Spectra Energy Corp. Form 4 February 19, 2014

FORM 4

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

OMB 323

Check this box if no longer subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Number: 3235-0287 Expires: January 31, 2005

OMB APPROVAL

subject to Section 16. Form 4 or Form 5

obligations

Estimated average burden hours per response... 0.5

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

SECURITIES

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

1(b).

(Print or Type Responses)

1. Name and Add EBEL GREGO	*	ng Person *	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 all applicable)		
5400 WESTHEIMER COURT			(Month/Day/Year) 02/17/2014	_X_ Director 10% Owner _X_ Officer (give title Other (specify below) President and CEO		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
HOUSTON, TX 77056-5310			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative S	ecurit	ies Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	4. Securitie nor Disposed (Instr. 3, 4	d of (E and 5) (A) or))	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	03/01/2013		Code V J V	Amount 116,173 (1)	(D)	Price (2)	163,477	D	
Common Stock	02/17/2014		M	39,466	A	\$ 37.05	202,943	D	
Common Stock	02/17/2014		F	16,556	D	\$ 37.05	186,387	D	

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 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. Transaction Code (Instr. 8)	5. Number of or or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Underlying (Instr. 3 and
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title
Performance Shares Feb 2011	(3)	02/17/2014		M		39,466	02/22/2014	<u>(4)</u>	Commor Stock
LTIP Phantom Stock Grant Feb 2014	<u>(5)</u>	02/18/2014		A	57,100		02/18/2017	02/18/2017(6)	Commor Stock
Performance Shares Feb 2014	(3)	02/18/2014		A	90,500		02/18/2017	<u>(4)</u>	Commor Stock

Reporting Owners

Reporting Owner Name / Address	Relationships							
·L····	Director	10% Owner	Officer	Other				
EBEL GREGORY L								
5400 WESTHEIMER COURT	X		President and CEO					
HOUSTON, TX 77056-5310								

Signatures

/s/ Emily L. Strait as Attorney-in-Fact for Gregory L. Ebel

02/19/2014 Date

**Signature of Reporting Person

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) Shares transferred to ex-wife pursuant to a domestic relations order approved September 2, 2011.
- (2) Price not applicable.
- (3) 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.

(4) Expiration date not applicable.

Reporting Owners 2

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- (5) Converts to Common Stock on a 1-for-1 basis.
- (6) Grant cliff vests 3 years from date of Grant.

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