TRUSTCO BANK CORP N Y Form 8-K November 15, 2012

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): November 15, 2012

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

NEW YORK State or Other Jurisdiction of Incorporation or Organization 0-10592 Commission File No. 14-1630287 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:

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

TrustCo Bank Corp NY

Item 8.01. Other Events

Management of TrustCo Bank Corp NY presented at the Sandler O'Neill and Partners' East Coast Financial Services Conference held November 15, 2012. Attached is a copy of the presentation labeled as Exhibit 99(a).

Item 9.01. Financial Statements and Exhibits

(c) Exhibits

R e g S - K Description Exhibit No.

99(a) Presentation given at the Sandler O'Neill and Partners' East Coast

Financial Services Conference held on November 15, 2012.

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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.

Date: November 15, 2012

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:

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<u>99(a)</u>	Presentation given at the Sandler O'Neill and Partners' East Coast Financial Services 5	5-32
	Conference held on November 15, 2012.	