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TRUSTCO BANK CORP N Y
Form 13F-HR
October 18, 2011

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

Form 13F
Form 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 9/30/2011
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 CORP NY
Address: 5 SARNOWSKI DRIVE
GLENVILLE, NY 12302

Form 13F File Number: 28-06657

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 submission.

Persons Signing this Report on Behalf of Reporting Manager:

Name: RICHARD W. PROVOST
Title: SENIOR TRUST OFFICER
Phone: 518-381-3643

Signature, Place, and Date of Signing:

/s/ RICHARD W. PROVOST	GLENVILLE NY	10/18/2011
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[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:

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Form 13F SUMMARY PAGE

Report Summary:

Number of Other Included Managers: 1
 Form 13F Information Table Entry Total: 200
 Form 13F Information Table Value Total: \$ 91,464

 (In Thousands)

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.

No.	Form 13F File Number	Name
7000	028-10307	TRUSTCO BANK

FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	COLUMN 7
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMENT DISCRETION
AT&T INC	COM	00206R102	1384	48536	SH	DEFINED
AT&T INC	COM	00206R102	485	17015	SH	OTHER
			0	0		OTHER
ABBOTT LABORATORIES	COM	2824100	2266	44301	SH	DEFINED
			0	0		DEFINED
ABBOTT LABORATORIES	COM	2824100	355	6945	SH	OTHER
			0	0		OTHER
AIR PRODUCTS & CHEMICALS INC	COM	9158106	367	4800	SH	DEFINED
AMERICAN EXPRESS CO	COM	25816109	340	7575	SH	DEFINED
AMERICAN EXPRESS CO	COM	25816109	13	300	SH	OTHER
APPLIED MATERIALS INC	COM	38222105	723	69800	SH	DEFINED
			0	0		DEFINED
APPLIED MATERIALS INC	COM	38222105	29	2800	SH	OTHER
AUTOMATIC DATA PROCESSING INC	COM	53015103	414	8773	SH	DEFINED
			0	0		DEFINED
AUTOMATIC DATA PROCESSING INC	COM	53015103	14	300	SH	OTHER
BANK OF AMERICA CORP	COM	60505104	197	32175	SH	DEFINED
BANK OF AMERICA CORP	COM	60505104	34	5618	SH	OTHER
			0	0		OTHER
BHP BILLITON LTD	FOR	88606108	427	6425	SH	DEFINED
BHP BILLITON LTD	FOR	88606108	13	200	SH	OTHER
BRISTOL-MYERS SQUIBB CO	COM	110122108	249	7949	SH	DEFINED
BRISTOL-MYERS SQUIBB CO	COM	110122108	436	13886	SH	OTHER

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			0	0		OTHER	70
CATERPILLAR INC	COM	149123101	186	2513 SH		DEFINED	70
CATERPILLAR INC	COM	149123101	61	830 SH		OTHER	70
CHEVRON CORP NEW	COM	166764100	2597	28045 SH		DEFINED	70
			0	0		DEFINED	70
CHEVRON CORP NEW	COM	166764100	396	4279 SH		OTHER	70
			0	0		OTHER	70
CISCO SYSTEMS INC	COM	17275R102	597	38492 SH		DEFINED	70
CISCO SYSTEMS INC	COM	17275R102	33	2150 SH		OTHER	70
			0	0		OTHER	70
COCA COLA CO	COM	191216100	3188	47192 SH		DEFINED	70
			0	0		DEFINED	70
COCA COLA CO	COM	191216100	763	11300 SH		OTHER	70
			0	0		OTHER	70
COLGATE PALMOLIVE CO	COM	194162103	1586	17885 SH		DEFINED	70
COLGATE PALMOLIVE CO	COM	194162103	231	2600 SH		OTHER	70
			0	0		OTHER	70
DISNEY WALT CO	COM	254687106	1106	36671 SH		DEFINED	70
			0	0		DEFINED	70
DISNEY WALT CO	COM	254687106	256	8500 SH		OTHER	70
			0	0		OTHER	70
DOW CHEMICAL CO	COM	260543103	244	10874 SH		DEFINED	70
DOW CHEMICAL CO	COM	260543103	78	3471 SH		OTHER	70
			0	0		OTHER	70
DU PONT E I DE NEMOURS & CO	COM	263534109	252	6300 SH		DEFINED	70
			0	0		DEFINED	70
DU PONT E I DE NEMOURS & CO	COM	263534109	63	1586 SH		OTHER	70
			0	0		OTHER	70
ECOLAB INC	COM	278865100	618	12633 SH		DEFINED	70
ECOLAB INC	COM	278865100	24	500 SH		OTHER	70
EMERSON ELECTRIC CO	COM	291011104	219	5300 SH		DEFINED	70
			0	0		DEFINED	70
EMERSON ELECTRIC CO	COM	291011104	63	1513 SH		OTHER	70
			0	0		OTHER	70
EXELON CORP	COM	30161N101	697	16367 SH		DEFINED	70
EXELON CORP	COM	30161N101	113	2650 SH		OTHER	70
			0	0		OTHER	70

