First Federal of Northern Michigan Bancorp, Inc.

Form 4 May 25, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

3235-0287 Number:

Expires:

5. Relationship of Reporting Person(s) to

January 31, 2005

Estimated average burden hours per

response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations may continue.

1. Name and Address of Reporting Person *

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

2. Issuer Name and Ticker or Trading

30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

VANMASS	Y C Symbol First F	Symbol First Federal of Northern Michigan Bancorp, Inc. [FFNM]				Issuer (Check all applicable)				
(Last) 100 S. SEC	(Last) (First) (Middle) 00 S. SECOND AVE		3. Date of Earliest Transaction (Month/Day/Year) 05/24/2010				X Director 10% Owner Officer (give title below) Other (specify below)			
ALPENA, N		4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State) ((Zip) Tak	ole I - Non-D	erivative S	Secur	ities Acc	quired, Disposed	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Code (Instr. 8)	on(A) or D (D)	4 and (A) or	d of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Stock, par value \$0.01 per share	05/24/2010		P	1,500	A	\$ 1.95	2,750	I	By Spouse IRA	
Common Stock, par value \$0.01 per share							3,192	I	BY IRA1	
Common Stock, par value \$0.01 per share							3,789	I	BY IRA2	

Common Stock, par value \$0.01

per share

7,769 (1) D

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

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SEC 1474 (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. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			(Instr. 3 and 4)		8. Prio Deriv Secur (Instr.
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options	\$ 9.2					03/14/2007	03/14/2016	Common Stock	2,500 (2)	
Stock Options	\$ 9.65					05/17/2007	05/17/2016	Common Stock	5,900 (3)	

Reporting Owners

Relationships					
Director	10% Owner	Officer	Other		
X					
Γ		Director 10% Owner	Director 10% Owner Officer		

Signatures

/s/ Robert B. Pomerenk, pursuant to power of 05/25/2010 attorney

> **Signature of Reporting Person Date

2 Reporting Owners

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 the 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. 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.