



DOCUMENTS INCLUDED AS PART OF THIS REPORT

Document	Description
1.	News release, dated July 29, 2010.

For Immediate Release

July 29, 2010

Sonde Resources Corp. Announces Shareholder Conference Call

CALGARY, ALBERTA--(Marketwire – July 29, 2010) – Sonde Resources Corp. ("Sonde" or the "Company") (TSX: SOQ) (NYSE Amex LLC: SNG) will host a conference call on Friday, August 6 at 10:30 a.m. MST to provide a report on Second Quarter 2010 results and an update on exploration and corporate activities. Mr. Marvin Chronister, Chairman of the Board, Robb Thompson, Chief Financial Officer and Bill Dirks, Interim Chief Operating Officer will jointly host the call.

All interested parties can join the call by dialing (416) 695-6616 or (800) 766-6630. Please dial-in 15 minutes prior to the call to secure a line. The conference call will be archived for replay on our website within 48 hours of this conference call.

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 in Western Canada, offshore Trinidad and Tobago, North Africa and offshore Eastern United States. See Sonde's website at www.sonderesources.com to review further detail on Sonde's operations.

For Further Information Please Contact:

Sonde Resources Corp.
Suite 3200, 500 - 4th Avenue S.W.
Calgary, Alberta, Canada T2P 2V6
Investor Relations
Phone: (403) 294-1411
Fax: (403) 216-2374

www.sonderesources.com

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: July 29, 2010

By: /s/ Robb Thompson

Name: Robb Thompson

Title: Chief Financial Officer