Spectra Energy Corp. Form 5 January 16, 2014

> Transactions Reported

OMB APPROVAL FORM 5

OMB UNITED STATES SECURITIES AND EXCHANGE COMMISSION 3235-0362 Number: Washington, D.C. 20549 Check this box if January 31, Expires: no longer subject to Section 16. Estimated average ANNUAL STATEMENT OF CHANGES IN BENEFICIAL Form 4 or Form burden hours per 5 obligations OWNERSHIP OF SECURITIES response... may continue. See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 1(b). Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Reported 30(h) of the Investment Company Act of 1940 Form 4

1. Name and Ad Arensdorf Jo	ddress of Reporting F ohn R.	Symbol	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) (M	,	3. Statement for Issuer's Fiscal Year Ended							
(Month/Day/Year) 12/31/2013						Director 10% OwnX_ Officer (give title Other (sp				
5400 WEST	HEIMER COUR		~ - •			1	below)	below) enior Advisor		
	(Street)	4. If Ame	4. If Amendment, Date Original				6. Individual or Joint/Group Reporting			
Filed(Month/Day/Year)						(check 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-Deri	vative Sec	curitie	s Acqu	ired, Disposed o	of, or Beneficial	lly 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) (A) or Amount (D) Price		5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock	02/25/2013	02/25/2013	G	825	D	\$ 0 (1)	48,329	D (2)	Â	
Common	Â	Â	Â	Â	Â	Â	192	ī	By Wife	

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

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Stock

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

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By Wife

SEC 2270

(9-02)

2005

1.0

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1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title	e and	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	Number	Expiration D	ate	Amou	nt of	Derivative
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ties	(Instr. 5)
	Derivative				Securities			(Instr.	3 and 4)	
	Security				Acquired					
					(A) or					
					Disposed					
					of (D)					
					(Instr. 3,					
					4, and 5)					
									Amount	
									or	
						Date	Expiration		Number	
						Exercisable	Date	of		
					(A) (D)				Shares	

of D

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Reporting Owners

Reporting Owner Name / Address	Relationships						
Transfer and the same	Director	10% Owner	Officer	Other			
Arensdorf John R. 5400 WESTHEIMER COURT HOUSTON, TX 77056	Â	Â	Senior Advisor	Â			

Signatures

/s/Emily L. Strait as Attorney-in-Fact for John R.
Arensdorf

01/16/2014

**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) Price Not Applicable
- (2) Includes 10,304 held by Trustee, Retirement Savings Plan.

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Remarks:

Gift of 825 shares to the United Way of Greater Houston.

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

Reporting Owners 2