

e-Deliverance

A Peaceful Death is Everybody's Right

Sept - Oct

Exit International

2008

Caren Jennings Receives Bob Dent Award 2008 at Sydney Conference

On Bob Dent Day 2008 (22 September), Exit held its second conference for the year. Titled 'Dementia, Voluntary Euthanasia and the Law' the conference took place at the Holiday Inn in Potts Point, Sydney.

The one-day conference attracted a capacity crowd of 120 participants and proved the perfect forum for one of our most outspoken supporters, Caren Jennings, to deliver her stinging final statement in which she explained why she decided to take her life on the evening of Thursday 18 September, and her experiences of the legal system (which contributed to her decision to end her suffering prematurely).

The conference opened in true Exit style with a hearty rendition of 'Advance Euthanasia Fair' penned by Gold Coast Exit Member, John Morris. This was followed by Caren's final statement being read to the audience (and assembled media).

In her statement, Caren spoke strongly about how she felt about the recent trial saying 'my cancer is spreading and pain is on the increase. While I still have remaining some worthwhile months of life,

I cannot risk spending any of them in jail.'

In the days and weeks leading up to her death Exit Director, Philip Nitschke, was intimately aware of Caren's final plans.

Caren asked Philip to check her bottle of Nemb-utal (the bottle was past its expiry date), and had detailed discussions with him on the content of her statement and the various emphases that she would give to the points she wanted to make (such as her treatment at the hands of Crown Prosecutor Mark Tedeschi QC).

Unfortunately, the statement that was ultimately delivered at the conference was an edited version of what Caren had written. This was because Caren's solicitor decided to black-out a paragraph that, as a lawyer, he claimed was defamatory. It was particularly disheartening that even when Exit Director, Philip Nitschke, offered to take the risk and read the concerning sentences, the solicitor declined the invitation. Just as with so much of the Justins/ Jennings trial, there were

twists and turns to the very end of Caren's life. This proud woman could never have envisaged that even in death, her voice would be stifled by, and in the name of, the Law.

Cont p. 2



Caren Jennings

This Edition

- Caren Jennings Receives Bob Dent Award 2008 - Page 1
- Dementia VE & Law Conference - Page 2
- Vale - Angeliqe Flowers - Page 3
- NZ Literature Board Dismisses PPH Appeal - Page 4
- Congratulations Elaine Arch-Rowe! - Page 4
- National Chapter Coordinator Planning Day - Page 4
- Nancy's Friends Training Held in Sydney - Page 5
- Exit AGM - Page 5
- Exitorial - Page 5
- London Launch - Digital Edition PPH + Workshop - Page 6
- Exit Supports WA Election Candidate - Page 6
- Caren Jennings Memorial Gathering - Page 6
- Exit Chapter Dates - October/ November 2008 - Page 7
- Exit Donation + Shop Order Form - Page 8

Dementia, VE & Law Conference

Given this unexpected turn of events, Philip Nitschke said he felt obliged to honour Caren's last wishes. This is why, at the conference, Philip filled in the gaps omitted by the solicitor.

Once Caren's statement was completed Exit took great pleasure in announcing that the Bob Dent Award for 2008 - an award presented for outstanding personal contribution to the VE movement - would be presented posthumously to Caren. The award was accepted on Caren's behalf by her daughter Kate Jennings.

Ironically perhaps, Philip had told Caren in the week before her death that she would be the 2008 recipient. Caren was 'thrilled' with the news and appreciated being informed of this just before her death.

With the formalities complete, the conference continued with an impressive array of speakers including Professor Colleen Cartwright. One of the highlights of Professor Cartwright's paper was her examination of the use and abuse of the MMSE (Mini Mental State Examination) test, arguing that it is entirely inappropriate to use the MMSE to assess one's capacity (to suicide). In the course of the trial, this is exactly what the Crown did, an approach left unchallenged by the defence counsel of both women. Colleen's website is at: <http://aslarc.scu.edu.au>

Criminal barrister, Tania Evers, followed Professor Cartwright discussing the legal issues associated with a person's capacity. Immediately after lunch, a second Bob Dent Award was presented to Hayden Wilson and Bridget Ross of Kensington Swan law firm in Wellington for their extraordinary defence of Exit's activities in that country; including their defence of the publication of *The Peaceful Pill Handbook* over the past two years. The inaugural Chapter Coordinator of the Year Award was presented to Elaine Arch-Rowe. Exit congratulates all concerned.

