TIETJEN JOHN W

Form 5

February 09, 2005

FORM 5

OMB APPROVAL

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

OMB Number: 3235-0362 January 31,

no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

Check this box if

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ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

burden hours per response... 1.0

See Instruction
1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

Reported Form 4

30(h) of the Investment Company Act of 1940

Transactions Reported

1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading 5. Relationship of Reporting Person(s) to Issuer TIETJEN JOHN W Symbol STERLING BANCORP [STL] (Check all applicable) (First) 3. Statement for Issuer's Fiscal Year Ended (Last) (Middle) (Month/Day/Year) Director 10% Owner _X__ Officer (give title Other (specify 12/31/2004 below) below) 650 FIFTH AVENUE, 4TH EVP, Treasurer and CFO **FLOOR** (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Reporting Filed(Month/Day/Year) (check applicable line)

NEW YORK, NYÂ 10019

(State)

(Zip)

(City)

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

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. Securi Acquired Disposed (Instr. 3,	(A) of (D) 4 and (A) or))	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 Indirect Beneficial Ownership (Instr. 4)
Common Stock	Â	Â	Â	Â	Â	Â	6,522	I	By ESOP
Common Stock	Â	Â	Â	Â	Â	Â	34,015	D (2)	Â
Common Stock	Â	Â	Â	Â	Â	Â	6,629	I	By 401(k)

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

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

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)				7. Title and Amo Underlying Secur (Instr. 3 and 4)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	An or Nu of S
Incentive Stock Options (right to buy)	\$ 6.8	Â	Â	3	Â	Â	01/31/1998(3)	01/31/2007	Common Stock	4.
Incentive Stock Options (right to buy)	\$ 10.85	Â	Â	3	Â	Â	02/10/1999(4)	02/10/2008	Common Stock	34
Incentive Stock Options (right to buy)	\$ 9.12	Â	Â	3	Â	Â	02/12/2003(5)	02/12/2009	Common Stock	45
Incentive Stock Options (right to buy)	\$ 7.28	Â	Â	3	Â	Â	02/11/2007(6)	02/11/2010	Common Stock	25
Incentive Stock Options (right to buy)	\$ 15.32	Â	Â	3	Â	Â	02/06/2010(7)	02/06/2012	Common Stock	13
Non-qualified Stock Options (right to buy)	\$ 15.32	Â	Â	3	Â	Â	02/06/2003(8)	02/06/2012	Common Stock	22
Non-qualified Stock Options (right to buy)	\$ 7.28	Â	Â	3	Â	Â	02/11/2001(8)	02/11/2010	Common Stock	12

Reporting Owners

Reporting Owner Name / Address	Relationships						
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other			
TIETJEN JOHN W 650 FIFTH AVENUE 4TH FLOOR NEW YORK, NY 10019	Â	Â	EVP, Treasurer and CFO	Â			

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Signatures

/s/ Tietjen, John 02/02/2005

**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).
- (2) Reporting person has shared voting and investment power with respect to these securities (to the extent he has not disclaimed ownership thereof), except for 211 shares held in a profit sharing plan, as to which he has the power to direct the vote.
- Options became exercisable in installments over a two-year period from date of grant and for a term of 10 years from grant date (first exercisable date listed).
- (4) Options became exercisable in three installments on the first anniversary of the grant, for a term of 10 years from date of grant (first exercisable date listed).
- Options become exercisable, commencing on fourth anniversary of the grant, in installments over a five-year period for a term of 10 years from grant date (first exercisable date listed).
- Options become exercisable in three installments commencing on the seventh anniversary of the grant date and for a term of 10 years from grant date (first exercisable date listed).
- (7) Options become exercisable in two installments commencing on the eighth anniversary of the grant date and for a term of 10 years from grant date (first exercisable date listed).
- (8) Non-qualified options are exercisable commencing on the first anniversary of the grant for a term of 10 years from grant date (first exercisable date listed).

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.

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