



DOCUMENTS INCLUDED AS PART OF THIS REPORT

Document	Description
1.	News release, dated September 20, 2010.

For Immediate Release

September 20, 2010

**SONDE RESOURCES CORP. PROVIDES UPDATE ON TUNISIA PROJECT,
STATUS OF RELATIONSHIP WITH JOINT VENTURE PARTNER**

CALGARY, ALBERTA--(Marketwire – September 20, 2010) - Sonde Resources Corp. ("Sonde") (TSX:SOQ)(NYSE Amex LLC: SOQ) announced today that in its capacity as Operator under the Joint Operating Agreement (the "JOA") between Sonde and Canadian Sahara Energy Inc ("Sahara") covering the 7th of November Block, offshore Tunisia / Libya, Sonde issued a Notice of Default dated September 16, 2010 to Sahara due to Sahara's failure to pay when due its share of Joint Account expenses associated with the 7th of November Block. Under the terms of the JOA, a formal default period will begin 5 business days after issuance of this notice; after the default period begins, Sahara will have a period of 30 days from the date of the original notice, or until October 15, 2010, to pay all outstanding Joint Account expenses associated with its 50% working interest in the 7th of November Block.

Sonde is working closely with Sahara to resolve this matter and will provide an update when more information is available.

FOR FURTHER INFORMATION PLEASE CONTACT:

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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 21, 2010

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