

# e-Deliverance

*A Peaceful Death is Everybody's Right*

March - April

Exit International

2008

## MEXICO

AS the final stage of a 3-year exploration of the supply of Nembutal in Mexico draws to a close, Exit International is pleased to announce that the availability of this important drug is alive and well in that part of the world.

As a result of the many written accounts provided by our members through their travels and as a result of a number of field research trips undertaken by Philip Nitschke, Exit can now say with 100% confidence that Nembutal is widely, cheaply and legally available, not only in Mexico but in many other South American countries.



Throughout Mexico veterinary Nembutal is available for between US\$20 and \$40 per 100ml bottle. One only needs to know the location of a veterinary supplier and the labelling in use at that location.

On the basis of Exit research, the best places to visit are the 20-odd border crossings, from Tijuana in California through to Matamoros on the Gulf of Mexico. Entry to Mexico can be from the border states of California, Arizona, New Mexico or Texas.

Each border crossing has its own characteristics and travellers can choose their destination on the basis of their own location and tastes. For example, Exit members who reside in Europe or on the eastern seaboard of the US would likely



appreciate the shorter routes of flying to El Paso or Laredo rather than across the US to San Diego. Australians and New Zealanders may wish the opposite. Some people may like to make a holiday of their trip, finding a nice hotel, taking in local museums or visiting friends and relations in close-by US cities like Los Angeles, Tucson or San Antonio.

Other issues which may determine which border crossing is best suited include whether one prefers to visit on foot or as part of a shopping tour, the length of queues for pedestrians or whether one would prefer a helpful local guide. Remember,

though, while it is legal to purchase Nembutal in Mexico, it is a crime to import Nembutal into most other countries.

In summary, regardless of where one travels in Mexico - particularly around the border regions - one is guaranteed a successful shopping trip. Full details of the latest information on Nembutal in Mexico (including the border areas, major cities and other South American countries) will be published in the new digital edition of *The Peaceful Pill Handbook* (coming May 2008). Some video material giving information on the crossing points will also be released on *YouTube*.

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# *ExitNet*

## Brings Exit Members Together

In mid-February 2008, long-term Exit members Don and Iris Flounders of Gippsland (Victoria) travelled to Tijuana, Mexico to purchase the lethal drug, Nembutal. Late last year Don was diagnosed with the deadly asbestos cancer mesothelioma and knew that to take control over his life (and death) a quick trip to Mexico would be wise.

Yet Don was between a rock and hard place, he could not afford the plane fare to Los Angeles, let alone hotel and food bills while away. This is where another Exit member stepped in, offering to help fund the trip if she, too, could obtain a bottle of the valuable drug.



Don & Iris Flounders taking a break at a cafe in Tijuana

Angy Belecciu (also of Victoria) is seriously ill with breast cancer that has now spread to her bones. A retired palliative care nurse, Angy says that if her professional nursing taught her anything it is the importance of maintaining control to the end. Palliative care has its place, Angy says, but access to Nembutal also matters.

Unfortunately, however, the nature of Angy's illness has meant that she is unable to travel. This is where ExitNet played a part. Both were Exit members and we were able to put them in touch with one another so that they could help each other. On forming a friendship with the Flounders, Angy saw that she could help Don. She offered to pay for his trip to Mexico if he could bring an extra bottle of Nembutal back into Australia - one for himself and one for her. Don immediately agreed.

In discussing their plans, both Don and Angy said that they wanted to make a 'difference.' Resentful at the current state of the law in Aus-

tralia; a law that makes them criminals simply because they wish to die well, they wanted to make a point. An important part of voicing their anger and drawing attention to the injustice of the current situation was their decision to work with Channel 7 news journalist Michael Duffy to tell their story. Don and Angy wanted to show the politicians the absurd lengths to which they

have been forced to go to ensure they have control over their dying.

With finances organised, on 11 February 2008 the Flounders followed the well-trodden Nembutal path, flying from Australia to California, taking a hotel room in San Diego.

And on Valentine's Day (14 February), 3 days after arriving in the US, Don and Iris booked their shopping trip to Tijuana and took the 40 minute ride across the border into downtown Tijuana.

The shopping bus dropped them off in the centre of Tijuana and Don and Iris immediately headed to the most frequented of the Farmacia Veterinarias in downtown Tijuana. They made a successful purchase - and filmed some of their activities - then Don tried a second shop, again with great success. With the shopping done and much of the anxiety gone, the Flounders enjoyed a Mexican lunch, washed down by Margaritas before boarding the bus to head back across the US border to their hotel.

