

Spectra Energy Corp.
Form 4
January 04, 2007

FORM 4

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

OMB APPROVAL

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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

(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
 Officer (give title below) _____ Other (specify below)
Vice President and Controller

6. Individual or Joint/Group Filing(Check Applicable Line)
 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 Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	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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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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