Spectra Energy Corp. Form 4 October 19, 2016

FORM 4

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

OMB 3235-0287

Check this box if no longer subject to Section 16.

Washington, D.C. 20549

Number: 3235-0287 Expires: January 31, 2005

OMB APPROVAL

subject to Section 16. Form 4 or Form 5 obligations STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per

Form 5 obligations may continue. *See* Instruction

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

response... 0.5

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Baker Stephen W			2. Issuer Name and Ticker or Trading Symbol Spectra Energy Corp. [SE]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check an applicable)		
			(Month/Day/Year)	Director 10% Owner		
5400 WESTHEIMER COURT		OURT	10/14/2016	_X_ Officer (give title Other (specify below)		
				President, Union Gas		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
HOUSTON, TX 77056				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tabl	e I - Non-I	Derivative	Securi	ities Acqu	iired, Disposed of	f, or Beneficial	ly 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. Securit or(A) or Di (Instr. 3,	sposed	of (D)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)	(msu. +)	
Common Stock	10/14/2016		D	13,500	D	\$ 42.55	34,493	D (1)	
Common Stock	10/14/2016		M	13,500	A	\$ 25.64	47,993	D (1)	
Common Stock							4,458	I (2)	By Spouse
Common Stock							2,660	I (3)	By Spouse
Common Stock							22,942.51	I (3)	By Trustee

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Common Stock	179	I (4)	By Trustee
Common Stock	3,128	I (5)	By Trustee

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

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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. Transactio Code (Instr. 8)	orDerivate Securite Acquire or Dispersor (D)	(Instr. 3, 4,		e	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to	\$ 25.64	10/14/2016		M	1	13,500	02/27/2007	02/27/2017	Common Stock	13,500

Reporting Owners

Reporting Owner Name / Address	Relationships							
•	Director	10% Owner	Officer	Other				
Baker Stephen W 5400 WESTHEIMER COURT HOUSTON, TX 77056			President, Union Gas					
O ' 1								

Signatures

Buy)

/s/ Anna Jones 10/19/2016

**Signature of 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).

Reporting Owners 2

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- (1) Total includes 167 shares in RRSP (Canadian Retirement Savings Plan)
- (2) Shares held in RRSP (Canadian Retirement Savings Plan)
- (3) Shares in EPSP (Canadian Employee Savings Plan)
- (4) Shares in RESP (Canadian Education Plan for Children)
- (5) Ancillary defined benefit plan.

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.