

Poitras Thomas M  
Form 4  
November 23, 2012

**FORM 4**

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

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

## OMB APPROVAL

OMB  
Number: 3235-0287  
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response... 0.5

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
Poitras Thomas M

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)

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

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

C/O TRUSTCO BANK CORP NY, 5  
SARNOWSKI DRIVE

11/20/2012

AVP & ASSISTANT SECRETARY

(Street)

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  
Person

GLENVILLE, NY 12302

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

| 1. Title of<br>Security<br>(Instr. 3) | 2. Transaction Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 3. Transaction<br>Code<br>(Instr. 8) | 4. Securities<br>Acquired (A) or<br>Disposed of (D)<br>(Instr. 3, 4 and 5) | 5. Amount of<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 3 and 4) | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I)<br>(Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------------------------|-----------------------------------------|-------------------------------------------------------------|--------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|
|                                       |                                         |                                                             | Code                                 | V                                                                          | Amount                                                                                                             | (D)                                                                  | Price                                                             |

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<br>Derivative Security | 2. Conversion | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if | 4. Transaction of Derivative | 5. Number | 6. Date Exercisable and<br>Expiration Date | 7. Title and Amount<br>Underlying Security |
|------------------------------------|---------------|-----------------------------------------|----------------------------------|------------------------------|-----------|--------------------------------------------|--------------------------------------------|
|------------------------------------|---------------|-----------------------------------------|----------------------------------|------------------------------|-----------|--------------------------------------------|--------------------------------------------|

## Edgar Filing: Poitras Thomas M - Form 4

| (Instr. 3)               | or Exercise<br>Price of<br>Derivative<br>Security | any<br>(Month/Day/Year) | Code<br>(Instr. 8) | Securities<br>Acquired<br>(A) or<br>Disposed of<br>(D)<br>(Instr. 3, 4,<br>and 5) | (Month/Day/Year) |     | (Instr. 3 and 4)    |                    |                 |                            |
|--------------------------|---------------------------------------------------|-------------------------|--------------------|-----------------------------------------------------------------------------------|------------------|-----|---------------------|--------------------|-----------------|----------------------------|
|                          |                                                   |                         | Code               | V                                                                                 | (A)              | (D) | Date<br>Exercisable | Expiration<br>Date | Title           | Am<br>or<br>Nu<br>of<br>Sh |
| OPTION:<br>RT-TO-BUY     | \$ 5.17                                           | 11/20/2012              | A                  |                                                                                   | 6,000            |     | <u>(1)</u>          | 11/20/2022         | COMMON<br>STOCK | 6                          |
| RESTRICTED<br>STOCK UNIT | <u>(2)</u>                                        | 11/20/2012              | A                  |                                                                                   | 1,500            |     | <u>(3)</u>          | <u>(3)</u>         | COMMON<br>STOCK | 1                          |

## Reporting Owners

| Reporting Owner Name / Address                                                           | Relationships |           |                           |       |
|------------------------------------------------------------------------------------------|---------------|-----------|---------------------------|-------|
|                                                                                          | Director      | 10% Owner | Officer                   | Other |
| Poitras Thomas M<br>C/O TRUSTCO BANK CORP NY<br>5 SARNOWSKI DRIVE<br>GLENVILLE, NY 12302 |               |           | AVP & ASSISTANT SECRETARY |       |

## Signatures

ROBERT T. CUSHING, BY POWER OF  
ATTORNEY

11/23/2012

**\*\*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 OPTIONS VEST OVER FIVE EQUAL ANNUAL INSTALLMENTS BEGINING NOVEMBER 20, 2013.
- (2) EACH RESTRICTED STOCK UNIT REPRESENTS A CONTINGENT RIGHT TO RECEIVE A PAYMENT IN CASH EQUAL TO THE VALUE OF A SHARE OF ISSUED COMMON STOCK.
- (3) THE RESTRICTED STOCK UNITS "VEST" IN WHOLE ON NOVEMBER 20, 2015. SETTLEMENT OF THE RESTRICTED STOCK UNITS WILL BE MADE IN CASH ONLY.

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.