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TRUSTCO BANK CORP N Y
 Form 13F-HR
 August 05, 2009

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

Form 13F
 Form 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 6/30/2009
 Check here if Amendment []; Amendment Number: -----

This Amendment (Check only one.): is a restatement.
 adds new holdings entries.

Institutional Investment Manager Filing this Report:

Name: TRUSTCO BANK
 Address: 3 SARNOWSKI DRIVE
 GLENVILLE, NY 12302

Form 13F File Number: 28-10307

The institutional investment manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists, and tables, are considered integral parts of this form.

Persons Signing this Report on Behalf of Reporting Manager:

Name: RICHARD W PROVOST
 Title: TRUST OFFICER
 Phone: 518-381-3644

Signature, Place, and Date of Signing:

/s/ RICHARD W PROVOST	GLENVILLE, NY	7/29/2009
-----	-----	-----
[Signature]	[City, State]	[Date]

Report Type (Check only one):

- 13F HOLDINGS REPORT. (Check here if all holdings of this reporting manager are reported in this report.)
- 13F NOTICE. (Check here if no holdings reported are in this report, and all holdings are reported by other reporting manager(s).)
- 13F COMBINATION REPORT. (Check here if a portion of the holdings for this reporting manager are reported in this report and a portion are reported by other reporting manager(s).)

List of Other Managers Reporting for this Manager:

Form 13F SUMMARY PAGE

Report Summary:

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Number of Other Included Managers: 0

Form 13F Information Table Entry Total: 171

Form 13F Information Table Value Total: \$ 104,851.00

List of Other Included Managers:

Provide a numbered list of the name(s) and 13F file number(s) of all institutional investment managers with respect to which this report is filed, other than the manager filing this report.

NONE

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5		COLUMN 6
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE	SHRS OR PRN AMT	SH/ PUT/ CALL	INVESTMENT DISCRETION
AT&T INC	COM	00206R102	1090	43890	SH	SOLE
AT&T INC	COM	00206R102	7	300	SH	DEFINED
AT&T INC	COM	00206R102	651	26227	SH	OTHER
			0	0		OTHER
ABBOTT LABORATORIES	COM	2824100	2536	53919	SH	SOLE
			0	0		SOLE
ABBOTT LABORATORIES	COM	2824100	47	1000	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
ABBOTT LABORATORIES	COM	2824100	425	9026	SH	OTHER
			0	0		OTHER
			0	0		OTHER
AIR PRODUCTS & CHEMICALS INC	COM	9158106	413	6400	SH	SOLE
ALTRIA GROUP INC	COM	02209S103	14	870	SH	SOLE
ALTRIA GROUP INC	COM	02209S103	710	43300	SH	OTHER
			0	0		OTHER
APPLIED MATERIALS INC	COM	38222105	581	52800	SH	SOLE
			0	0		SOLE
APPLIED MATERIALS INC	COM	38222105	3	300	SH	DEFINED
APPLIED MATERIALS INC	COM	38222105	7	600	SH	OTHER
AUTOMATIC DATA PROCESSING INC	COM	53015103	550	15525	SH	SOLE
			0	0		SOLE
AUTOMATIC DATA PROCESSING INC	COM	53015103	4	100	SH	DEFINED
AUTOMATIC DATA PROCESSING INC	COM	53015103	21	600	SH	OTHER
			0	0		OTHER
BP PLC	FOR	55622104	1380	28953	SH	SOLE
			0	0		SOLE
BP PLC	FOR	55622104	224	4700	SH	DEFINED
			0	0		DEFINED
BP PLC	FOR	55622104	320	6704	SH	OTHER
			0	0		OTHER
			0	0		OTHER
BANK OF AMERICA CORP	COM	60505104	107	8138	SH	SOLE

