SONDE RESOURCES CORP. Form 6-K September 28, 2010

SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 6-K

Report of Foreign Private Issuer Pursuant to Rule 13a-16 or 15d-16 of the Securities Exchange Act of 1934

For the month of Commission File Number	September 001-31395		2010
(7	Sonde Resource Franslation of registrant's	•	
Suite 3200, 50	00 - 4th Avenue SW, Calg (Address of principal ex	•	² 2P 2V6
Indicate by check mark who	ether the registrant files or	will file annual report	s under cover of Form 20-F or Form 40F:
Form 20-F	Fo	orm 40-F	X
Indicate by check mark if the Rule 101(b)(1):	ne registrant is submitting	the Form 6-K in paper	as permitted by Regulation S-T
Indicate by check mark if the Rule 101(b)(7):	ne registrant is submitting	the Form 6-K in paper	as permitted by Regulation S-T
<u> </u>	•		this Form, the registrant is also thereby nder the Securities Exchange Act of 1934
Yes	N	0	X
If "Yes" is marked, indicated 12g3-2(b): 82	e below the file number as	signed to the registrant	in connection with Rule

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DOCUMENTS INCLUDED AS PART OF THIS REPORT

Document Description

1. News release, dated September 24, 2010.

Document 1

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.

For Further Information Please Contact:

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Phone: (403) 294-1411 Fax: (403) 216-2374

www.sonderesources.com

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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