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Spectra Ener	gy Corp.										
Form 4											
July 05, 2016	5										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL		
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								COMMISSION	OMB Number:	3235-0287	
Check this box if no longer									Expires:	January 31,	
subject to		IENT OF	CHAN	GES IN BENEFICIAL OWN				NERSHIP OF	Estimated a	2005 verage	
Section 16.				SECUR	ITIES				burden hours per		
Form 4 or Form 5					a	· -		A (01024	response	0.5	
obligation	na *						•	e Act of 1934,			
may cont	inue. Section 17(a			•	•	· ·	•	1935 or Section	1		
<i>See</i> Instru 1(b).	uction	50(II) (n the m	vestment	Compan	iy At	1 01 194	÷U			
(Print or Type F	Responses)										
ALVARADO JOSEPH Symbol				r Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
				Energy C	orp. [SE	[]		(Check all applicable)			
(Last) (First) (Middle) 3. Date of			f Earliest Transaction				(Check an applicable)				
			Day/Year)				X_ Director 10% Owner				
			016				Officer (give title Other (specify below)				
			endment, Date Original				6. Individual or Joint/Group Filing(Check				
			th/Day/Year))			Applicable Line) _X_ Form filed by One Reporting Person				
HOUSTON	, TX 77056							Form filed by O Form filed by M Person			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secui	rities Acq	uired, Disposed of,	or Beneficial	ly Owned	
1.Title of	2. Transaction Date			3. 4. Securities Acquired				5. Amount of	6.	7. Nature of	
Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)		Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				Beneficially	Ownership Form: Direct (D) or	Indirect Beneficial Ownership	
(Instr. 3)											
		X		(Following	Indirect (I)	(Instr. 4)	
						(A)		Reported Transaction(s)	(Instr. 4)		
						or		(Instr. 3 and 4)			
G				Code V	Amount	(D)	Price	(
Common Stock	07/01/2016			А	3,408	А	\$ 36.68	21,856.2365	D		

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

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.

 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)	4. Transac Code (Instr. 8)	of				Amou Under Secur	unt of Derlying S	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	V (A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address	Relationships							
1	Director	10% Owner	Officer	Other				
ALVARADO JOSEPH 5400 WESTHEIMER CT. HOUSTON, TX 77056	Х							
Signatures								
/s/ Patricia M. Rice, attorney-in-fact		07/05/2016						
**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).

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.