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REDDY J P Form 4	ATRICK						
September 0	02, 2009						
FORM	14				OMB AI	PPROVAL	
	UNITED	STATES SE	CURITIES AND EXCHANGE Washington, D.C. 20549	COMMISSION	OMB Number:	3235-0287	
Check th if no lon subject t Section Form 4 of Form 5 obligation may con See Instr	ger o 16. or Filed pur ons tinue.	suant to Sect a) of the Publ	HANGES IN BENEFICIAL OV SECURITIES ion 16(a) of the Securities Exchan lic Utility Holding Company Act he Investment Company Act of 1	Expires: January 31, 2005 Estimated average burden hours per response 0.5 n			
1(b).	uetion	. ,					
(Print or Type	Responses)						
1. Name and Address of Reporting Person <u>*</u> REDDY J PATRICK			Issuer Name and Ticker or Trading nbol ectra Energy Corp. [SE]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First) (I	Middle) 3. [Date of Earliest Transaction	(Check an applicable)			
5400 WESTHEIMER COUR			onth/Day/Year) /31/2009	Director 10% Owner X Officer (give title Other (specify below) below) Chief Financial Officer			
(Street)			f Amendment, Date Original d(Month/Day/Year)	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
HOUSTON	I, TX 77056			Person		r	
(City)	(State)	(Zip)	Table I - Non-Derivative Securities A	cquired, Disposed of,	or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date any (Month/Day/Yo	Code Disposed of (D)	SecuritiesForBeneficially(DOwned(I)	orm: Direct)) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Rep	port on a separate line	e for each class o	information cont required to respo	or indirectly. spond to the collect ained in this form a ond unless the form ntly valid OMB cont	ire not	EC 1474 (9-02)	

 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	8. Pr
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities	Deri
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	Secu

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(Instr. 3)	Price of Derivative Security	(Month/Day/Y	Year) (Instr. 8)) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)				(Ins	
			Code V	(A) (D) Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock ESP	<u>(1)</u>	08/31/2009	А	44.279	(2)	(3)	Common Stock	44.279	S

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
REDDY J PATRICK 5400 WESTHEIMER COUR HOUSTON, TX 77056			Chief Financial Officer				
Signatures							
By Beverly J. Fite as Attorney-in-Fact for J. Patrick Reddy.			09/02/2009				
**Signature of Report	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).
- (1) Converts to Common Stock on a 1-for-1 basis.
- (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.
- (3) Expiration date not applicable.

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.