

DOCUMENTS INCLUDED AS PART OF THIS REPORT

Document	Description
1.	News release, dated September 24, 2010.



For Immediate Release

September 24, 2010

SONDE RESOURCES CORP. – ANNOUNCES DEPARTURE OF CFO

CALGARY, ALBERTA--(Marketwire – September 24, 2010) – Sonde Resources Corp. ("Sonde" or the "Company") (TSX: SOQ) (NYSE Amex LLC: SOQ) today announced that Robb Thompson, Chief Financial Officer, has decided to leave the Company to pursue other interests. Mr. Thompson has agreed to be available to the Company as needed through October.

“On behalf of Sonde’s Board of Directors, I would like to thank Robb for his contributions to the Company and wish him well in his future endeavors,” said Marvin Chronister, Chairman of the Board.

Sonde Resources Corp. is a Calgary, Alberta, Canada based diversified global energy company engaged in the exploration and production of oil and natural gas and in the development of a liquefied natural gas (“LNG”) project. Its operations are located offshore Trinidad and Tobago, Western Canada, North Africa, and offshore Eastern United States. See Sonde Resources’ website at www.sonderesources.com to review further detail on Sonde Resources’ operations.

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SIGNATURES

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.

SONDE RESOURCES CORP.
(Registrant)

Date: September 27, 2010

By: /s/ Robb Thompson
Name: Robb Thompson
Title: Chief Financial Officer