Spectra Energy Corp. Form 4 January 04, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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Expires:

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if no longer subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

Check this box

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * FOWLER FRED J			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	(Check an applicable)		
5400 WESTHEIMER COURT		JRT	(Month/Day/Year) 01/02/2007	_X_ Director 10% Owner _X_ Officer (give title Other (specify below) President and CEO		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
HOUSTON, TX 77056-5310			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State) ((Zip) Table	e I - Non-D	erivative	Secur	rities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)			5. Amount of Securities Form: Direct Indirect Beneficially (D) or Beneficial Owned Indirect (I) Ownership Following (Instr. 4) (Instr. 4)			
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock (1)	01/03/2007		P	100	A	\$ 28.25	100	D	
Common Stock (1)	01/03/2007		G	100	D	\$0	73,923 (2)	D	

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

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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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amor or Numl of Sh
LTIP Phantom Stock Grant Feb 2004 (3)	<u>(4)</u>	01/02/2007		A	16,908	<u>(5)</u>	<u>(6)</u>	Common Stock	16,9
LTIP Phantom Stock Grant Feb 2005 (3)	<u>(4)</u>	01/02/2007		A	18,192	<u>(7)</u>	<u>(6)</u>	Common Stock	18,1
LTIP Phantom Stock Grant Apr 2006 (3)	<u>(4)</u>	01/02/2007		A	18,320	<u>(8)</u>	<u>(6)</u>	Common Stock	18,3
Phantom Stock ESP (3)	(4)	01/02/2007		A	63,944	<u>(9)</u>	<u>(6)</u>	Common Stock	63,9
Performance Shares (3)	<u>(4)</u>	01/02/2007		A	35,225	02/24/2007(10)	<u>(6)</u>	Common Stock	35,2
Performance Shares (3)	<u>(4)</u>	01/02/2007		A	28,425	02/28/2008(10)	<u>(6)</u>	Common Stock	28,4
Performance Shares (3)	<u>(4)</u>	01/02/2007		A	27,480	04/04/2009(10)	<u>(6)</u>	Common Stock	27,4

Reporting Owners

Reporting Owner Name / Address	Relationships						
• 0	Director	10% Owner	Officer	Other			
FOWLER FRED J							
5400 WESTHEIMER COURT	X		President and CEO				
HOUSTON, TX 77056-5310							

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Signatures

Beverly J. Fite as Attorney in Fact for Fred J. 01/04/2007 Fowler.

**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) Reporting Person purchased the first 100 shares of Spectra Energy Corp traded on the New York Stock Exchange and contributed those shares to the Spectra Energy Foundation, a charitable organization.
- (2) Includes 17,439 shares held by Trustee, Retirement Savings Plan.
 - On January 2, 2007, Duke Energy Corporation distributed all of the shares of common stock of Spectra Energy Corp to Duke Energy's
- (3) 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.
- (4) Converts to Common Stock on a 1-for-1 basis.
- (5) The phantom shares vest in 3 annual installments beginning February 2007.
- **(6)** Expiration date not applicable.
- (7) The phantom shares vest in 4 annual installments beginning February 2007.
- (8) The phantom shares vest in 5 annual installments beginning April 2007.
- (9) 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.
- (10) 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. 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.

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