

Bloom Douglas P.
Form 3
June 18, 2010

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF 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 Person *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Bloom Douglas P.		(Month/Day/Year)	Spectra Energy Corp. [SE]	
(Last)	(First)	(Middle)	06/08/2010	
5400 WESTHEIMER COURT			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
HOUSTON,Â TXÂ 77056			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	6. Individual or Joint/Group Filing(Check Applicable Line)
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other	<input checked="" type="checkbox"/> Form filed by One Reporting Person
			(give title below) (specify below)	<input type="checkbox"/> Form filed by More than One Reporting Person
			President SET West	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	1,561	D	Â
Common Stock	3,573	I	By Trustee ⁽¹⁾
Common Stock	4,098	I	By Trustee ⁽²⁾

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

SEC 1473 (7-02)

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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	4. Conversion or Exercise	5. Ownership Form of	6. Nature of Indirect Beneficial Ownership
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	Date Exercisable	Expiration Date	(Instr. 4) Title	Amount or Number of Shares	Price of Derivative Security	Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	(Instr. 5)
Employee Stock Option (Right to Buy)	02/16/2001	02/16/2011	Common Stock	1,503	\$ 23.64	D	Â
Employee Stock Option (Right to Buy)	02/12/2002	02/12/2012	Common Stock	2,081	\$ 28.87	D	Â
Employee Stock Option (Right to Buy)	02/25/2003	02/25/2013	Common Stock	575	\$ 11.86	D	Â
Employee Stock Option (Right to Buy)	02/27/2007	02/27/2017	Common Stock	20,900	\$ 25.64	D	Â
Ltip Phantom Stock Grant	02/23/2013 ⁽⁵⁾	Â ⁽⁴⁾	Common Stock	9,200	\$ ⁽³⁾	D	Â
Ltip Phantom Stock Grant Apr 2006	04/04/2011 ⁽⁷⁾	Â ⁽⁶⁾	Common Stock	273	\$ ⁽²³⁾	D	Â
Ltip Phantom Stock Grant Feb 2008	02/26/2011 ⁽¹⁰⁾	Â ⁽⁹⁾	Common Stock	8,100	\$ ⁽⁸⁾	D	Â
Ltip Phantom Stock Grant Feb 2009	02/24/2012 ⁽¹³⁾	Â ⁽¹²⁾	Common Stock	11,300	\$ ⁽¹¹⁾	D	Â
Performance Shares	02/23/2013 ⁽¹⁶⁾	Â ⁽¹⁵⁾	Common Stock	9,800	\$ ⁽¹⁴⁾	D	Â
Performance Shares Feb 2009	02/24/2012 ⁽¹⁹⁾	Â ⁽¹⁸⁾	Common Stock	12,100	\$ ⁽¹⁷⁾	D	Â
Performance Shares Grant Feb 2008	02/26/2011 ⁽²²⁾	Â ⁽²¹⁾	Common Stock	8,600	\$ ⁽²⁰⁾	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Bloom Douglas P. 5400 WESTHEIMER COURT HOUSTON, TX 77056	Â	Â	Â President SET West	Â

Signatures

/s/Beverly J. Fite as Attorney-in-Fact for Douglas P. Bloom

06/18/2010

**Signature of Reporting Person

Date

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) Ancillary defined benefit plan.
- (2) Shares in EPSP (Canadian Employee Savings Plan)
- (3) Converts to Common Stock on a 1-to-1 basis.
- (4) Expiration date not applicable.
- (5) Grant cliff vests 3 years from date of grant.
- (6) Expiration date not applicable.
- (7) The phantom shares vest in 5 annual installments beginning April 2007.
- (8) Converts to Common Stock on a 1-to-1 basis.
- (9) Expiration date not applicable.
- (10) Grant cliff vests 3 years from date of grant.
- (11) Converts to Common Stock on a 1-to-1 basis.
- (12) Expiration date not applicable.
- (13) Grant cliff vests 3 years from date of grant.
- (14) Converts to Common Stock on a 1-to-1 basis.
- (15) Expiration date not applicable.
- (16) Grant cliff vests 3 years from date of grant.
- (17) Converts to Common Stock on a 1-to-1 basis.
- (18) Expiration date not applicable.
- (19) Grant cliff vests 3 years from date of grant.
- (20) Converts to Common Stock on a 1-to-1 basis.
- (21) Expiration date not applicable.
- (22) Grant cliff vests 3 years from date of grant.
- (23) Converts to Common Stock on a 1-to-1 basis.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure.

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