



STERLING BANCORP
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NEWS

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IMMEDIATE RELEASE

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**Sterling Bancorp to Participate in the Keefe, Bruyette & Woods
New York Field Trip**

NEW YORK, May 8, 2006 – Sterling Bancorp, a financial holding company and the parent company of Sterling National Bank, announced today that the Company will be participating in the Annual Keefe, Bruyette & Woods (KBW) New York Field Trip on May 9th.

Each year, KBW's New York Field Trip allows members of the investment community to visit the offices of a select group of New York area financial institutions to hear presentations from their management teams. A number of Sterling's executives will speak to participants on the bank's business activities, growth initiatives and strategic goals.

A copy of the slide presentation will be available on May 9th on the Company's website: <http://www.sterlingbancorp.com>.

About Sterling Bancorp

Sterling Bancorp (NYSE: STL) is a financial holding company with assets of \$1.9 billion, offering a broad array of banking and financial services products. Its principal banking subsidiary is Sterling National Bank, founded in 1929. Sterling provides a wide range of products and services, including business and consumer loans, commercial and residential mortgage lending and brokerage, asset-based financing, factoring, trade financing, equipment leasing, corporate and consumer deposit services, trust and estate administration, and investment management services. The Company has operations in New York, New Jersey, Virginia and North Carolina and conducts business throughout the U.S.

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