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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: February 15, 2005

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	Page
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99(a)	One page press release dated February 15, 2005, declaring a quarterly cash dividend of \$0.15 per share, payable April 1, 2005, to the shareholders of record at the close of business on March 4, 2005.	5

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Exhibit 99(a)

TRUSTCO
Bank Corp NY

News Release

5 Sarnowski Drive, Glenville, New York, 12302
(518) 377-3311 Fax: (518) 381-3668

Subsidiary: Trustco Bank

NASDAQ - TRST

Contact: Robert M. Leonard
Administrative Vice President
518-381-3693

FOR IMMEDIATE RELEASE:

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TRUSTCO DECLARES CASH DIVIDEND

Glenville, New York - February 15, 2005 - Today the Board of Directors of TrustCo Bank Corp NY declared a quarterly cash dividend of \$0.15 per share, payable April 1, 2005, to the shareholders of record at the close of business on March 4, 2005.

TrustCo is a \$2.9 billion bank holding company and through its subsidiary, Trustco Bank, operates 75 offices in New York, Vermont, and Florida. In addition, the Bank operates a full service Trust Department. The common shares of TrustCo are traded on the Nasdaq National Market tier of the Nasdaq Stock Market under the symbol TRST.

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