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TRUSTCO BANK CORP N Y
Form 8-K
May 18, 2004

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): May 18, 2004
(May 18, 2004)

TrustCo Bank Corp NY

(Exact name of registrant as specified in its charter)

New York
(State or other jurisdiction of incorporation)

0-10592

14-1630287

(Commission File Number)

(IRS Employer Identification No.)

5 Sarnowski Drive, Glenville, New York 12302
(Address of principal executive offices) (Zip Code)

Registrant's telephone number, including area code: (518) 377-3311

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TrustCo Bank Corp NY

Item 5. Other Events

Press Release dated May 18, 2004, declaring a cash dividend of \$0.15 per share, payable July 1, 2004, to the shareholders of record at the close of business on June 4, 2004. Attached is a copy of the Press Release labeled as Exhibit 99(a).

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Item 7 (c) Exhibits

Reg S-K Exhibit No.	Description
99(a)	Press Release of May 18, 2004, declaring a cash dividend of \$0.15 per share, payable July 1, 2004, to the shareholders of record at the close of business on June 4, 2004.

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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: May 18, 2004

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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TRUSTCO
Bank Corp NY

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

Subsidiary: Trustco Bank

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

Exhibit 99(a)
News Release
NASDAQ TRST

FOR IMMEDIATE RELEASE:

TRUSTCO DECLARES CASH DIVIDEND

Glenville, New York - May 18, 2004 - Today the Board of Directors of TrustCo Bank Corp NY declared a quarterly cash dividend of \$0.15 per share, payable July 1, 2004, to the shareholders of record at the close of business on June 4, 2004.

TrustCo is a \$2.8 billion bank holding company and through its subsidiary, Trustco Bank, operates 69 offices in New York, Vermont, and Florida. In addition, the Bank operates a full service Trust Department that has \$961 million of assets under management. The common shares of TrustCo are traded on the Nasdaq National Market tier of the Nasdaq Stock Market under the symbol

TRST.