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BANK OF AMERICA CORP	COM	60505104	1	100	SH	DEFINED
BANK OF AMERICA CORP	COM	60505104	42	3154	SH	OTHER
			0	0		OTHER
THE BANK OF NEW YORK COMPANY INC	COM	64058100	309	10541	SH	SOLE
THE BANK OF NEW YORK COMPANY INC	COM	64058100	32	1096	SH	OTHER
BLACKROCK	MUT	09255E102	107	10000	SH	OTHER
BRISTOL-MYERS SQUIBB CO	COM	110122108	55	2700	SH	SOLE
BRISTOL-MYERS SQUIBB CO	COM	110122108	73	3600	SH	DEFINED
BRISTOL-MYERS SQUIBB CO	COM	110122108	240	11800	SH	OTHER
			0	0		OTHER
CHEVRON CORP NEW	COM	166764100	2693	40651	SH	SOLE
			0	0		SOLE
CHEVRON CORP NEW	COM	166764100	199	3000	SH	DEFINED
			0	0		DEFINED
CHEVRON CORP NEW	COM	166764100	998	15071	SH	OTHER
			0	0		OTHER
			0	0		OTHER
CISCO SYSTEMS INC	COM	17275R102	923	49492	SH	SOLE
CISCO SYSTEMS INC	COM	17275R102	16	850	SH	DEFINED
			0	0		DEFINED
CISCO SYSTEMS INC	COM	17275R102	49	2650	SH	OTHER
			0	0		OTHER
			0	0		OTHER
COCA COLA CO	COM	191216100	2351	48991	SH	SOLE
			0	0		SOLE
COCA COLA CO	COM	191216100	461	9600	SH	DEFINED
			0	0		DEFINED

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE	SHRS OR PRN AMT	SH/ PUT/ CALL	INVESTMENT DISCRETIO
COCA COLA CO	COM	191216100	633	13200	SH	OTHER
			0	0		OTHER
COLGATE PALMOLIVE CO	COM	194162103	1912	27028	SH	SOLE
COLGATE PALMOLIVE CO	COM	194162103	50	700	SH	DEFINED
			0	0		DEFINED
COLGATE PALMOLIVE CO	COM	194162103	304	4300	SH	OTHER
			0	0		OTHER
			0	0		OTHER
DISNEY WALT CO	COM	254687106	1162	49810	SH	SOLE
			0	0		SOLE
DISNEY WALT CO	COM	254687106	9	400	SH	DEFINED
			0	0		DEFINED
DISNEY WALT CO	COM	254687106	169	7250	SH	OTHER
			0	0		OTHER
			0	0		OTHER
DOMINION RESOURCES INC VA NEW	COM	25746U109	23	686	SH	SOLE
DOMINION RESOURCES INC VA NEW	COM	25746U109	214	6418	SH	OTHER
DOW CHEMICAL CO	COM	260543103	285	17675	SH	SOLE
DOW CHEMICAL CO	COM	260543103	24	1500	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED

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DOW CHEMICAL CO	COM	260543103	47	2925	SH	OTHER
			0	0		OTHER
ECOLAB INC	COM	278865100	996	25542	SH	SOLE
			0	0		SOLE
ECOLAB INC	COM	278865100	19	500	SH	OTHER
			0	0		OTHER
EMERSON ELECTRIC CO	COM	291011104	253	7800	SH	SOLE
			0	0		SOLE
EMERSON ELECTRIC CO	COM	291011104	91	2800	SH	OTHER
			0	0		OTHER
EXELON CORP	COM	30161N101	1202	23475	SH	SOLE
EXELON CORP	COM	30161N101	44	850	SH	DEFINED
			0	0		DEFINED
EXELON CORP	COM	30161N101	166	3240	SH	OTHER
			0	0		OTHER
EXXON MOBIL CORP	COM	30231G102	6297	90077	SH	SOLE
			0	0		SOLE
EXXON MOBIL CORP	COM	30231G102	1104	15798	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
EXXON MOBIL CORP	COM	30231G102	2296	32839	SH	OTHER
			0	0		OTHER
			0	0		OTHER
GENERAL ELECTRIC CO	COM	369604103	6694	571153	SH	SOLE
			0	0		SOLE
GENERAL ELECTRIC CO	COM	369604103	533	45489	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
GENERAL ELECTRIC CO	COM	369604103	3459	295097	SH	OTHER
			0	0		OTHER
			0	0		OTHER
GENERAL MILLS INC	COM	370334104	812	14495	SH	SOLE
			0	0		SOLE
GENERAL MILLS INC	COM	370334104	42	750	SH	DEFINED
			0	0		DEFINED
GENERAL MILLS INC	COM	370334104	272	4850	SH	OTHER
			0	0		OTHER
GLAXOSMITHKLINE PLC	FOR	37733W105	386	10934	SH	SOLE
GLAXOSMITHKLINE PLC	FOR	37733W105	21	600	SH	DEFINED

