

Bloom Douglas P.
Form 3
June 18, 2010

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *

Â Bloom Douglas P.

(Last) (First) (Middle)

5400 WESTHEIMER COURT

(Street)

HOUSTON,Â TXÂ 77056

(City) (State) (Zip)

2. Date of Event Requiring
Statement

(Month/Day/Year)

06/08/2010

3. Issuer Name **and** Ticker or Trading Symbol
Spectra Energy Corp. [SE]

4. Relationship of Reporting
Person(s) to Issuer

(Check all applicable)

____ Director ____ 10% Owner
__X__ Officer ____ Other
(give title below) (specify below)
President SET West

5. If Amendment, Date Original
Filed(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 Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security
(Instr. 4)

2. Amount of Securities
Beneficially Owned
(Instr. 4)

3. Ownership
Form:
Direct (D)
or Indirect
(I)
(Instr. 5)

4. Nature of Indirect Beneficial
Ownership
(Instr. 5)

Common Stock

1,561

D

Â

Common Stock

3,573

I

By Trustee ⁽¹⁾

Common Stock

4,098

I

By Trustee ⁽²⁾

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

SEC 1473 (7-02)

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information contained in this form are not
required to respond unless the form displays a
currently valid OMB control number.**

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative
Security
(Instr. 4)

2. Date Exercisable and
Expiration Date
(Month/Day/Year)

3. Title and Amount of
Securities Underlying
Derivative Security

4. Conversion
or Exercise

5. Ownership
Form of

6. Nature of
Indirect Beneficial
Ownership

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	Date Exercisable	Expiration Date	(Instr. 4) Title	Amount or Number of Shares	Price of Derivative Security	Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	(Instr. 5)
Employee Stock Option (Right to Buy)	02/16/2001	02/16/2011	Common Stock	1,503	\$ 23.64	D	Â
Employee Stock Option (Right to Buy)	02/12/2002	02/12/2012	Common Stock	2,081	\$ 28.87	D	Â
Employee Stock Option (Right to Buy)	02/25/2003	02/25/2013	Common Stock	575	\$ 11.86	D	Â
Employee Stock Option (Right to Buy)	02/27/2007	02/27/2017	Common Stock	20,900	\$ 25.64	D	Â
Ltip Phantom Stock Grant	02/23/2013 ⁽⁵⁾	Â ⁽⁴⁾	Common Stock	9,200	\$ ⁽³⁾	D	Â
Ltip Phantom Stock Grant Apr 2006	04/04/2011 ⁽⁷⁾	Â ⁽⁶⁾	Common Stock	273	\$ ⁽²³⁾	D	Â
Ltip Phantom Stock Grant Feb 2008	02/26/2011 ⁽¹⁰⁾	Â ⁽⁹⁾	Common Stock	8,100	\$ ⁽⁸⁾	D	Â
Ltip Phantom Stock Grant Feb 2009	02/24/2012 ⁽¹³⁾	Â ⁽¹²⁾	Common Stock	11,300	\$ ⁽¹¹⁾	D	Â
Performance Shares	02/23/2013 ⁽¹⁶⁾	Â ⁽¹⁵⁾	Common Stock	9,800	\$ ⁽¹⁴⁾	D	Â
Performance Shares Feb 2009	02/24/2012 ⁽¹⁹⁾	Â ⁽¹⁸⁾	Common Stock	12,100	\$ ⁽¹⁷⁾	D	Â
Performance Shares Grant Feb 2008	02/26/2011 ⁽²²⁾	Â ⁽²¹⁾	Common Stock	8,600	\$ ⁽²⁰⁾	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Bloom Douglas P. 5400 WESTHEIMER COURT HOUSTON, TX 77056	Â	Â	Â President SET West	Â

Signatures

/s/Beverly J. Fite as Attorney-in-Fact for Douglas P. Bloom

06/18/2010

 Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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) Ancillary defined benefit plan.
- (2) Shares in EPSP (Canadian Employee Savings Plan)
- (3) Converts to Common Stock on a 1-to-1 basis.
- (4) Expiration date not applicable.
- (5) Grant cliff vests 3 years from date of grant.
- (6) Expiration date not applicable.
- (7) The phantom shares vest in 5 annual installments beginning April 2007.
- (8) Converts to Common Stock on a 1-to-1 basis.
- (9) Expiration date not applicable.
- (10) Grant cliff vests 3 years from date of grant.
- (11) Converts to Common Stock on a 1-to-1 basis.
- (12) Expiration date not applicable.
- (13) Grant cliff vests 3 years from date of grant.
- (14) Converts to Common Stock on a 1-to-1 basis.
- (15) Expiration date not applicable.
- (16) Grant cliff vests 3 years from date of grant.
- (17) Converts to Common Stock on a 1-to-1 basis.
- (18) Expiration date not applicable.
- (19) Grant cliff vests 3 years from date of grant.
- (20) Converts to Common Stock on a 1-to-1 basis.
- (21) Expiration date not applicable.
- (22) Grant cliff vests 3 years from date of grant.
- (23) Converts to Common Stock on a 1-to-1 basis.

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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