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TRUSTCO BANK CORP N Y  
Form 8-K  
May 16, 2006

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

FORM 8-K

CURRENT REPORT PURSUANT  
TO SECTION 13 OR 15(D) OF THE  
SECURITIES EXCHANGE ACT OF 1934

Date of Report (date of earliest event reported): May 15, 2006

TrustCo Bank Corp NY  
(Exact name of registrant as specified in its charter)

NEW YORK	0-10592	14-1630287
State or Other Jurisdiction of Incorporation or Organization	Commission File No.	I.R.S. Employer Identification Number

5 SARNOWSKI DRIVE, GLENVILLE, NEW YORK 12302  
(Address of principal executive offices)

(518) 377-3311  
(Registrant's Telephone Number,  
Including Area Code)

NOT APPLICABLE  
(Former Name or Former Address, if Changed Since Last Report)

Check the appropriate box below if the Form 8-K filing is intended to  
simultaneously satisfy the filing obligation of the registrant under any of  
the following provisions:

- Written communications pursuant to Rule 425 under the Securities  
Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act  
(17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the  
Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the  
Exchange Act (17 CFR 240.13e-4(c))

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TrustCo Bank Corp NY

Item 8.01. Other Events

The following materials were presented at the Annual  
Meeting of Shareholders held May 15, 2006. Attached is a

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copy of the presentation labeled as Exhibit 99(a).

Item 9.01 Financial Statement and Exhibits

(c) Exhibits

Reg S-K Exhibit No.	Description
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99(a)	Presentation given at the Annual Meeting of Shareholders held on May 15, 2006.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

Dated: May 15, 2006

TrustCo Bank Corp NY  
(Registrant)

By: /s/ Robert T. Cushing  
-----  
Robert T. Cushing  
Executive Vice President and  
Chief Financial Officer

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Exhibits Index

The following exhibits are filed herewith:

Reg S-K Exhibit No.	Description	Pages
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99(a)	Presentation given at the Annual Meeting of Shareholders held on May 15, 2006.	5-29

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Exhibit 99(a)

Welcome to the

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[LOGO] TRUSTCO  
Bank Corp NY

2006 Annual Meeting

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[LOGO] TRUSTCO  
Bank Corp NY

## Shareholder Assembly Agenda

- \* Past Performance
- \* Current Performance
- \* Future Plans
- \* Questions and Answers

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[LOGO] TRUSTCO  
Bank Corp NY

[GRAPH]

2001	2002	2003	2004	2005
1.83%	1.83%	1.96%	2.00%	2.07%

Return on Average Assets

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[LOGO] TRUSTCO  
Bank Corp NY

[GRAPH]

TrustCo vs. Competitors

TrustCo	2.07%
Arrow	1.28%
1st Niagara	1.18%
Key	1.24%
Peer Group (\$2-5 Billion)	1.06%

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Return on Average Assets

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[LOGO] TRUSTCO  
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[GRAPH]

Efficiency Ratio

2001	2002	2003	2004	2005
38.96%	36.66%	38.33%	38.78%	38.29%

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[LOGO] TRUSTCO  
Bank Corp NY

[GRAPH]

TrustCo vs. Competitors

TrustCo	38.29%
Arrow	53.47%
1st Niagara	55.22%
Key	62.45%
Peer group (\$2-5 Billion)	59.25%

Efficiency Ratio

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[LOGO] TRUSTCO  
Bank Corp NY

[GRAPH]

2001	2002	2003	2004	2005
25.31%	26.08%	26.21%	26.65%	26.07%

Return on Equity

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[LOGO] TRUSTCO  
Bank Corp NY

[GRAPH]

TrustCo vs. Competitors

TrustCo	26.07%
Arrow	15.94%
1st Niagara	6.76%
Key	15.42%
Peer group (\$2-5 Billion)	12.23%

Return on Equity

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[GRAPH]

2001	2002	2003	2004	2005
84.58%	88.60%	83.98%	78.83%	77.46%

Dividend Payout Ratio

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Bank Corp NY

[GRAPH]

TrustCo vs. Competitors

TrustCo	77.46%
Arrow	52.27%
1st Niagara	45.23%
Key	47.60%
Peer group (\$2-5 Billion)	34.70%

Dividend Payout Ratio

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[GRAPH]

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TrustCo vs. Competitors

TrustCo	4.91%
Arrow	3.52%
1st Niagara	2.63%
Key	3.95%
Peer Group (\$2-5 Billion)	1.97%

Dividend Yield

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[GRAPH]

1986	1990	1995	2000	2005
\$51.6	\$82.3	\$390.2	\$747.9	\$928.7

Market Capitalization in Millions

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2006 AND BEYOND  
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- \* 2005 One Time Events
- \* Shrinking Interest Margins
- \* Core Earnings
- \* Future Plans

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[GRAPH]

Month	Ten Year Treasury	Fed Funds Rate
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Jul	3.98	1
Aug	4.45	1
Sep	4.27	1
Oct	4.29	1
Nov	4.3	1
Dec	4.27	1
Jan-04	4.15	1
Feb	4.08	1
Mar	3.83	1
Apr	4.35	1
May	4.72	1
Jun	4.73	1
Jul	4.5	1.25
Aug	4.28	1.5
Sep	4.13	1.75
Oct	4.1	1.75
Nov	4.19	2
Dec	4.23	2.25
Jan-05	4.22	2.25
Feb	4.17	2.5
Mar	4.5	2.75
Apr	4.34	2.75
May	4.14	3
Jun	4	3
Jul	4.18	3.25
Aug	4.26	3.5
Sep	4.2	3.75
Oct	4.46	3.75
Nov	4.54	4
Dec	4.47	4.25
Jan-06	4.42	4.25
Feb	4.57	4.5
Mar	4.72	4.75

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[GRAPH]

2001	2002	2003	2004	2005	5/15/2006
56	62	69	75	79	83

Continuing to Expand  
Number of Offices

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Florida

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[MAP GRAPHIC]

\* Coming Soon

\* Existing Branches

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Orlando, Florida

[MAP GRAPHIC]

\* Coming Soon

\* Existing Branches

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[LOGO] TRUSTCO  
Bank Corp NY

Downstate New York & Northern New Jersey

[MAP GRAPHIC]

\* Coming Soon

\* Existing Branches

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[GRAPH]

1990 1991 1992 1993 1994 1995 1996



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TrustCo Bank	100	155.46	202.86	258.08	293.55	405.54	473.46
S&P 500	100	130.47	140.41	154.57	156.61	215.46	264.93
SNL Super Regional Bank Index	100	168.57	215.44	225.39	213.2	332.57	460.93

Total Return Performance

	2000	2001	2002	2003	2004	2005
TrustCo Bank	978.62	1219.18	1096.88	1407.42	1543.47	1458.69
S&P 500	499.83	440.4	343.07	441.48	489.51	513.55
SNL Super Regional Bank Index	735.09	713.97	736.14	945.25	1047.77	1054.64

Total Return Performance

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[PHOTO]

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[LOGO] TRUSTCO  
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TRUSTCO [GRAPHIC] BANK'S

Winter Warmth Fund

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[LOGO] TRUSTCO  
Bank Corp NY

TRUSTY

[GRAPHIC]

Your Home Town Pal

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SNL Financial L.C. Ranks TrustCo #1  
Savings Bank in the Nation

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[GRAPHIC]

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Dividend  
Yield

Efficiency Ratio

Return On Average Equity

Return On Average Assets

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Questions and Answers

2006 Annual Meeting

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Thank You for Attending

2006 Annual Meeting

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