

First Federal of Northern Michigan Bancorp, Inc.  
 Form 4  
 September 11, 2008

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
 VANMASSENHOVE GARY C

2. Issuer Name and Ticker or Trading Symbol  
 First Federal of Northern Michigan Bancorp, Inc. [FFNM]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
 100 S. SECOND AVE  
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)  
 09/11/2008

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

ALPENA, MI 49707

(City) (State) (Zip)

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

6. Individual or Joint/Group Filing(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 Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Ownership (Instr. 4) |
|--|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
|  |                                      |  | Code                           | V   | Amount (A) or (D) Price   |  |                                   |
| Common Stock, par value \$0.01 per share | 09/11/2008                           |  | P                              |   | 253 A \$ 5.25   | 1,492  | I By IRA2                         |
| Common Stock, par value \$0.01 per share | 09/11/2008                           |  | P                              |   | 249 A \$ 5.9  | 1,741  | I By IRA2                         |
| Common Stock, par value \$0.01 per share | 09/11/2008                           |  | P                              |   | 48 A \$ 5.72  | 1,789  | I By IRA2                         |

|  |                      |   |               |
|--|----------------------|---|---------------|
| Common Stock, par value \$0.01 per share | 7,769 <sup>(1)</sup> | D |               |
| Common Stock, par value \$0.01 per share | 750                  | I | By Spouse IRA |
| Common Stock, par value \$0.01 per share | 1,292                | I | By IRA1       |

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

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(9-02)

**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 Securities (Instr. 3 and 4) | 8. Price or Value of Underlying Securities (Instr. 3 and 4) |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|---|
| Stock Options                              | \$ 9.2   |                                      |  |                                |   | 03/14/2007 03/14/2016                                    | Common Stock  | 2,500 <sup>(2)</sup>  |
| Stock Options                              | \$ 9.65  |                                      |  |                                |   | 05/17/2007 05/17/2016                                    | Common Stock  | 5,900 <sup>(3)</sup>  |

## Reporting Owners

| Reporting Owner Name / Address            | Relationships |           |         |       |
|---|---------------|-----------|---------|-------|
|   | Director      | 10% Owner | Officer | Other |
| VANMASSENHOVE GARY C<br>100 S. SECOND AVE | X             |           |         |       |

ALPENA, MI 49707

## Signatures

/s/ Gary C.

VanMassenhove

09/11/2008

\_\_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 shares of restricted stock that vest over a five year period, commencing on May 17, 2006, at a rate of 20% per year.
- (2) Represents stock options that vest over a five year period, commencing on March 14, 2006, at a rate of 20% per year.
- (3) Represents stock options that vest over a five year period, commencing on May 17, 2006, at a rate of 20% per year.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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