Edgar Filing: TRUSTCO BANK CORP N Y - Form 4

TRUSTCO BAN Form 4 June 04, 2007	NK CORP N	Y									
FORM 4		CT A TEC	GEOU					N T		PPROVAL	
Check this bo	SIAIES	S SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						OMB Number:	3235-0287		
if no longer subject to Section 16. Form 4 or Form 5 obligations may continue See Instructio	STATEM Filed pur Section 17(F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Sectior of the Investment Company Act of 1940						Expires: January 31, 2005 Estimated average burden hours per response 0.5			
1(b).	-				_						
(Print or Type Resp	onses)										
1. Name and Address of Reporting Person <u>*</u> MCCORMICK ROBERT A			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)	-	f Earliest T	ransaction		X Director		109	6 Owner	
5 SARNOWSK		(Month/Day/Year) 06/01/2007				X_Officer (give titleOther (specify below) below) Chairman					
	4. If Amendment, Date Original Filed(Month/Day/Year)			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 							
GLENVILLE, 1	NY 12302						Person	10101	e than one re	eporting	
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	cquired, Disposed	of, a	or Beneficia	lly Owned	
	ransaction Date onth/Day/Year)	Execution any	Date, if	3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3,	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	For (D) (I)	Ownership m: Direct or Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Report o	on a separate line	e for each cl	ass of sec	urities bene	ficially ow	ned directly of	or indirectly.				
					inforr requi	nation cont red to respo ays a curre	pond to the colle ained in this forn ond unless the fo ntly valid OMB co	n ar orm	e not	SEC 1474 (9-02)	
	Tab					posed of, or convertible	Beneficially Owner securities)	d			

1. Title of Derivative	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title a
Security	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onof Derivative	Expiration Date	Underly
(Instr. 3)	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3

Edgar Filing: TRUSTCO BANK CORP N Y - Form 4	
--	--

	Price of Derivative Security		(Month/Day/Year) (Instr. 8)			Acquired (A) or Disposed (D) (Instr. 3, and 5)	l of			
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title
OPTION:RT-TO-BUY	\$ 9.91	06/01/2007		А		2,000		06/01/2007	06/01/2017	COM
Reporting Ow	ners									
Reporting Owner Name / Ac	Idnoca	nships								
Keporting Owner Name / At	Dire	ctor 10% Owner	Officer Oth	er						
MCCORMICK ROBERT 5 SARNOWSKI DR. GLENVILLE, NY 12302	2	X	Chairman							
Signatures										
ROBERT T. CUSHING ATTORNEY	, BY POWI	ER OF	06/04/2	007						
<u>**</u> Signature of I	**Signature of Reporting Person									
Explanation of	f Resp	onses:								

* 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:

GRANT TO REPORTING PERSON OF OPTION TO BUY 2000 SHARES OF COMMON AS OF 6/1/07 DATE OF GRAN

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.