At the border, the passengers of all shopping tours disembark from their bus, passports are checked and hand luggage and other goods x-rayed. With these formalities done, they were back on the bus and back to the hotel.

# ExitNet

## Brings Exit Members Together

Like the 150+ Australians who have made this trip before them, Don and Iris experienced no problems bringing their Nembutal either into the US or back home to Australia. This is not to say that they were not nervous and concerned about the risks involved, but they felt committed in what they were doing, and as Don said, in his health, what had he got to lose.

When Don visited Angy to give her the second bottle he had brought back, he said her relief was “palpable.” “Doing this for Angy has been one of the high points of my life” he said from Gippsland. “Who else could understand the enormous peace of mind that comes from



A typical Mexican veterinaria

knowing that one has, in the cupboard, peace of mind should things take a turn for the worse? Angy and I share a very special bond having gone through this together. I would not have been able to make the trip without her financial support and she would never have got her Nembutal had I not gone. It really has been positive all round.”

“With my Nembutal safely stored away I really do feel that I can get on with living my remaining days fully and carefree. I’m sure Angy feels the same.”

Speaking after his own return to Australia, Exit Director Philip Nitschke said he was heartened to see the success of the ExitNet program.

“With ExitNet we put very ill people in touch with others in similar circumstances. Assist-



Another new Nembutal branding

ing someone to obtain Nembutal is a serious crime, but when someone is so ill, that person has more at stake and a lot less to lose than you or I.

No one wants to set out to break the law and I know that all involved in this case resent being made criminals by our lack of reasonable legislation. Eleven years ago both Don and Angy could have come to Darwin, been prescribed Nembutal and gone back home to Victoria to put the drug in the cupboard should it ever be required.”

How times have changed!

To view video of Don & Iris in Tijuana, Angy receiving her Nembutal and the police raids - see: [www.exitinternational.net](http://www.exitinternational.net)



News Journalist Michael Duffy (far left) with Don & Iris Flounders, Fiona Stewart, Philip Nitschke and the LA-based Ch 7 news crew

### Contact Us

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### Donate to Exit

Exit relies on donations to fund its meetings/  
workshops, private visits and R&D programs  
Please give generously.

# Police Raid Don & Angy's Homes

A week after Don Flounders and wife Iris returned from Mexico with Nembutal for himself and ExitNet partner Angy Belecciu both Don and Angy had their homes raided in a coordinated dawn raid carried out by the Australian Federal Police with assistance from Australian Customs.



Don & Iris Flounders

In the first week of March, Don, Iris and Angy went public with their story of how they got Nembutal. As a result of this publicity, all three were subjected to the early morning raids. Iris says that the police arrived at their modest Warragul home on the morning of Wednesday 5 March and proceeded to spend the day 'turning the place over'.

On the ABC program 'PM' Don said that he failed to understand how police could justify spending such resources to recover his Nembutal given that he was terminally ill and that mesothelioma was commonly associated with a difficult death.

Angy says that while the police who raided her home were respectful and polite she is worried and resentful at this extra stress she has had to face. "I don't know what this will do to my health."

## Exit Chapter News

The Dorrigo Public Meeting & Workshop will be held Wed 9 April at 10am - 1pm at the CWA Hall.

The Newcastle Public Meeting & Workshop will be held at Trades Hall, King St on Thurs 10 April at 2 - 5pm.

The Victor Harbor Public Meeting & Workshop will be held Wednesday 16 April (Victor Harbor Rec Centre - George Main Rd General Purpose Room 10am - 1.30pm)

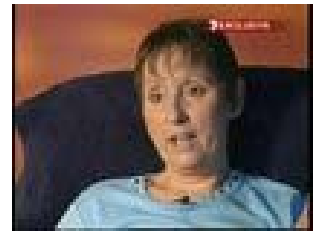
I was feeling really happy after I saw Don and felt that life could only get better, now I'm not so sure.'

On learning of the raids, Exit Director, Philip Nitschke, said he was "appalled" at the heavy-handed actions of the police.

"With all the problems confronting society at the moment I'm amazed and disappointed that the Federal police would see fit to spend such time and energy on what? Denying two terminally ill people the right to a dignified and peaceful death."

"Mesothelioma and metastasized breast cancer are terrible diseases. No one should have to suffer and be denied the option of a peaceful death."

"It is bad enough that our elderly and people who are seriously ill are forced to travel half way round the world to either Switzerland or Mexico, it is unconscionable for Australian authorities to be acting in this way." Dr Nitschke says he doubts whether the police will lay charges, suggesting that the raids themselves have done enough.



