Spectra Energy Corp.
Form 3
January 09, 2014

FORM 3

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

OMB APPROVAL	
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INITIAL STATEMENT OF 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 *
Â Sayavedra Laura Buss
(Last) (First) (Middle)

5400 WESTHEIMER COURT
(Street)

HOUSTON,Â TXÂ 77056
(City) (State) (Zip)

2. Date of Event Requiring Statement (Month/Day/Year)
01/01/2014

3. Issuer Name **and** Ticker or Trading Symbol
Spectra Energy Corp. [SE]

4. Relationship of Reporting Person(s) to Issuer
(Check all applicable)
_____ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
Vice President and Treasurer

5. 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

Table I - Non-Derivative Securities Beneficially Owned

1.Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	6,229.049	D	Â
Retirement Savings Plan (RSP)	4,526.4857	D	Â

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

SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative	5. Ownership Form of Derivative Security:	6. Nature of Indirect Beneficial Ownership (Instr. 5)

	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)	
Employee Stock Option (Right to Buy)	Â (1)	02/27/2017	Common Stock	10,100	$ 25.64	D	Â
LTIP Phantom Stock Grant Feb 2011	02/22/2014	02/22/2014 (2)	Common Stock	1,900	$ (3)	D	Â
LTIP Phantom Stock Grant Feb 2012	02/21/2015	02/21/2015 (2)	Common Stock	1,700	$ (3)	D	Â
LTIP Phantom Stock Grant Feb 2013	02/19/2016	02/19/2016 (2)	Common Stock	1,900	$ (3)	D	Â
Performance Shares Feb 2011	02/22/2014	Â (4)	Common Stock	1,550	$ (5)	D	Â
Performance Shares Feb 2012	02/21/2015	Â (4)	Common Stock	1,350	$ (5)	D	Â
Performance Shares Feb 2013	02/19/2016	Â (4)	Common Stock	1,450	$ (5)	D	Â
Phantom Shares Esp	Â (6)	Â (4)	Common Stock	220.7567	$ (3)	I	By Trustee Executive Savings Plan

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Sayavedra Laura Buss 5400 WESTHEIMER COURT HOUSTON,Â TXÂ 77056	Â	Â	Â Vice President and Treasurer	Â

Signatures

/s/ Emily L. Strait, attorney-in-fact for Ms. Sayavedra	01/09/2014
**Signature of Reporting Person	Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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) Vested in three annual installments beginning February 2008.

(2) Grant cliff vests 3 years from date of Grant.

(3) Converts to Common Stock on a 1-for-1 basis.

(4) Expiration date not applicable.

(5) Converts to Common Stock on a 1-for-1 basis. The number of performance shares that vest is based on the achievement of a specified total shareholder return for Spectra Energy Corp Common Stock.

(6) Payable upon termination of employment or occurence of other events as specified in the Spectra Energy Corp Executive Savings Plan, subject to holding periods required by law.

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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