

ADAMKO JOSEPH M  
Form 5  
February 14, 2006

**FORM 5**

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

OMB APPROVAL

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Form 3 Holdings Reported Form 4 Transactions Reported

**ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person \*  
ADAMKO JOSEPH M

(Last) (First) (Middle)

650 FIFTH AVENUE, 4TH FLOOR

(Street)

NEW YORK, NY 10019

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
STERLING BANCORP [STL]

3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)  
12/31/2005

4. If Amendment, Date Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)

6. Individual or Joint/Group Reporting

(check applicable line)

Form Filed by One Reporting Person  
 Form Filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
Common Stock				(A) Amount (D) Price	16,093 <sup>(1)</sup>	D	
Common Stock				(A) Amount (D) Price	2,832 <sup>(1)</sup>	I	By Spouse

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 2270 (9-02)

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**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
					(A) (D)	Date Exercisable Expiration Date	Title
Non-qualified stock option (right to buy)	\$ 14.74	Â	Â	Â	Â Â	06/29/2002 <sup>(2)</sup> 06/29/2006	Common Stock 9.
Non-qualified stock option (right to buy)	\$ 13.71	Â	Â	Â	Â Â	07/31/2002 <sup>(2)</sup> 07/31/2006	Common Stock 4.
Non-qualified stock option (right to buy)	\$ 18.91	Â	Â	Â	Â Â	06/28/2003 <sup>(2)</sup> 06/28/2007	Common Stock 9.
Non-qualified stock option (right to buy)	\$ 15.82	Â	Â	Â	Â Â	07/31/2003 <sup>(2)</sup> 07/31/2007	Common Stock 4.
Non-qualified stock option (right to buy)	\$ 17.73	Â	Â	Â	Â Â	06/30/2004 <sup>(2)</sup> 06/30/2008	Common Stock 4.
Non-qualified stock option (right to buy)	\$ 18.78	Â	Â	Â	Â Â	07/31/2004 <sup>(2)</sup> 07/31/2008	Common Stock 4.
Non-qualified stock option (right to buy)	\$ 21.93	Â	Â	Â	Â Â	06/30/2005 <sup>(2)</sup> 06/30/2009	Common Stock 4.
Non-qualified stock option (right to buy)	\$ 21.41	Â	Â	Â	Â Â	07/30/2005 <sup>(2)</sup> 07/30/2009	Common Stock 4.
Non-qualified Stock Options (right to buy)	\$ 20.34	Â	Â	Â	Â Â	12/19/2005 <sup>(3)</sup> 06/30/2010	Common Stock 4.

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ADAMKO JOSEPH M 650 FIFTH AVENUE 4TH FLOOR NEW YORK, NY 10019	X	^	^	^

## Signatures

/s/ Adamko,  
Joseph M

02/14/2006

Signature of  
Reporting Person

Date

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Includes securities issued as a result of a stock split in the form of a 5% dividend paid by issuer on December 12, 2005; exercise prices have been adjusted accordingly.
- (2) Transfer of shares acquired by exercise of non-qualified stock options is restricted to even installments over a four year period commencing on the first anniversary of the grant.
- (3) On December 15, 2005 the Board of Directors voted to accelerate the vesting and exercisability of any outstanding unvested and unexercisable non-qualified stock options held by non-employee directors, effective as of December 19, 2005; provided, however, that transfer of shares acquired by such exercise is restricted until the date that the option would have been exercisable prior to such change.

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.