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMEN DISCRETIO
GLAXOSMITHKLINE PLC	FOR	37733W105	152	4314	SH	OTHER
			0	0		OTHER
			0	0		OTHER
HEWLETT PACKARD CO	COM	428236103	201	5211	SH	SOLE
HEWLETT PACKARD CO	COM	428236103	8	200	SH	DEFINED
HEWLETT PACKARD CO	COM	428236103	97	2504	SH	OTHER
			0	0		OTHER
HOME DEPOT INC	COM	437076102	307	12999	SH	SOLE
			0	0		SOLE

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HOME DEPOT INC	COM	437076102	12	500	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
HOME DEPOT INC	COM	437076102	80	3389	SH	OTHER
			0	0		OTHER
			0	0		OTHER
INTEL CORP	COM	458140100	1601	96750	SH	SOLE
			0	0		SOLE
INTEL CORP	COM	458140100	144	8700	SH	DEFINED
			0	0		DEFINED
INTEL CORP	COM	458140100	118	7100	SH	OTHER
			0	0		OTHER
			0	0		OTHER
INTERNATIONAL BUSINESS MACHINES	COM	459200101	1265	12117	SH	SOLE
INTERNATIONAL BUSINESS MACHINES	COM	459200101	89	850	SH	DEFINED
INTERNATIONAL BUSINESS MACHINES	COM	459200101	491	4700	SH	OTHER
			0	0		OTHER
			0	0		OTHER
ISHARES	MUT	464287226	817	8000	SH	OTHER
ISHARES	MUT	464288646	412	4000	SH	OTHER
JPMORGAN CHASE & CO	COM	46625H100	1222	35822	SH	SOLE
			0	0		SOLE
JPMORGAN CHASE & CO	COM	46625H100	42	1228	SH	DEFINED
			0	0		DEFINED
JPMORGAN CHASE & CO	COM	46625H100	430	12597	SH	OTHER
			0	0		OTHER
			0	0		OTHER
JACOBS ENGINEERING GROUP INC	COM	469814107	251	5975	SH	SOLE
JACOBS ENGINEERING GROUP INC	COM	469814107	55	1300	SH	DEFINED
			0	0		DEFINED
JACOBS ENGINEERING GROUP INC	COM	469814107	19	450	SH	OTHER
JOHNSON & JOHNSON	COM	478160104	5106	89901	SH	SOLE
JOHNSON & JOHNSON	COM	478160104	214	3770	SH	DEFINED
			0	0		DEFINED
JOHNSON & JOHNSON	COM	478160104	592	10425	SH	OTHER
			0	0		OTHER
			0	0		OTHER
JOHNSON CONTROLS INC	COM	478366107	270	12450	SH	SOLE
JOHNSON CONTROLS INC	COM	478366107	88	4050	SH	OTHER
			0	0		OTHER
			0	0		OTHER
KRAFT FOODS INC	COM	50075N104	46	1828	SH	SOLE
KRAFT FOODS INC	COM	50075N104	759	29964	SH	OTHER
			0	0		OTHER
ELI LILLY & CO	COM	532457108	476	13740	SH	SOLE
ELI LILLY & CO	COM	532457108	35	1000	SH	DEFINED
			0	0		DEFINED
ELI LILLY & CO	COM	532457108	21	600	SH	OTHER
			0	0		OTHER
LOWES COMPANIES INC	COM	548661107	457	23568	SH	SOLE
LOWES COMPANIES INC	COM	548661107	19	1000	SH	OTHER
			0	0		OTHER