The afternoon sessions featured, Dr Robert Young from Melbourne's La Trobe University who gave a thought-provoking presentation on the issue of competence and end of life decision making. His paper is available on the Exit website. To prove that not everything Exit does is deadly serious, the audience were then treated to a performance of 'The Consultation' by Jill Kleinman and Peter Arch-Rowe.

The final presentation of the day was by Associate Professor Tom Faunce of ANU Medical and Law Colleges. Professor Faunce concentrated on the existential aspects of dementia and decision-making which neatly integrated with the previous presentations and brought Bob Dent Day 2008 to a fitting end.



Speakers Assoc Professor Tom Faunce & Barrister Ms Tania Evers with Philip Nitschke



Caren's daughter Kate Jennings with Philip



Professor Colleen Cartwright



Dr Robert Young

Quote of the Trial of Caren Jenning

Crown Prosecutor to Caren Jenning: It was an utter lie, wasn't it? Are you having difficulty with that question? ...

Caren Jenning to Crown Prosecutor: It's the histrionics I am having difficulty with.

Justice Howie: You don't have to worry about the histrionics; that's a matter for me. You just worry about answering the question.

Caren Jenning: I can't go along with play acting.

Vale - Angelique Flowers

Exit member Angelique Flowers died vomiting faecal matter on the morning of Tuesday 19 August 2008. If ever there were a death that should serve to remind us why we do what we do, it was Angelique's.

Angelique joined Exit in May this year, following her diagnosis with colon cancer. Already at Stage 4, the cancer had spread to her ovaries and liver. Angelique had a private visit with Philip Nitschke the following week, and an end-of-life plan was worked out.

What Angelique feared most was the way she would likely die. She told of her doctors' inability to do anything more for her. The possibilities included acute peritonitis, or a complete bowel blockage. Both presented her with a grim, horrible death. She was terrified of what could happen to her and rightly so. As things eventuated, Angelique died from a bowel obstruction, with her brother Damien at her bedside in the hospice at Monash Medical Centre.

Before Angelique died, the Melbourne Exit community rallied around her. Following her heartfelt plea on <YouTube.com> for someone to give her Nembutal, several Exit members stepped forward. While none of them wanted to break the law, all understood the terror that this young woman felt, knowing that end-of-life choice was denied to her.

In the first week of August, Angelique made one more painful outing to the other side of Mel-



Angelique at the Melbourne Exit office in early July



Angelique at Lake Wendouree Ballarat in 2006

bourne to collect her Nembutal. On her return her brother Damien noticed the difference in her demeanour. Having that bottle, he said, gave her the strength and courage to go on.

So why didn't Angelique die peacefully from her Nembutal instead of the ultimate indignity that was to befall her? Like many Exit members who are forced to sneak around like criminals, simply because they want control at the end of life, so Angelique had to keep her precious bottle of Nembutal under lock and key. With limited privacy at the hospice, she stored the drug at home. The onset of her bowel obstruction occurred so quickly, she had

no time to return home. As Exit Director, Philip Nitschke commented, 'the best laid plans can sometimes come undone, as they did with poor Angelique.'

'Angie was a remarkable young woman. She thought deeply and spoke loudly about many of the defining social issues of our times. We are all very sad-

dened by her passing. We are

enormously privileged to have known her and had her as our member.' Before she died, Angelique recorded several statements including an impassioned plea to the Prime Minister to address the issue of Voluntary Euthanasia. Exit has forwarded this statement to Kevin Rudd and made it available on <YouTube.com>.

Angelique's story appeared on the front page of *The Age* newspaper and in the *Sydney Morning Herald* on Saturday 13 September and was later reported in the international press. Lindy Boyd represented Exit at Angelique's funeral at Springvale on Friday 5 September 2008.

Angelique's video appeal can be seen in the Voluntary Euthanasia section of *YouTube*. Her appeal for access to the drug Nembutal is also listed on this site.

Contact Us

Exit International

PO Box 37781 Darwin NT 0821 Australia
1300 10 3948 (EXIT) or Melb Office 03 9850 8192
contact@exitinternational.net

Donate to Exit

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

NZ Literature Board Dismisses PPH Appeal

On Monday 15 September, the New Zealand Film and Literature Board of Review dismissed an appeal from the Society for the Promotion of Community Standards and Right to Life NZ to have *The Peaceful Pill Handbook's* restricted classification overturned.

