

DOCUMENTS INCLUDED AS PART OF THIS REPORT

Document	Description
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1. Press Release, dated January 31, 2013.
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For Immediate Release

January 31, 2013

Sonde Provides Access to W. Canada Marketing Materials

CALGARY, ALBERTA--(Marketwire –January 31, 2013) – Sonde Resources Corp. ("Sonde" or the "Company") (TSX: SOQ) (NYSE MKT LLC: SOQ) has posted a link on its website allowing the public access to the Information Memorandum ("IM") being distributed by FirstEnergy Capital Corp. ("FirstEnergy") in conjunction with Sonde's western Canadian strategic alternatives process. The IM contains three packages (by area) with additional information regarding the Company's properties, reserves and future net revenues associated therewith.

Sonde Resources Corp. is a Calgary, Alberta, Canada based 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: January 31, 2013

By: /s/ Kurt A. Nelson

Name: Kurt A. Nelson

Title: Chief Financial Officer