Spectra Energy Corp. Form 4 January 18, 2017

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 Filed pur obligations may continue. See Instruction

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

1(b).

Common

Common

Common

Stock

Stock

Stock

01/16/2017

01/16/2017

(Print or Type Responses)

1. Name and A	Person * 2. Issue Symbol	2. Issuer Name and Ticker or Trading Symbol Spectra Energy Corp. [SE]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
	Spectra									
(Last)	(First) (N	Middle) 3. Date of	f Earliest T	ransaction						
		(Month/I	Day/Year)				Director	10	0% Owner	
5400 WES	T 01/16/2	01/16/2017				X Officer (give title Other (specify below)				
							Vice P	resident and Co	ntroller	
	4. If Amo	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check				
		Filed(Mo	nth/Day/Yea	r)			Applicable Line)		D	
HOUSTON	N, TX 77056						_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip) Tab	le I - Non-l	Derivative	Secur	ities Ac	equired, Disposed	of, or Benefic	ially Owned	
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securi	ties Ac	equired	5. Amount of	6.	7. Nature of	
Security	(Month/Day/Year)	Execution Date, if		ior(A) or Disposed of			Securities	Ownership	Indirect	
(Instr. 3)		any	Code	(D)			Beneficially	Form: Direct		
		(Month/Day/Year)	(Instr. 8)	(Instr. 3,	4 and	5)	Owned	(D) or	Ownership	
							Following	Indirect (I)	(Instr. 4)	
					(A)		Reported Transaction(s)	(Instr. 4)		
					or		(Instr. 3 and 4)			
			Code V	Amount	(D)	Price	(1115ti. 3 and 4)			

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

M

F

5.551

1,663

D

\$0

Persons who respond to the collection of information contained in this form are not required to respond unless the form

SEC 1474

(9-02)

9,027.849

7,364.849

12,585.18

D

D

I

Retirement

Savings

Plan

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displays a currently valid OMB control

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. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4,		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Performance Shares Feb 2014	\$ 0 (1)	01/16/2017		M	5,551	02/18/2017	(2)	Common Stock	5,551

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Capps Allen C

5400 WESTHEIMER COURT HOUSTON, TX 77056 Vice President and Controller

Signatures

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

Capps 01/18/2017

**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) The number of performance shares that vest is based on the achievement of a specified total shareholder return for Spectra Energy Corp Common Stock.
- (2) 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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