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COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	COLUMN 7
NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMENT DISCRETION
EXXON MOBIL CORP	COM	30231G102	5005	68907 SH		DEFINED
			0	0		DEFINED
EXXON MOBIL CORP	COM	30231G102	2192	30187 SH		OTHER
			0	0		OTHER
GENERAL ELECTRIC CO	COM	369604103	7053	463418 SH		DEFINED
			0	0		DEFINED
GENERAL ELECTRIC CO	COM	369604103	3585	235563 SH		OTHER
			0	0		OTHER
			0	0		OTHER
GENERAL MILLS INC	COM	370334104	1003	26048 SH		DEFINED
			0	0		DEFINED

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GENERAL MILLS INC	COM	370334104	404	10500	SH	OTHER	70
			0	0		OTHER	70
GLAXOSMITHKLINE PLC	FOR	37733W105	318	7704	SH	DEFINED	70
GLAXOSMITHKLINE PLC	FOR	37733W105	176	4256	SH	OTHER	70
			0	0		OTHER	70
HEWLETT PACKARD CO	COM	428236103	274	12203	SH	DEFINED	70
HEWLETT PACKARD CO	COM	428236103	88	3900	SH	OTHER	70
			0	0		OTHER	70
HOME DEPOT INC	COM	437076102	288	8755	SH	DEFINED	70
			0	0		DEFINED	70
HOME DEPOT INC	COM	437076102	58	1764	SH	OTHER	70
			0	0		OTHER	70
INTEL CORP	COM	458140100	1732	81172	SH	DEFINED	70
			0	0		DEFINED	70
INTEL CORP	COM	458140100	221	10368	SH	OTHER	70
			0	0		OTHER	70
IBM CORP	COM	459200101	2242	12822	SH	DEFINED	70
IBM CORP	COM	459200101	498	2850	SH	OTHER	70
			0	0		OTHER	70
ISHARES	MUT	464287465	290	6066	SH	DEFINED	70
ISHARES	MUT	464287465	8	175	SH	OTHER	70
JPMORGAN CHASE & CO	COM	46625H100	1069	35508	SH	DEFINED	70
			0	0		DEFINED	70
JPMORGAN CHASE & CO	COM	46625H100	233	7752	SH	OTHER	70
			0	0		OTHER	70
JACOBS ENGINEERING GROUP INC	COM	469814107	221	6849	SH	DEFINED	70
JACOBS ENGINEERING GROUP INC	COM	469814107	15	450	SH	OTHER	70
			0	0		OTHER	70
JOHNSON & JOHNSON	COM	478160104	4359	68446	SH	DEFINED	70
JOHNSON & JOHNSON	COM	478160104	708	11111	SH	OTHER	70
			0	0		OTHER	70
JOHNSON CONTROLS INC	COM	478366107	417	15800	SH	DEFINED	70
JOHNSON CONTROLS INC	COM	478366107	42	1600	SH	OTHER	70
			0	0		OTHER	70
KRAFT FOODS INC	COM	50075N104	177	5280	SH	DEFINED	70
KRAFT FOODS INC	COM	50075N104	87	2582	SH	OTHER	70
			0	0		OTHER	70
ELI LILLY & CO	COM	532457108	152	4099	SH	DEFINED	70
ELI LILLY & CO	COM	532457108	61	1656	SH	OTHER	70
			0	0		OTHER	70
LOWES COMPANIES INC	COM	548661107	333	17234	SH	DEFINED	70
LOWES COMPANIES INC	COM	548661107	11	550	SH	OTHER	70
			0	0		OTHER	70
MASCO CORP	COM	574599106	90	12625	SH	DEFINED	70
MASCO CORP	COM	574599106	15	2100	SH	OTHER	70
MCDONALDS CORP	COM	580135101	26	300	SH	DEFINED	70
MCDONALDS CORP	COM	580135101	214	2435	SH	OTHER	70
MCGRAW HILL COS INC	COM	580645109	637	15542	SH	DEFINED	70
MCGRAW HILL COS INC	COM	580645109	29	700	SH	OTHER	70

