## Edgar Filing: Harris Alan N - Form 4

Harris Alan N Form 4 October 04, 201	10									
Check this box if no longer subject to Section 16. Form 4 or				ECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES					OMB APPROVAL OMB Number: 3235-028 Expires: January 3 200 Estimated average burden hours per response 00	
Form 5 obligations may continue <i>See</i> Instruction 1(b).	e. Section 17(	a) of the Pu	blic U	tility Hol	ding Cor		nge Act of 1934. of 1935 or Secti 940			
(Print or Type Resp	ponses)									
1. Name and Address of Reporting Person <u>*</u> Harris Alan N			2. Issuer Name <b>and</b> Ticker or Trading Symbol Spectra Energy Corp. [SE]			5. Relationship of Reporting Person(s) to Issuer				
(Last) (First) (Middle) 5400 WESTHEIMER COURT			3. Date of Earliest Transaction (Month/Day/Year) 09/30/2010			(Check all applicable) <u>X</u> Director <u>10%</u> Owner <u>X</u> Officer (give title <u>Other (specify below)</u> Chief Dev & Ops Officer				
				. If Amendment, Date Original iled(Month/Day/Year)			<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> </ul>			
HOUSTON, T	X 77056-5310	)						More than One R		
(City)	(State)	(Zip)	Tabl	le I - Non-l	Derivative	Securities A	.cquired, Disposed	of, or Beneficia	lly Owned	
	Fransaction Date onth/Day/Year)	2A. Deemed Execution Da any (Month/Day/	ate, if 'Year)	3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3, 4	(A) or of (D)	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)	
Reminder: Report	on a separate line	e for each class	s of secu	rities bene	-	-	or indirectly.	ection of S	SEC 1474	

Persons who respond to the collection of information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control number.

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities	
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)	Acquired ( Disposed o (Instr. 3, 4, 5)	f(D)				(I
				Code V	7 (A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Shares Esp	\$ 0	09/30/2010		A	171.286		(2)	<u>(1)</u>	Common Stock	171.286

## **Reporting Owners**

Reporting Owner Name / Address	Relationships							
1	Director	10% Owner	Officer	Other				
Harris Alan N 5400 WESTHEIMER COURT HOUSTON, TX 77056-5310			Chief Dev & Ops Officer					
Signatures								

/s/Beverly J. Fite, attorney-in-fact for Mr. Harris

\*\*Signature of Reporting Person

Date

10/04/2010

## **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) Expiration date not applicable.
- (2) 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.

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.