TRUSTCO BANK CORP N Y

Form 4

November 22, 2016

Check this box

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

OMB Number:

3235-0287

0.5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

January 31, Expires: 2005

OMB APPROVAL

Estimated average burden hours per

response...

if no longer subject to Section 16. 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

SECURITIES

See Instruction

1(b).

(Last)

(City)

(Print or Type Responses)

1. Name and Address of Reporting Person * OZIMEK MICHAEL M

(First)

(Street)

(State)

2. Issuer Name and Ticker or Trading Symbol

Issuer

5. Relationship of Reporting Person(s) to

TRUSTCO BANK CORP N Y

[TRST]

(Check all applicable)

CFO & Senior Vice President

(Month/Day/Year)

3. Date of Earliest Transaction

Director 10% Owner X_ Officer (give title Other (specify below)

6. Individual or Joint/Group Filing(Check

C/O TRUSTCO BANK CORP NY, 5 11/18/2016

(Middle)

(Zip)

SARNOWSKI DRIVE

4. If Amendment, Date Original

Applicable Line)

Filed(Month/Day/Year)

X Form filed by One Reporting Person Form filed by More than One Reporting

GLENVILLE, NY 12302

(City)	(State) (Zi	Table I	- Non-Der	rivative Se	ecuriti	es Acqu	ired, Disposed of	, or Beneficiall	y Owned
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securi	ties A	cquired	5. Amount of	6.	7. Nature of
Security	(Month/Day/Year)	Execution Date, if	Transactio	or(A) or Disposed of			Securities	Ownership	Indirect
(Instr. 3)		any	Code	(D)			Beneficially	Form: Direct	Beneficial
		(Month/Day/Year)	(Instr. 8)	(Instr. 3, 4 and 5)			Owned	(D) or	Ownership
							Following	Indirect (I)	(Instr. 4)
					(4)		Reported	(Instr. 4)	
				(A) or		Transaction(s)			
			Code V	Amount		Price	(Instr. 3 and 4)		
COMMON	11/10/2016		M	0.000	A	\$	15 007	Ъ	
STOCK	11/18/2016		M	8,000	A	5.14	15,087	D	
COMMON						Ф			
COMMON	11/18/2016		M	3,200	A	\$	18,287	D	
STOCK				•		5.17	,		
COMMON						\$			
STOCK	11/18/2016		F	7,076	D	8.15	11,211	D	
210011						0.10			

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

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displays a currently valid OMB control

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. Transacti Code (Instr. 8)	Transaction Derivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amoun or Number of Shares	
COMMON STOCK	\$ 5.14	11/18/2016		M	8,000	<u>(1)</u>	11/15/2021	COMMON STOCK	8,000	
COMMON STOCK	\$ 5.17	11/18/2016		M	3,200	(2)	11/20/2022	COMMON STOCK	3,200	

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

OZIMEK MICHAEL M C/O TRUSTCO BANK CORP NY 5 SARNOWSKI DRIVE GLENVILLE, NY 12302

CFO & Senior Vice President

Signatures

/S/ MICHAEL M. OZIMEK 11/22/2016

**Signature of Reporting Date
Person

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) Award vests in equal installments from the first through fifth year following the award date, beginning November 15, 2012.
- (2) Award vests in equal installments from the first through fifth year following the award date, beginning November 20, 2013.

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.

Reporting Owners 2

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