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			0	0		OTHER	70
MEDTRONIC INC	COM	585055106	1585	47692	SH	DEFINED	70
			0	0		DEFINED	70
MEDTRONIC INC	COM	585055106	63	1904	SH	OTHER	70
			0	0		OTHER	70
MERCK & CO INC	COM	58933Y105	158	4819	SH	DEFINED	70
MERCK & CO INC	COM	58933Y105	103	3165	SH	OTHER	70
			0	0		OTHER	70
MICROSOFT CORP	COM	594918104	2738	110016	SH	DEFINED	70
			0	0		DEFINED	70
MICROSOFT CORP	COM	594918104	158	6363	SH	OTHER	70
			0	0		OTHER	70
NBT BANCORP INC	COM	628778102	437	23486	SH	OTHER	70
NIKE INC	COM	654106103	902	10549	SH	DEFINED	70
NIKE INC	COM	654106103	86	1000	SH	OTHER	70
			0	0		OTHER	70
NOKIA CORP	FOR	654902204	107	18850	SH	DEFINED	70
ORACLE CORP	COM	68389X105	554	19275	SH	DEFINED	70
ORACLE CORP	COM	68389X105	13	452	SH	OTHER	70
PEPSICO INC	COM	713448108	2478	40027	SH	DEFINED	70
			0	0		DEFINED	70
PEPSICO INC	COM	713448108	201	3250	SH	OTHER	70
			0	0		OTHER	70
PFIZER INC	COM	717081103	493	27889	SH	DEFINED	70
PFIZER INC	COM	717081103	184	10388	SH	OTHER	70
			0	0		OTHER	70
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	210	3369	SH	DEFINED	70
PHILIP MORRIS INTERNATIONAL INC	COM	718172109	179	2869	SH	OTHER	70
			0	0		OTHER	70
PROCTER & GAMBLE CO	COM	742718109	3554	56250	SH	DEFINED	70
			0	0		DEFINED	70
PROCTER & GAMBLE CO	COM	742718109	664	10507	SH	OTHER	70
			0	0		OTHER	70
SCHLUMBERGER LTD	COM	806857108	382	6399	SH	DEFINED	70
			0	0		DEFINED	70
SCHLUMBERGER LTD	COM	806857108	18	300	SH	OTHER	70
			0	0		OTHER	70
SOUTHERN CO	COM	842587107	1676	39558	SH	DEFINED	70
			0	0		DEFINED	70
SOUTHERN CO	COM	842587107	187	4408	SH	OTHER	70
			0	0		OTHER	70
STATE STREET CORP	COM	857477103	454	14125	SH	DEFINED	70
STATE STREET CORP	COM	857477103	29	900	SH	OTHER	70
			0	0		OTHER	70
TARGET CORP	COM	8.76E+110	524	10687	SH	DEFINED	70
			0	0		DEFINED	70
TARGET CORP	COM	8.76E+110	81	1650	SH	OTHER	70
			0	0		OTHER	70
TEXAS INSTRUMENTS INC	COM	882508104	370	13875	SH	DEFINED	70
TEXAS INSTRUMENTS INC	COM	882508104	13	500	SH	OTHER	70
3M CO	COM	88579Y101	1202	16750	SH	DEFINED	70
3M CO	COM	88579Y101	345	4800	SH	OTHER	70
			0	0		OTHER	70
TRUSTCO BANK CORP NY	COM	898349105	1658	371782	SH	DEFINED	70
			0	0		DEFINED	70
			0	0		DEFINED	70
TRUSTCO BANK CORP NY	COM	898349105	4556	1021537	SH	OTHER	70
			0	0		OTHER	70
UNITED PARCEL SERVICE	COM	911312106	434	6865	SH	DEFINED	70
UNITED PARCEL SERVICE	COM	911312106	60	950	SH	OTHER	70

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NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHRS OR PRN AMT	SH/ PUT/ PRN CALL	INVESTMENT DISCRETION
			0	0		OTHER
UNITED TECHNOLOGIES CORP	COM	913017109	2659	37797	SH	DEFINED
			0	0		DEFINED
UNITED TECHNOLOGIES CORP	COM	913017109	201	2850	SH	OTHER
			0	0		OTHER
VANGUARD	MUT	922042858	1738	48510	SH	DEFINED
			0	0		DEFINED
VANGUARD	MUT	922042858	65	1820	SH	OTHER
			0	0		OTHER
			0	0		OTHER
VERIZON COMMUNICATIONS INC	COM	92343V104	1384	37610	SH	DEFINED
VERIZON COMMUNICATIONS INC	COM	92343V104	281	7646	SH	OTHER
			0	0		OTHER
WAL-MART STORES INC	COM	931142103	1446	27866	SH	DEFINED
			0	0		DEFINED
WAL-MART STORES INC	COM	931142103	126	2425	SH	OTHER
			0	0		OTHER
WELLS FARGO & CO NEW	COM	949746101	1076	44600	SH	DEFINED
WELLS FARGO & CO NEW	COM	949746101	184	7623	SH	OTHER
			0	0		OTHER