Since the book was approved for publication in New Zealand in May this year, the SPCS and R2LNZ launched three separate injunctions to have the book removed from NZ bookstores, and then lodged a formal appeal to the Board. Their request for injunction failed and their appeal has now been rejected; their only avenue left is to take the case to the NZ High Court, if they can argue there has been an error

in law in the Board's decision. Throughout the past 12 months, Exit has been represented in these affairs by Kensington Swan law firm in Wellington. Exit is enormously grateful for the many hours work undertaken by Hayden Wilson and Bridget Ross, rebutting submission after submission by these groups.



The Bob Dent Award

Kensington Swan are, therefore, the most worthy recipients of the professional category of the Bob Dent Award for 2008. Exit now plans to resubmit the same version of *The Peaceful Pill Handbook* to the Office of Film and Literature

Classification in Australia. While it's good enough for the Kiwis, is it good enough for us Aussies?

Congratulations Elaine Arch-Rowe!

Exit is very pleased to announce that Elaine Arch-Rowe was presented with the inaugural Chapter Coordinator of the Year Award for 2008 at Exit's recent conference in Sydney.



Fiona Stewart presenting Elaine with her award

Elaine has been involved with Exit for the past four years. During that time she has come to operate one of the most active chapters in the country, regularly attracting around 70 to her meetings.

In 2008, Elaine took on the added responsibility of becoming the National Coordinator for all other Chapter Coordinators. In this role she supports and resources the 20 odd Coordinators throughout Australia and New Zealand.

Exit is extremely lucky to have Elaine. The Award is a perfect way to recognise her contribution.

National Chapter Coordinators Planning Day

Of all Exit activities, it is our Chapter network that is expanding at the greatest rate. To enable Chapter Coordinators to learn from one another and be better informed and resourced to support their local Exit members, a planning day was held in Sydney on Sunday 21 September.

With 17 of Exit's 20 plus Coordinators in attendance, the day proved hugely successful with discussion ranging from an update on the situation in Mexico to strategies for running successful meetings and dealing with local media.

Exit thanks all Coordinators for coming to Sydney and participating so keenly in what will now become an annual feature in the Exit calendar.



Exit's Chapter Coordinators in front of the El Alamein Fountain in Sydney's Kings Cross

2008 Nancy's Friends Training Held in Sydney

On 23 - 24 September, Exit held its third Nancy's Friends training program, this time in Sydney. Approximately 30 trainees attended to learn about the operation of the Network. Exit established Nancy's Friends in 2005 in memory of Gold Coast Exit member, Nancy Crick. The Nancy's Friends Network provides support, information and friendship to those considering their end-of-life options. The influx of new trainees will supplement the existing network and take some of the pressure off areas where there is the greatest call on these services.

Held at the Rex Centre in Kings Cross, the 2-day program heard from experienced Nancy's Friends and other speakers on a number of important end of life issues. Topics included the law, counseling methods, and practical options for an elective peaceful death. Trainee Friends were also provided with the opportunity to observe demonstrations and ask questions of experienced Friends. Lindy Boyd coordinates the program from the Melbourne Exit office. To request a friend phone: 1300 62 62 97.



2008 Nancy's Friends graduates

Deliverance is Copyright

The contents of this newsletter are copyright and may only be reproduced with the permission of the Editor and with appropriate citation.

Contact: editor@exitinternational.net



Bogged on Todmorden station

Exitorial

One very sad feature about working in the area of voluntary euthanasia is that we say good-bye to so many fine people. In this issue of *Deliverance* two people very important to Exit have died. One in the most horrible of circumstances, the other as she wished. Both were dying of cancer. Both leave friends and family mourning their loss.

On Tuesday 19 August, 31 year old Angelique Flowers died in Monash Medical Centre. She was a remarkable, headstrong young woman who was determined to make a difference.

At the other end of the age spectrum, long time Exit member Caren Jenning took her own life, drinking the Nembutal she had brought back with her from Tijuana several years earlier. While Exit knew of Caren's plans some weeks before, I was sworn to secrecy. Over those last weeks and days, like Angelique, Caren checked and rechecked her plans.

By phone and anonymous email, we were all forced into the cover of darkness and for what? So these two wonderful and courageous women could die with their heads held high (as John Elliott once put it). Their passing leaves an enormous void in my heart and within the Exit community more broadly. May they both find relief from their suffering.

