Spectra Energy Corp. Form 4 February 19, 2014

Check this box

FORM 4

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

OMB APPROVAL OMB

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if no longer STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF subject to **SECURITIES** Section 16. Form 4 or Form 5

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

See Instruction

1(b).

(Print or Type Responses)

obligations

may continue.

1. Name and Address of Reporting Person ** Fiedorek Robert Mark			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	(Cheek all applicable)		
5400 WESTHEIMER COURT			(Month/Day/Year) 02/17/2014	Director 10% Owner _X Officer (give title Other (specify below) President SET West		
	(Street)		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		
HOUSTON, TX 77056				Form filed by More than One Reporting Person		
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acq	quired, Disposed of, or Beneficially Owned		

(City)	(State)	(Zip) Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, 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. Securi on(A) or D (Instr. 3,	ispose 4 and (A) or	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	02/17/2014		M	5,202	A	\$ 37.05	91,275	D (1)	
Common Stock	02/17/2014		F	1,423	D	\$ 37.05	89,852	D (1)	
Common Stock							4,000	I	By Son

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

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number.

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	Date Exercisab	le and Expiration	7. Title and A	m
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction Derivative		Date		Underlying Sec	
Security	or Exercise	• •	any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4	4)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired				
	Derivative				(A) or				
	Security				Disposed of				
	•				(D)				
					(Instr. 3, 4,				
					and 5)				
									A
						D . D . 11	.	FT: -1	0
						Date Exercisable	Expiration Date	Title	N
				~					0
				Code V	(A) (D)				S
Performance									
	(2)	02/17/2014		M	5 202	02/22/2014(3)	02/22/2014(4)	Common	
Shares Feb	<u>(2)</u>	02/17/2014		M	3,202	$02/22/2014^{(3)}$	02/22/2014(4)	Stock	
2011									

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Fiedorek Robert Mark

HOUSTON, TX 77056

5400 WESTHEIMER COURT

President SET West

Signatures

/s/ Allison McHenry as Attorney-in-Fact for R. Mark Fiedorek

02/19/2014

**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) Includes 24,009 held by Trustee in the Retirement Savings Plan.
- (2) Converts to Common Stock on a 1-for-1 basis.
- (3) Grant cliff vests 3 years from date of Grant.
- (4) Expiration date not applicable.

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.

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