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Spectra Energ Form 4											
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue STATEMENT OF CH STATEMENT OF CH Filed pursuant to Secti Section 17(a) of the Public				CURITIES AND EXCHANGE COMMISSIO Washington, D.C. 20549 HANGES IN BENEFICIAL OWNERSHIP (SECURITIES on 16(a) of the Securities Exchange Act of 193 ic Utility Holding Company Act of 1935 or Sec he Investment Company Act of 1940					Number: 3235-0287 January 31 Expires: 2005 Estimated average burden hours per response 0.5		
(Print or Type Ro	esponses)										
Capps Allen C Symb			Symbol	Name and Energy C			ıg	5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle) 3. Date of (Month/D 5400 WESTHEIMER COURT 12/01/20 (Street) 4. If Ame				te of Earliest Transaction th/Day/Year) 1/2014 Amendment, Date Original Month/Day/Year)				(Check all applicable) <u></u> Director 10% Owner <u></u> Officer (give title Other (specify below) below) Vice President and Controller			
								 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	Person uired, Disposed of	, or Beneficial	lv Owned	
	2. Transaction D (Month/Day/Yea	ar) Executio any		3. Transactic Code (Instr. 8) Code V	4. Securi on(A) or Di (Instr. 3, Amount	ties Ad sposed 4 and (A) or (D)	cquired d of (D)	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	
Stock	12/01/2014			S <u>(1)</u>	625	D	37.55	841	D		

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

Persons who respond to the collection of information 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. Transact Code (Instr. 8)	5. of Derivative Securities Acquired (A) or			Amou Unde Secur	le and unt of rlying rities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo
				Disposed of (D)						Repo Trans (Instr
				(Instr. 3, 4, and 5)						
			Code N	7 (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Capps Allen C 5400 WESTHEIMER COURT HOUSTON, TX 77056			Vice President and Controller					
Signatures								
/s/ Allison McHenry, Attorney-	n-Fact fo	r Mr.						
Capps			12/02/2014					
<u>**</u> Signature of Reporting Pe	erson		Date					
Explanation of Res	Explanation of Responses:							

analion of nesponses.

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) The sales reported on this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person.

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.