

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
1(b).

STATEMENT OF CHANGES IN 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

OMB APPROVAL

OMB
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(Print or Type Responses)

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

(Last) (First) (Middle)

5400 WESTHEIMER COURT

(Street)

HOUSTON, TX 77056-5310

(City) (State) (Zip)

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)

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
____X____ Officer (give title below) ____ Other (specify below)

Vice President and Controller

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(D)	Price

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

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information contained in this form are not
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SEC 1474
(9-02)

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

1. Title of Derivative Security	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of Derivative Securities	6. Date Exercisable and Expiration Date (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 of (D) (Instr. 3, 4, and 5)								
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
LTIP Phantom Stock Grant Feb 2004 ⁽¹⁾	<u>(2)</u>	01/02/2007	A		645		<u>(3)</u>	<u>(4)</u>	Common Stock	645		
Phantom Stock ESP ⁽¹⁾	<u>(2)</u>	01/02/2007	A		184		<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>(4)</u>	Common Stock	712		
LTIP Phantom Stock Grant Apr 2006 ⁽¹⁾	<u>(2)</u>	01/02/2007	A		885		<u>(7)</u>	<u>(4)</u>	Common Stock	885		
Performance Shares ⁽¹⁾	<u>(2)</u>	01/02/2007	A		1,345		02/24/2007 ⁽⁸⁾	<u>(4)</u>	Common Stock	1,345		
Performance Shares ⁽¹⁾	<u>(2)</u>	01/02/2007	A		1,115		02/28/2008 ⁽⁸⁾	<u>(4)</u>	Common Stock	1,115		
Performance Shares ⁽¹⁾	<u>(2)</u>	01/02/2007	A		1,330		04/04/2009 ⁽⁸⁾	<u>(4)</u>	Common Stock	1,330		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Harrington Sabra L 5400 WESTHEIMER COURT HOUSTON, TX 77056-5310			Vice President and Controller	

Signatures

Beverly J. Fite as Attorney in Fact for Sabra L.
Harrington. 01/04/2007

__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

(1) 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 occurrence 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.

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