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Spectra Energy Cyr, Form 4 Spectra Energy Cyr, Form 5 <td< th=""></td<>											
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> Dill Julie			2. Issuer Name and Ticker or Trading Symbol Spectra Energy Corp. [SE]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (CI					(Chec	ck all applicable)		
			(Month/Day/Year) 11/21/2016					Director 10% Owner X_ Officer (give title Other (specify below) below) Chief Communications Officer			
				If Amendment, Date Original led(Month/Day/Year)				6. Individual or Joint/Group Filing(CheckApplicable Line)_X_ Form filed by One Reporting Person			
HOUSTON, TX 77056								Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Tał	ole I - Non-	Derivative	Secu	rities Acq	uired, Disposed o	f, or Benefici	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) ay/Year) (Instr. 8) (A) or			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)			
Common	11/21/2016			Code V		(D)	Price \$		D		
Stock	11/21/2016			М	38,300	А	25.64	89,547.446	D		
Common Stock	11/21/2016			D	38,300	D	\$ 42.34	51,247.446	D		
Common Stock								12,978.4315	Ι	Retirement Savings Plan	

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

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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 Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	orDeri Secu Acqu or D (D)	rities uired (A) isposed of r. 3, 4,	6. Date Exercis Expiration Dat (Month/Day/Y	e	7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 25.64	11/21/2016		М		38,300	02/27/2007	02/27/2017	Common Stock	38,300

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Dill Julie 5400 WESTHEIMER COURT HOUSTON, TX 77056			Chief Communications Officer				
Signatures							

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/s/ Annachiara	
Jones	11/22/2016
<u>**</u> 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).

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.