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6
			VALUE	SHRS OR SH/ PUT/	INVESTMEN

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NAME OF ISSUER	TITLE OF CLASS	CUSIP	PRN	AMT	PRN CALL	DISCRETIO
MASCO CORP	COM	574599106	132	13800	SH	SOLE
MASCO CORP	COM	574599106	9	900	SH	DEFINED
			0	0		DEFINED
MASCO CORP	COM	574599106	11	1200	SH	OTHER
			0	0		OTHER
			0	0		OTHER
MCGRAW HILL COS INC	COM	580645109	182	6034	SH	SOLE
MCGRAW HILL COS INC	COM	580645109	30	1000	SH	OTHER
			0	0		OTHER
MEDTRONIC INC	COM	585055106	1651	47312	SH	SOLE
			0	0		SOLE
MEDTRONIC INC	COM	585055106	188	5400	SH	DEFINED
			0	0		DEFINED
MEDTRONIC INC	COM	585055106	42	1200	SH	OTHER
			0	0		OTHER
			0	0		OTHER
MICROSOFT CORP	COM	594918104	3535	148711	SH	SOLE
			0	0		SOLE
MICROSOFT CORP	COM	594918104	33	1400	SH	DEFINED
			0	0		DEFINED
MICROSOFT CORP	COM	594918104	400	16821	SH	OTHER
			0	0		OTHER
			0	0		OTHER
NBT BANCORP INC	COM	628778102	15	672	SH	SOLE
NBT BANCORP INC	COM	628778102	510	23486	SH	DEFINED
NIKE INC	COM	654106103	484	9350	SH	SOLE
NIKE INC	COM	654106103	10	200	SH	DEFINED
NIKE INC	COM	654106103	10	200	SH	OTHER
NUVEEN	MUT	67062X101	127	10000	SH	OTHER
NUVEEN	MUT	67070A101	148	12500	SH	OTHER
NUVEEN	MUT	67101R107	122	10000	SH	OTHER
ORACLE CORP	COM	68389X105	241	11250	SH	SOLE
ORACLE CORP	COM	68389X105	2	100	SH	DEFINED
PEPSICO INC	COM	713448108	2624	47748	SH	SOLE
			0	0		SOLE
PEPSICO INC	COM	713448108	398	7250	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
PEPSICO INC	COM	713448108	371	6750	SH	OTHER
			0	0		OTHER
			0	0		OTHER
PFIZER INC	COM	717081103	448	29883	SH	SOLE
			0	0		SOLE
PFIZER INC	COM	717081103	14	900	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
PFIZER INC	COM	717081103	152	10126	SH	OTHER
			0	0		OTHER
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	38	870	SH	SOLE
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	1889	43300	SH	OTHER
			0	0		OTHER
POWERSHARES	MUT	73935A104	1000	27500	SH	OTHER
			0	0		OTHER
PROCTER & GAMBLE CO	COM	742718109	4605	90113	SH	SOLE
			0	0		SOLE
PROCTER & GAMBLE CO	COM	742718109	81	1590	SH	DEFINED
			0	0		DEFINED
PROCTER & GAMBLE CO	COM	742718109	675	13200	SH	OTHER
			0	0		OTHER

