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June 25, 2010

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An aspiring actor who sent homemade bombs and poisoned water to a host of perceived enemies, including a talent agency owner and a judge, has been convicted of 11 counts of attempted murder.

In his ruling Friday, Ontario Superior Court Justice Todd Ducharme rejected Adel Arnaout's claim that he sent the water bottles and explosive devices just to scare his foes and confuse police.

"He is a narcissistic, self-aggrandizing person who has blown the 'wrongs' he has suffered in his own mind completely out of proportion," Ducharme said.

Ducharme convicted the 39-year-old Lebanese-born "letter bomber" of all 11 attempted murder charges in Toronto and Guelph, as well as one of possessing three explosive devices in the trunk of his car.

Dressed in a blue suit, his complexion sallow and hair thinning, Arnaout showed no emotion as the judge read his reasons.

Crown prosecutor James Dunda told the judge that he and co-counsel Joe Hanna are going to consult superiors about applying to have Arnaout declared a dangerous offender — which would send him to prison indefinitely.

Found among his writings were such warnings as: "We are going to strip the flesh from your bones," and "It is time for you to die."

In July 2004, he sent tainted water bottles disguised as "Nestle Waters" promotional gifts to two talent agencies he felt were not advancing his career sufficiently.

The water contained the deadly poison Ricin, the judge ruled Friday.

Arnaout also sent the bottles to the CIBC and to Old City Hall provincial court Justice Bernard Kelly, who had given Arnaout a conditional discharge after he pleaded guilty to harassing a talent agency owner.

On Aug. 11, 2007, Arnaout took the TTC to drop off his homemade bomb at the Scarborough house of his one-time roommate, Abdelmagid Radi. The bomb, containing at least six nails, shattered a glass coffee table and left Radi with cuts to his arms and feet.

Arnaout failed to kill Radi only because of his incompetence as a bomb builder, Ducharme said.

On Aug. 19, 2007, he sent a bomb consisting of two pipes — each with five or six nails — to his former Toronto lawyer, Terrence Reiber.

His third bomb, sent on Aug. 22 to Guelph resident John Becker, had 18 nails. He resented Becker because he had evicted him from a residence and had alerted Guelph police to Arnaout's desire to acquire guns and grenade launchers, the judge found.

Eight days later, Arnaout was about to return to Becker's home with another bomb to finish the job, Ducharme said.

Defence lawyer Richard Stern said his client is "obviously disappointed" with the verdict and they would study the judgment before deciding whether to appeal.

Arnaout returns to court July 20.