Dill Julie Form 3 June 18, 2010

FORM 3

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

OMB APPROVAL

OMB Number:

3235-0104

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF Expires: January 31, 2005

0.5

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SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting 2. Date of Event Requiring 3. Issuer Name and Ticker or Trading Symbol Person * Statement Spectra Energy Corp. [SE] Dill Julie (Month/Day/Year) 06/08/2010 (Last) (First) (Middle) 4. Relationship of Reporting 5. If Amendment, Date Original Person(s) to Issuer Filed(Month/Day/Year) 5400 WESTHEIMER COURT (Check all applicable) (Street) 6. Individual or Joint/Group Filing(Check Applicable Line) 10% Owner Director _X_ Form filed by One Reporting _X__ Officer Other Person (give title below) (specify below) HOUSTON, TXÂ 77056 Form filed by More than One President Union Gas Reporting Person (City) (State) (Zip) Table I - Non-Derivative Securities Beneficially Owned 2. Amount of Securities 4. Nature of Indirect Beneficial 1. Title of Security Beneficially Owned Ownership Ownership (Instr. 4) (Instr. 4) Form: (Instr. 5) Direct (D) or Indirect (I) (Instr. 5) $D_{\underline{(1)}}$ Â Common Stock 19,259 Reminder: Report on a separate line for each class of securities beneficially SEC 1473 (7-02)

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 Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise	5. Ownership Form of	6. Nature of Indirect Beneficial Ownership
` '					Price of	Derivative	(Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or	Derivative Security	Security: Direct (D)	
			Num	Number of	Security	or Indirect	

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				Shares		(I) (Instr. 5)	
Phantom Shares Esp	(2)	(4)	Common Stock	13,526.3764	\$ <u>(3)</u>	I	By Trustee Executive Savings Plan
Employee Stock Option (Right to Buy)	12/20/2000	12/20/2010	Common Stock	9,700	\$ 36.86	D	Â
Employee Stock Option (Right to Buy)	12/19/2001	12/19/2011	Common Stock	13,750	\$ 32.44	D	Â
Employee Stock Option (Right to Buy)	01/17/2002	01/17/2012	Common Stock	1,750	\$ 33	D	Â
Employee Stock Option (Right to Buy)	02/25/2003	02/25/2013	Common Stock	12,850	\$ 11.86	D	Â
Employee Stock Option (Right to Buy)	02/27/2007	02/27/2017	Common Stock	38,300	\$ 25.64	D	Â
Ltip Phantom Stock Grant Apr 2006	04/04/2007(5)	(4)	Common Stock	557	\$ <u>(3)</u>	D	Â
Ltip Phantom Stock Grant Feb 2008	02/26/2011(6)	(4)	Common Stock	7,700	\$ (3)	D	Â
Performance Shares Grant Feb 2008	02/26/2011(6)	(4)	Common Stock	8,300	\$ (3)	D	Â
Ltip Phantom Stock Grant Feb 2009	02/24/2012(6)	(4)	Common Stock	12,700	\$ (3)	D	Â
Performance Shares Feb 2009	02/24/2012(6)	(4)	Common Stock	13,500	\$ (3)	D	Â
Ltip Phantom Stock Grant	02/23/2013(6)	(4)	Common Stock	9,400	\$ (3)	D	Â
Performance Shares	02/23/2013(6)	(4)	Common Stock	10,100	\$ (3)	D	Â

Reporting Owners

**Signature of Reporting Person

Reporting Owner Name / Address	Relationships					
noporous o where theme y reactions	Director	10% Owner	Officer	Other		
Dill Julie 5400 WESTHEIMER COURT HOUSTON, TX 77056	Â	Â	President Union Gas	Â		
Signatures						
/s/Beverly J. Fite as Attorney-in-	Fact for		06/18/2010			

Julie Dill

O6/18/2010

Reporting Owners 2

Date

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Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 5(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 7,433 shares held By Trustee Retirement Savings Plan.
- (2) Payment upon termination of employment or occurence of other events as specified in the Spectra Energy Corp Executive Savings Plan, subject to holding periods required by law.
- (3) Converts to Common Stock on a 1-to-1 basis
- (4) Expiration date not applicable
- (5) Grant vests in 5 annual installments beginning April 2007
- (6) 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.