM 4

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

OMB Number: 3235-0287

Estimated average

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

burden hours per response... 0.5

See Instruction 1(b).

Bancorp

(Print or Type Responses)

1. Name and Address of Reporting Person * CHEWENS MICHAEL J			2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer			
			NBT BANCORP INC [NBTB]	(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				
52 SOUTH BR	OAD STRE	EET	(Month/Day/Year) 01/23/2013	Director 10% Owner _X_ Officer (give title Other (specify below) below) Sr EVP & CFO			
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
NORWICH, NY 13815			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acq	uired, Disposed of, or Beneficially Owne			
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(City)	(State) (Z	Zip) Table	e I - Non-D	erivative S	Securi	ties Ac	quired, Disposed	of, or Beneficia	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Transaction Date 2A. Deemed Month/Day/Year) Execution Date, if any (Month/Day/Year)		4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
NDT			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
NBT Bancorp Inc. Common Stock	01/23/2013		A	6,325 (1)	A	\$0	38,580	D	
NBT Bancorp Inc. Common Stock	01/23/2013		A	1,000 (2)	A	\$ 0	39,580	D	
NBT							14,046.634	I	401k

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Inc.

Common

Stock

NBT

Bancorp
Inc. 3,703.4 I Bancorp
Common ESOP

Stock

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

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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. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and	Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011(3)	01/15/2020	NBT Bancorp Inc. Common Stock	18,00
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009(4)	01/15/2018	NBT Bancorp Inc. Common Stock	18,00
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005(4)	01/01/2014	NBT Bancorp Inc. Common Stock	715
Non-Qualified Stock Option	\$ 22.352					01/01/2007(4)	01/01/2016	NBT Bancorp	22,00

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(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(4)	01/20/2015	NBT Bancorp Inc. Common Stock	17,50
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010(3)	01/15/2019	NBT Bancorp Inc. Common Stock	18,00
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008(4)	01/01/2017	NBT Bancorp Inc. Common Stock	20,00

Reporting Owners

Reporting Owner Name / Address	Keiationsnips					
	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

01/24/2013

**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).
- Pursuant to NBT Bancorp Inc. Omnibus Performance Unit Agreement, each member of a select group of Management is entitled to
 (1) receive an award based on Company performance goals in the form of restricted stock units that vests four years following the end of a performance period.
- Pursuant to NBT Bancorp Inc. Omnibus Incentive Plan Long-Term Performance-Based Stock Award Agreement. Selected members of (2) Management are entitled to receive an award based on Company performance goals in the form of restricted stock units that become 100% vested at the end of the Performance Measurement Period.
- (3) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.
- (4) 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.

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