First Federal of Northern Michigan Bancorp, Inc. Form 4 May 09, 2006

## OMB APPROVAL FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION OMB 3235-0287 Washington, D.C. 20549 Number: Check this box January 31, Expires: if no longer 2005 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF subject to Estimated average **SECURITIES** Section 16. burden hours per Form 4 or response... 0.5 Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction 1(b). (Print or Type Responses) 1. Name and Address of Reporting Person \* 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading VANMASSENHOVE GARY C Issuer Symbol First Federal of Northern Michigan (Check all applicable) Bancorp, Inc. [FFNM] (Last) (First) (Middle) 3. Date of Earliest Transaction \_X\_\_ Director 10% Owner Officer (give title Other (specify (Month/Day/Year) below) below) 100 S. SECOND AVE 05/08/2006 (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) \_X\_ Form filed by One Reporting Person \_ Form filed by More than One Reporting ALPENA, MI 49707 Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 6. Ownership 7. Nature of 3. 4. Securities Acquired 5. Amount of Execution Date, if Security (Month/Day/Year) Transaction(A) or Disposed of Securities Form: Direct Indirect (Instr. 3) Code Beneficial (D) Beneficially (D) or any (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Owned Indirect (I) Ownership Following (Instr. 4) (Instr. 4) Reported (A) Transaction(s) or (Instr. 3 and 4)

Code V Amount (D) Price Common stock, par By spouse 05/08/2006 Ρ 250 A 700 I 9.64 value \$0.01 IRA per share Common stock, par \$ 9.67 By spouse Ρ 50 Α I 05/08/2006 750 value \$0.01 IRA per share Common stock, par 3.669 D value \$0.01 per share

Common stock, par value \$0.01 per share	642	Ι	By IRA 1
Common stock, par value \$0.01 per share	739	Ι	By IRA 2

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control number.

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

	Price of 9. Nu privative Deriv
	rivative Deriv
Derivative Conversion (Month/Day/Year) Execution Date, if TransactionNumber Expiration Date Amount of De	Invative Dell
Security or Exercise any Code of (Month/Day/Year) Underlying Sec	curity Secu
(Instr. 3) Price of (Month/Day/Year) (Instr. 8) Derivative Securities (In	str. 5) Bene
Derivative Securities (Instr. 3 and 4)	Own
Security Acquired	Follo
(A) or	Repo
Disposed	Tran
of (D)	(Inst
(Instr. 3,	
4, and 5)	
Amount	
or or	

	Date Exercisable	Expiration Date	Title	or Number of
Code V (A) (D)				Shares

## **Reporting Owners**

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VANMASSENHOVE GARY C 100 S. SECOND AVE ALPENA, MI 49707	Х			
Signatures				
/s/ Robert B. Pomerenk, pursuant to power of attorney		05/	/09/2006	

\*\*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).

Note: File three copies of this Form, one of which must be manually signed. If space 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.