Looking forward, this newsletter goes to press as I travel to London. The purpose of the trip is three-fold. Firstly I have been invited to give two papers in Belfast. The first is to the medical students at Queens University. The second is to address the Northern Ireland Medical Ethics Forum.

Secondly, the UK trip is to launch the new digital edition of *The Peaceful Pill Handbook*. Australian laws prohibit this *Handbook* from being published in Australia. At the invitation of publisher, Neal Nicol, and with the UK company that is providing the technology platform, we find ourselves entering the realm of Internet publishing.

Thirdly, the London visit is very much about providing our patient, but persistent, UK members with their first workshop and public meeting. A full report on the trip will be included in the November edition of *Deliverance*.

Finally, the coming months of 2008 will see a hectic program of public meetings and workshops to finish off the year. Given our plans, I was thankful to enjoy some down time in August with a motorbike holiday through outback Australia. Unfortunately, not everything went to plan as the photo shows. Nevertheless even getting bogged for 48 hours midway between Oodnadatta and Marla made for a surprisingly relaxing experience.

Philip Nitschke

London Launch Digital Edition of the PPH

On Monday 13 October, Exit International US will launch the long-awaited digital edition of *The Peaceful Pill Handbook* at Conway Hall, 25 Red Lion Square WC1.

Attending the launch will be authors Drs Philip Nitschke and Fiona Stewart, Exit US President Neal Nicol and the British technology company responsible for the ground-breaking platform which will be demonstrated on the day.

The book launch will be followed by Exit's inaugural London public meeting and workshop. A second meeting and workshop will be held in Bournemouth on Wednesday 15 October. Public meetings are free and open to all. Exit workshops - as always - are free to Exit members, but a donation of £20 is requested from non-members. Workshops

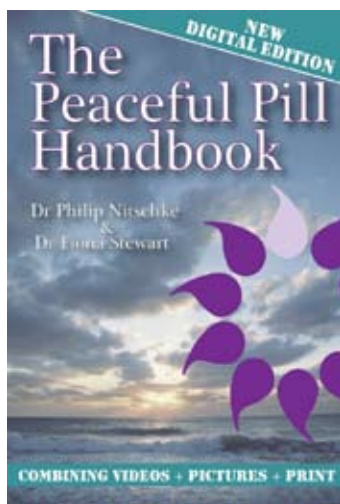
provide specific practical information on end of life strategies. Workshop attendees need to be aged 50 years and over. To book your place at either workshop or for further information,

please call Jan, Exit's London meetings coordinator, on: +44 (0) 20-7193-1557.

The book will be available by accessing www.peacefulpill.com from 10am (GMT) on Monday 13 October.

A 12 month subscription (including updates) is US\$125. Exit members who have proof of purchase of an earlier print edition of the PPH will be entitled to a AUD\$25 cash back offer.

* Editor's note - Australian law makes it illegal to download the book in Australia.



Exit Joins with WAVES to Support Candidate Stephen Walker in WA Election

Running on a Voluntary Euthanasia ticket, well-known Fremantle barrister, Stephen Walker, is the latest would-be politician to step forward, standing in the September WA state election for the seat of South Metropolitan in the Legislative Council.

Backed by the Western Australia Voluntary Euthanasia Society (WAVES), and supported by Exit, Dr Philip Nitschke made a flying visit to Perth the week of the election, joining

Stephen and WAVES President Ranjan Ray at a Public Meeting at Fremantle Town Hall. The public meeting was attended by around 80 people and proved the perfect launch pad for the campaign. With the votes now in, it is disappointing that Stephen was not ultimately successful as an independent candidate.

Exit commends Stephen for giving it a go!



Ranjan Ray, Stephen Walker & Philip Nitschke

Caren Jenning Memorial Gathering

Friends and family of Caren Jenning are invited to attend a gathering at Nielson Park, Vacluse on Sunday 5 October at 2pm to celebrate Caren's life.

Kate Jennings (Caren's daughter) would like to thank the 'many, many people who loved and supported her.' Afternoon tea will be served. No rsvp necessary, just come along.

Chapter Dates - Oct/ Nov 2008

ADELAIDE: Next meeting 2pm on Saturday, 8 Nov at the Fullerton Community Centre. Discussion topics will be Living Wills and Advanced Directives. Details - Julia on 0417-066-836.