Angy Belecciu



Mexican Nembutal

The Adelaide Public Meeting & Workshop will be held Monday 14 April (Fullarton Centre 2.30 - 5.30pm)

The next Townsville Chapter meeting will be held at 9.30pm on Thurs 17 April. Call Syd on 07-4729-0275.

### New Zealand Chapter Coordinators

Auckland - Phillipa Malpas (09-817-6646 evenings only) & Ferne Mackenzie (09-416-0004)

Christchurch - Noel Morrison (03-960-6843)

Dunedin - Paula Westoby (03-471-9955)

Nelson - Jan Rosie (03-545-9931)

Wellington - Suzy Austen (04-566-4893) & Jean Cartmell (04-971-6946)

# Exit in New Zealand

In early February, Exit made its first of two planned visits to New Zealand in 2008, holding public meetings and workshops in four different cities on the North and South Islands. The New Zealand Medical Council had been quiet in their response to the visit (unlike on previous occasions) and the trip was not expected to generate controversy. But quite the opposite occurred.



Light of Christ Covenants Community protesters outside the Exit workshop in Nelson NZ

On arrival in Auckland Exit Director, Philip Nitschke, was detained for nearly 3 hours by NZ Customs. Items confiscated included the new, NZ edition of *The Peaceful Pill Handbook* which had been brought to New Zealand with the express purpose of providing a copy to the Chief Censor for a second classification decision, a series of brass air

control fittings used to control the Helium flow in an Exit bag, and a section of one of the new Single Shot Espresso Coffee Pots. The latter two items were intended for display at Exit workshops. (Despite the brouhaha, all items have since been returned to Exit and no charges have been laid.)

Exit's meetings in Auckland, Wellington, Nelson and Christchurch were very well attended with more than 100 New Zealanders becoming new members of Exit. This visit also attracted 5 front page stories in New Zealand's broadsheet media. One of these stories (mentioned in the February *Deliverance*) was of the death of well, NZ Exit member 'Anne' who died peacefully in March 2006. Yet her death became belated front page news in the national *Sunday Star Times*.

Exit will be holding a further workshop in Dunedin on Sat 5 July, 2008. During this visit to NZ a one day conference is planned which will include a helium gas-flow training session. Venue details and conference program will be published in next month's *Deliverance*.



A child protester at Nelson

As the March/ April edition of this newsletter goes to press two significant events are taking place. Firstly, an Australian Senate committee is taking submissions on Greens' Senator Bob Brown's Bill to overturn the Kevin Andrews' legislation. Secondly, 3 brave Exit members are testing the boundaries of the law when it comes to choice at the end of life.

In short, Sen Bob Brown's Bill will remove the insidious Kevin Andrews' legislation that overturned the world's first Voluntary Euthanasia law - the Northern Territory *Rights of the Terminally Ill Act*. Senator Brown's initiative needs support and we urge all Exit members to provide written submissions to the Senate Legal and Constitutional Affairs Committee, PO Box 6100, Canberra ACT 2600. If passed by Parliament it is likely that the Northern Territory legislation will be immediately reinstated.

A letter expressing your views on this important issue can help. Closing date is 9th April.

Fresh back from a trip to Tijuana, Victorian Exit members, Don and Iris Flounders, have shown remarkable bravery in going public with their story of how they obtained Nembutal. Their tale involves significant personal financial costs, extreme physical costs (economy class to LA is difficult, especially when you are sick) and on-going psychological costs (anyone who has experienced a police raid knows the utter feeling of violation that results).

The third member of the trio - Angy Belecciu - completes the picture. Through her articulate interviews and compelling insight as a palliative care nurse the story of the Don, Iris and Angy has put the issue of Voluntary Euthanasia back in the public imagination.

I met up with Don and Iris in San Diego and then again in Tijuana and had a first hand view of the difficulties one can encounter. This is why the majority of my time during this most recent trip to the US was spent in other major centres on the Mexico - USA border and, as we report on the front page of this newsletter, these travels were very worthwhile.

Nembutal, the euthanasia drug of choice, is widely available throughout Mexico and we are now speeding publication of the digital version of the *New Peaceful Pill Handbook* which will contain over 60 videos - including footage from this trip showing shops, transport and border crossings at several Mexican cities.

On behalf of the Exit community I want to thank Don and Angy for standing up for their beliefs. They are remarkable Australians and I am very proud of their strong support for Exit International.

