Spectra Energy Corp. Form 4 February 23, 2016

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB 3235-0287

OMB APPROVAL

Number: Expires:

January 31, 2005

0.5

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

1(b).

Common

(Print or Type Responses)

	1. Name and Address of Reporting Person ** Capps Allen C			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer				
			Specti	a Energy C	Corp. [SE	Ξ]		(Ch	eck all applica	ble)	
	(Last)	(First) (I	Middle) 3. Date	of Earliest Tr	ansaction			(,	
			(Month	/Day/Year)				Director	1	0% Owner	
5400 WESTHEIMER COURT			RT 02/19/	02/19/2016			_X_ Officer (give title Other (specify below)				
								Vice Pr	esident and Co	ontroller	
(Street)			4. If Ar	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
			Filed(M	onth/Day/Year)			Applicable Line) _X_ Form filed by	v One Reporting	Person	
	HOUSTON	N, TX 77056							More than One		
	(City)	(State)	(Zip) Ta	ble I - Non-D)erivative	Secur	ities Aco	quired, Disposed	of, or Benefic	ially Owned	
	1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securit	ties Ac	quired	5. Amount of	6.	7. Nature of	
	Security	(Month/Day/Year)	Execution Date, if	Transaction				Securities	Ownership	Indirect	
	(Instr. 3)	` ,	any	Code	(Instr. 3,	_		Beneficially	Form:	Beneficial	
	,		(Month/Day/Year)	(Instr. 8)				Owned	Direct (D)	Ownership	
			, ,	,				Following	or Indirect	(Instr. 4)	
						(4)		Reported	(I)		
						(A)		Transaction(s)	(Instr. 4)		
				C-1- V	A	or (D)	D	(Instr. 3 and 4)			
				Code V	Amount	(D)	Price				

02/19/2016 M 3,100 Α <u>(1)</u> 4,324.849 D Stock

Common 848 D 02/19/2016 F 3,476.849 D Stock

Retirement Common 12,585.18 Ι Savings Stock Plan

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

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displays a currently valid OMB control number.

6. Date Exercisable and

7. Title and Amount of

5. Number

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

Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Expiration Date (Month/Day/Year)		Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
LTIP Phantom Stock Grant Feb 2013	(1)	02/19/2016		M	3,100	02/19/2016	02/19/2016(2)	Common Stock	3,100

Reporting Owners

Reporting Owner Name / Address	Relationships

3. Transaction Date 3A. Deemed

Director 10% Owner Officer Other

Capps Allen C

1. Title of 2.

5400 WESTHEIMER COURT Vice Pro HOUSTON, TX 77056

Vice President and Controller

Signatures

/s/ Allison McHenry, Attorney-in-Fact for Mr.

Capps 02/23/2016

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

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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