ENERPLUS Corp
Form 6-K
July 19, 2016

SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549
Report of Foreign Issuer pursuant to Rule 13-a-16 or 15d-16 of the Securities Exchange Act of 1934
FOR THE MONTH OF July 2016
FORM 6-K
COMMISSION FILE NUMBER 1-15150
The Dome Tower
Suite 3000, 333 - 7th Avenue S.W.
Calgary, Alberta
Canada T2P 2Z1
(403) 298-2200

Form 20-F o Form 40-F x

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1)

Yes o No x

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7)

Yes o No x

Indicate by check mark whether, by furnishing the information contained in this Form, the registrant is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the securities Exchange Act of 1934.

Yes o No x

EXHIBIT INDEX

EXHIBIT 99.1 - News Release Dated July 19, 2016 - Enerplus Announces Cash Dividend for August 2016

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

ENERPLUS CORPORATION

BY:/s/David A. McCoy
David A. McCoy
Vice President, General Counsel & Corporate Secretary

DATE: July 19, 2016

A \$ 22.58 1,036.739 D Â common09/01/2015 Â P 18.1876 A \$ 21.99 1,054.9266 D Â common09/30/2015 Â J $^{(1)}$ 10.728 A \$ 23.6 1,065.6546 D Â common10/01/2015 Â P 17.773 A \$ 22.51 1,083.4276 D Â common11/02/2015 Â P 17.3416 A \$ 23.07 1,100.7692 D Â common12/01/2015 Â P 15.8825 A \$ 25.19 1,116.6517 D Â common12/31/2015 Â J $^{(1)}$ 9.7953 A \$ 27.36 1,126.447 D Â

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

Persons who respond to the collection of information SEC 2270 contained in this form are not 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 Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)		4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,	3	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	
-----------------------------------------------------	-----------------------------------------------------------------------	-----------------------------------------	--	-----------------------------------------	----------------------------------------------------------------------------------------------------------	---	---------------------------------------------------------------------------	-----------------------------------------------------	--

4, and 5)

				Amount
	Date Exercisable	Expiration Date	Title	of
(A) (D)				Shares

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Schwind Jerome E

2132 COBBLESTONE CT. Â Â Ê Executive VP & COO Â

MT. PLEASANT, MIÂ 48858

Signatures

/s/ Debra A. Campbell, By Power of Attorney 02/16/2016

**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).
- (1) Dividend Reinvestment Earnings

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.

Reporting Owners 5