

DOCUMENTS INCLUDED AS PART OF THIS REPORT

Document	Description
1.	News Release, dated November 7, 2012.



For Immediate Release

November 7, 2012

Sonde Resources Corp. Announces Third Quarter Earnings Conference Call

CALGARY, ALBERTA--(Marketwire – November 7, 2012) – Sonde Resources Corp. ("Sonde" or the "Company") (TSX: SOQ) (NYSE MKT LLC: SOQ) will be hosting a conference call on Monday, November 12, 2012, at 2:00 p.m. MST to provide a report on the Third Quarter 2012 results. Mr. Jack Schanck, President and CEO will host the call. All interested parties can join the call by dialing (416) 340-9432 or (888) 340-9642. 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. Its operations are located in Western Canada and Offshore North Africa. See Sonde's website at www.sonderesources.com to review further detail on Sonde's operations.

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: November 7, 2012

By: /s/ Kurt A. Nelson
Name: Kurt A. Nelson
Title: Chief Financial Officer