AUCKLAND: Next meeting 10am on Tuesday 25 Nov at the Mt Albert Bridge Club Rooms (751 New North Rd Mt Albert). Pls bring a plate for morning tea since this will be our last meeting for the year. Details - Phillipa on 09-817-646 (evenings) or Fern on 09-416-0004.

BENDIGO: Next meeting Tuesday 18 Nov at Castlemaine. Details - Grace on 03-5472-1128 or Dorothy on 03-5442-9793.

BRISBANE: We had a great meeting on Saturday, 30 Aug with 45 people attending. I arranged for a clinical nurse, counsellor and family support volunteer from the Karuna Hospice to be our guest speakers. All members were involved in a lively discussion about the 'ups and downs' in palliative care and used the opportunity to ask many questions about the 'palliative care Karuna style'. Typical response from members: 'It's really good to know exactly what you may have to face in the future'.

Next meeting Saturday, 29 November. Details - Angelika on 0431-275-840.

CAIRNS: Next meeting 10am on Thursday, 2 Oct at Cominos House, Manunda. Details - John on 0427-486-402.

DORRIGO: Next meeting 3pm on Friday, 31 Oct at CWA Hall. Details Al on 02-6657-2355.

FORSTER: Next meeting Thursday, 30 Oct. Details - Lesley on 02-6554-5942.

HOBART: Next meeting 1.30pm on Monday, 10 Nov at Room 5, Adult Education Centre, Church St. Details - Keith on 03-62292447.

LAUNCESTON: Members watch this space for your first meeting.

MELBOURNE - Next meeting 1pm on Monday 15 Dec at 1.15pm at Templestowe Memorial Hall (Cnr Parker & Anderson Sts, Templestowe). Lunch will be catered for so a small charge will apply. Details - Rob on 0423-305-788, Pat on 03-5974-1580 or the Melbourne office on 03-9850-8192.

NEWCASTLE: Next meeting 10.30am on Monday, 3 Nov at Trades Hall. Details - Vincent on 02-4945-1916.

NORTHERN RIVERS: Next meeting 10am on Wednesday, 8 Oct in the Dining Room, Murwillimbah RSL, Wollumbin St. Details - Jude on 02-6672-3321.

PERTH: Next meeting 1pm on Monday, 13 Oct at Wembly Community Ctr. Details - David on 0429-039-167.

SYDNEY: Our meeting on 12 September was very well attended. We discussed strategies that members have in place.

The new lab equipment was of interest to everyone and people are very keen to see it fully functional. A member spelt out very clearly why assaying was the answer to the many uncertainties surrounding a product; and suggested a data base of results should be established.

There is renewed interest in the Helium option because of new members and the news that the cylinders will be coming available soon. We will be holding a workshop on Fri, 31 Oct. Details - Madeleine on 0432-611-695 or Rod on 0419-225-966.

TOWNSVILLE: Next meeting Thursday, 9 October. Details - Syd and Eric on 07-4729-0275.

Exit Member Survey - December

Exit will again be surveying all Exit members with an anonymous, paper questionnaire to be included with the Nov - December edition of *Deliverance*.

The questionnaire will cover areas such as member expectations, Exit priorities, gaps in service delivery and directions for the future. We encourage everyone to participate as there is no better way to ensure that the organisation is on track for the future and is meeting the needs of you our members! Results will be published in early 2009.



Donate to Exit

WBC		R	
WBC-G		KMS	
B		DVD	
C		OTHER	

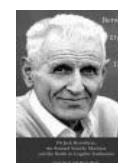
Office Use Only

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)



* **Exit 'T' shirts** A\$25
 ("My Life My Choice" Sm, Med, Large, XL, XXL) (includes postage within Australia)
(please circle size)



* **Exit Shopping Bags** A\$10
 ("My Life My Choice") (includes postage within Australia)



Contact Details

First Name(s).....

Last Name.....

Address.....

.....Postcode.....

eMail

Age.....

Telephone.....

Donation Options

I am giving \$

on (today's date).....

Visa Mastercard Cheque

Credit Card No.....

Name on Card.....

Signature.....

Expiry Date...../.....

Exit International

PO Box 37781 Darwin, Northern Territory 0821 Australia
134 Ayr St, Doncaster, Victoria 3107 Australia

Tel 1300 10 3948 (EXIT)

Melbourne office 03 9850 8192
Auckland 09 889 0964

Email: contact@exitinternational.net
Web: www.exitinternational.net