Spectra Energy Corp. Form 4 January 04, 2007

FORM 4

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

Check this box if no longer

subject to Section 16. Form 4 or

Form 5 obligations may continue. See Instruction

SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

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(b).

1. Name and Address of Reporting Person * Harrington Sabra L

(Last) (First)

(Middle)

5400 WESTHEIMER COURT

(Street)

HOUSTON, TX 77056-5310

(State)

(City)

1. Title of

Security

(Instr. 3)

2. Issuer Name and Ticker or Trading Symbol

Spectra Energy Corp. [SE]

3. Date of Earliest Transaction (Month/Day/Year)

01/02/2007

4. If Amendment, Date Original

Filed(Month/Day/Year)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

(Month/Day/Year) Execution Date, if (Month/Day/Year)

(Zip)

2. Transaction Date 2A. Deemed

(Instr. 8)

3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 3, 4 and 5)

Code V Amount (D) Price

(A)

5. Amount of Securities Beneficially Owned Following

Issuer

below)

Person

Director

Applicable Line)

X_ Officer (give title

Reported Transaction(s)

(Instr. 3 and 4)

(Instr. 4)

(T)

(D) or Indirect Beneficial Ownership (Instr. 4)

7. Nature of

Indirect

10% Owner

Other (specify

OMB APPROVAL

3235-0287

January 31,

2005

0.5

OMB

Number:

Expires:

response...

5. Relationship of Reporting Person(s) to

(Check all applicable)

Vice President and Controller

6. Ownership

Form: Direct

6. Individual or Joint/Group Filing(Check

X Form filed by One Reporting Person Form filed by More than One Reporting

Estimated average

burden hours per

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

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

1. Title of 3. Transaction Date 3A. Deemed 4. 5. Number

Derivative Security

Conversion or Exercise

(Month/Day/Year) Execution Date, if any

Transaction of Derivative Expiration Date Securities Code

6. Date Exercisable and (Month/Day/Year)

7. Title and Amount of **Underlying Securities** (Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed (D) (Instr. 3, and 5)	d of				
				Code V	(A)	(D) Date Exe	rcisable	Expiration Date	Title	Amount or Number of Shares
LTIP Phantom Stock Grant Feb 2004 (1)	(2)	01/02/2007		A	645	<u>(3</u>	3)	<u>(4)</u>	Common Stock	645
Phantom Stock ESP (1)	<u>(2)</u>	01/02/2007		A	184	<u>(5</u>	<u>5)</u>	<u>(4)</u>	Common Stock	184
LTIP Phantom Stock Grant Feb 2005 (1)	<u>(2)</u>	01/02/2007		A	712	<u>(6</u>	<u>5)</u>	<u>(4)</u>	Common Stock	712
LTIP Phantom Stock Grant Apr 2006 (1)	(2)	01/02/2007		A	885	<u>(7</u>	<u>7)</u>	<u>(4)</u>	Common Stock	885
Performance Shares (1)	<u>(2)</u>	01/02/2007		A	1,345	02/24/2	007(8)	<u>(4)</u>	Common Stock	1,345
Performance Shares (1)	<u>(2)</u>	01/02/2007		A	1,115	02/28/2	008(8)	<u>(4)</u>	Common Stock	1,115
Performance Shares (1)	<u>(2)</u>	01/02/2007		A	1,330	04/04/2	009(8)	<u>(4)</u>	Common Stock	1,330

Reporting Owners

HOUSTON, TX 77056-5310

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Harrington Sabra L							
5400 WESTHEIMER COURT			Vice President and Controller				

Signatures

Beverly J. Fite as Attorney in Fact for Sabra L.

Harrington.

01/04/2007

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**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).
- On January 2, 2007, Duke Energy Corporation distributed all of the shares of common stock of Spectra Energy Corp to Duke Energy's shareholders. In connection with the distribution, the reporting person was granted long-term incentive awards in partial substitution of long-term incentive awards previously issued by Duke Energy.
- (2) Converts to Common Stock on a 1-for-1 basis.
- (3) The phantom shares vest in 3 annual installments beginning February 2007.
- (4) Expiration date not applicable.
- (5) Payable 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.
- (6) The phantom shares vest in 4 annual installments beginning February 2007.
- (7) The phantom shares vest in 5 annual installments beginning April 2007.
- (8) May vest earlier upon achievement of specified total shareholder return.

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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