*Philip Nitschke*

# Exit's new Public Meeting - Workshop format takes off

The success of a new Public Meeting - Workshop format has been established after trials throughout Queensland and Victoria in the first quarter of 2008.

The three hour presentations begin with a public meeting which is FREE and open to all. Exit members and their friends are all invited. Advertisements in the local press and flyers/ bill posters are used to publicise the events. Following the public presentation there is a coffee and tea break before the Workshop proper begins.

To begin, Dr Nitschke gives the public address and takes people through a brief history of the Voluntary Euthanasia issue, the current state of the law, and the role that VE legislation has to play.

By examining the pitfalls of the current state of the Law in Australia, Dr Nitschke stresses the importance of searching out for oneself and putting into place, a specific end of life option. He explains that if one does this, the chance of finding oneself in the invidious situation of having to ask someone you love to help you to die (and thus risking a decade or more in prison) can be avoided.

It is inappropriate at the public meeting to go into detail on the range of practical strategies available and audiences receive only an outline of options, including a summary of the use of the drug Nembutal, the situation in Switzerland and Mexico, and the use of Helium and Exit Bags.

To talk openly and in detail about these and other available strategies people are invited to join Exit (if they are not already members) and to then stay on for the Workshop that follows. At the Workshop the specifics of each of these options is discussed in much greater detail.

In Melbourne in March Exit ran its biggest ever workshop where a large public meeting was followed with a workshop of over 150. The event was reported on the front page of *The Age*. See "\$50 for a Cuppa and Recipe to Die", 12 March, 2008.

Details of coming workshops to be held in Dorrig, Newcastle, Adelaide and Victor Harbor are on p.4 of the newsletter. For the full year's workshop program visit: [www.exitinternational.net](http://www.exitinternational.net) or contact the Exit Melbourne office on 03 9850 8192.



Video #2 Mary talks about why she failed



Video #4 Pouring Nembutal liquid in Juarez

## Five new teaching videos added to Workshop Format

As the new internet version of *The Peaceful Pill Handbook* nears completion, a number of the pieces of film are being screened at Exit's workshops.

Of particular interest to those contemplating a trip to Mexico to obtain their own veterinary Nembutal will be five new short pieces of film.

No 1 - Documents the journey of terminally ill mesothelioma sufferer Don Flounders as he travels to Tijuana, Mexico and returns to Australia with 2 bottles of Nembutal

No 2 - Documents the journey of Mary Power as she travels from her home in Tennessee to Tijuana. Mary suffers from early onset Alzheimers disease and fails in her quest to obtain the drug.

No 3 - Looks at the practicalities of the San Diego - Tijuana crossing.

No 4 - Documents an alternative El Paso (TX) - Juarez crossing.

No 5 - Looks at another alternative, the Laredo(TX) - Nuevo Laredo crossing.

In addition there are two new pieces of film from the highly successful "DIY with Betty" series, and these will also be screened at Workshops:

In the first, Betty describes the simple construction of a Helium flow kit. This segment will complement the first Betty film currently on *YouTube*, where she describes the construction of a simple Exit Bag.

The second film is the first of a number that describe the steps involved in the synthesis of the "Peaceful Pill" using the Single Shot espresso coffee pot method. In this film, - *Betty Cooks with Sodium* - an outline is given on the role of metallic sodium in the synthesis, and the care needed in its preparation and handling.

More than 60 pieces of video are to be included with the new internet version of *The Peaceful Pill Handbook* when it is published by ExitUS in May - June 2008.



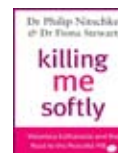
# Donate to Exit

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I want to donate (join/rejoin) to Exit  (A\$100-150 is the average annual donation)

\* **Killing Me Softly VE and the Road to the Peaceful Pill**  A\$37  
 (by Drs Philip Nitschke & Fiona Stewart) (includes postage within Australia)



\* **Between the Dying & the Dead - Dr Jack Kevorkian, the Assisted Suicide Machine & the Battle to Legalise Euthanasia**  A\$50  
 (by Neal Nicol & Harry Wylie) (includes postage worldwide)



\* **I Bequeath the Python**  A\$15  
 (by Elaine Arch-Rowe & Gordon Bell) (includes postage within Australia)



\* **Menzies Election Rosettes**  A\$15  
 ("Choice: Philip Nitschke" - purple & white) (includes postage within Australia)



\* **Exit T shirts**  A\$25  
 ("My Life My Choice" Sm, Med, Large, XL, XXL) (includes postage within Australia)  
*(please circle size)*



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