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0 0 OTHER

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMENT DISCRETION
SCHERING PLOUGH CORP	COM	806605101	204	8130	SH	SOLE
SCHERING PLOUGH CORP	COM	806605101	108	4300	SH	DEFINED
SCHERING PLOUGH CORP	COM	806605101	14	566	SH	OTHER
SCHLUMBERGER LTD	COM	806857108	454	8387	SH	SOLE
			0	0		SOLE
SCHLUMBERGER LTD	COM	806857108	16	300	SH	DEFINED
			0	0		DEFINED
SCHLUMBERGER LTD	COM	806857108	11	200	SH	OTHER
SOUTHERN CO	COM	842587107	1270	40758	SH	SOLE
			0	0		SOLE
SOUTHERN CO	COM	842587107	44	1400	SH	DEFINED
SOUTHERN CO	COM	842587107	187	6000	SH	OTHER
			0	0		OTHER
			0	0		OTHER
TARGET CORP	COM	87612E106	548	13882	SH	SOLE
			0	0		SOLE
TARGET CORP	COM	87612E106	24	600	SH	DEFINED
			0	0		DEFINED
TARGET CORP	COM	87612E106	59	1500	SH	OTHER
			0	0		OTHER
TEXAS INSTRUMENTS INC	COM	882508104	320	15030	SH	SOLE
TEXAS INSTRUMENTS INC	COM	882508104	11	500	SH	DEFINED
TEXAS INSTRUMENTS INC	COM	882508104	11	500	SH	OTHER
			0	0		OTHER
3M CO	COM	88579Y101	1151	19149	SH	SOLE
3M CO	COM	88579Y101	36	600	SH	DEFINED
			0	0		DEFINED
3M CO	COM	88579Y101	290	4830	SH	OTHER
			0	0		OTHER
TRUSTCO BANK CORP NY	COM	898349105	2642	448610	SH	SOLE
			0	0		SOLE
			0	0		SOLE
TRUSTCO BANK CORP NY	COM	898349105	16	2797	SH	DEFINED
TRUSTCO BANK CORP NY	COM	898349105	3837	651489	SH	OTHER
UNITED PARCEL SERVICE	COM	911312106	320	6409	SH	SOLE
UNITED PARCEL SERVICE	COM	911312106	20	400	SH	DEFINED
UNITED PARCEL SERVICE	COM	911312106	10	200	SH	OTHER
			0	0		OTHER
			0	0		OTHER
UNITED TECHNOLOGIES CORP	COM	913017109	2774	53381	SH	SOLE
			0	0		SOLE
UNITED TECHNOLOGIES CORP	COM	913017109	42	800	SH	DEFINED
			0	0		DEFINED
UNITED TECHNOLOGIES CORP	COM	913017109	182	3500	SH	OTHER
			0	0		OTHER
			0	0		OTHER
VERIZON COMMUNICATIONS INC	COM	92343V104	1548	50384	SH	SOLE

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VERIZON COMMUNICATIONS INC	COM	92343V104	58	1900	SH	DEFINED
			0	0		DEFINED
			0	0		DEFINED
VERIZON COMMUNICATIONS INC	COM	92343V104	293	9548	SH	OTHER
			0	0		OTHER
			0	0		OTHER
WAL-MART STORES INC	COM	931142103	1320	27256	SH	SOLE
			0	0		SOLE
WAL-MART STORES INC	COM	931142103	371	7650	SH	DEFINED
			0	0		DEFINED
WAL-MART STORES INC	COM	931142103	199	4100	SH	OTHER
			0	0		OTHER
			0	0		OTHER

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMENT DISCRETION
WELLS FARGO & CO NEW	COM	949746101	1241	51146	SH	SOLE
WELLS FARGO & CO NEW	COM	949746101	136	5600	SH	DEFINED
			0	0		DEFINED
WELLS FARGO & CO NEW	COM	949746101	129	5300	SH	OTHER
			0	0		OTHER
			0	0		OTHER
WYETH	COM	983024100	377	8306	SH	SOLE
WYETH	COM	983024100	128	2815	SH	OTHER
			0	0		OTHER
NOBLE CORPORATION	FOR	H5833N103	1168	38600	SH	SOLE
NOBLE CORPORATION	FOR	H5833N103	51	1700	SH	OTHER
			0	0		OTHER
			0	0		OTHER