

e-Deliverance

A Peaceful Death is Everybody's Right

Nov - Dec

Exit International

2008

PPH eHandbook Launches in London

On Monday 13 October at Conway Hall in London, Exit International US Director, Mr Neal Nicol, launched the new digital edition of the *Peaceful Pill eHandbook*.

Representing an almost total re-write of the original print edition, the new *eHandbook* includes over 2.5 hours of instructional film (and some **50+ videos**) all of which are available for immediate download.

With no special software required and able to be saved to up to 3 PCs and printed if required, the *Peaceful Pill eHandbook* is one of the first 'books' in the world to make use of this type of ground-breaking Internet technology.

But it's not all brave new world stuff. When the user 'turns' each page of the book, the same paper rustling sound can be heard. The technology also allows the book's pages to be bookmarked in a range of colours and a digital notepad allows notes to be taken wherever and whenever necessary.

The highlight of the book, however, is the video content. As with any screen adaptation of a book, it is the **moving image** of film that brings the book alive. The videos commissioned especially for the book range from footage of actual Exit workshops, replete

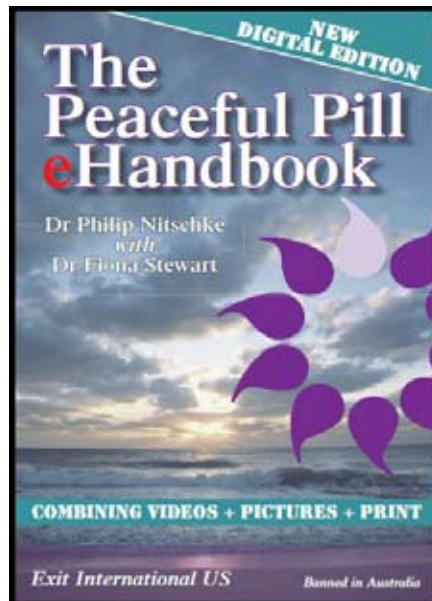
with participant questions, to mini-travel documentaries illustrating exactly how to purchase Nembutal in Mexico. The outcome is that the 'reader' gets to experience an Exit workshop in the privacy of their own home.

However, unlike an Exit workshop which is interactive, the nature of the mode of communication for this book (as all books) is passive. For this reason, in early 2009 Exit will establish exclusive **reader-only forums** where *Peaceful Pill eHandbook* readers will be able to come together to exchange ideas and, most importantly, have their specific questions answered by the

book's author, Dr Nitschke.

Exit has invested much, in time and money, in bringing the *Peaceful Pill eHandbook* to market. We are proud to lead the way in this new era of publishing. We are very pleased that we have been able to build on Derek Humphry's important work some two decades ago and

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PPeH Launches in London

provide a much-needed revision of old ideas, while adding plenty of new ones about approaches to self-deliverance. Exit's use of the Internet is central to meeting the needs of older people as well as people who are seriously ill. No other mode of communication comes close in the modern age. From the printing press of the 15th Century to the digital editions of the 21st Century we have certainly come a long way.



Philip Nitschke with Exit International US Director Neal Nicol & Dr Robin Mackenzie of the Law School at the University of Kent (Conway Hall London, 13 October 2008)

At the book's launch, publisher Neal Nicol spoke of how pleased he was to be involved in making the book available. A passionate defender of free speech, Mr Nicol outlined his surprise and disappointment at the lengths Exit Australia had to go to, to ensure the book could be published online. 'The Australian government should stop insulting its citizens. If Australia is a free country, a book with this type of future vision should be welcomed not banned.



Philip Nitschke being interviewed for the nightly ITV program 'In London Tonight' in front of the famous bridge.

It is never the role of government to dictate to its people what they should think ... I am proud to publish this important book.'

Also present at the book's launch was Dr Robin Mackenzie, Director of the Medical Ethics & Law program at the University of Kent. Dr Mackenzie discussed her academic research regarding the role of information in the de-medicalisation of death and dying.

A strong critic of the dominance of the medical profession in the dying experience, Dr Mackenzie argued that the provision of information is one of the most fundamental ways to challenge the colonisation of the medical profession over death and dying. Dr Mackenzie argued that the publication of books such as *Peaceful Pill eHandbook* were an important contribution to civil society.



Philip being by the BBC in Eastbourne on the south English coast after yet another venue refused to host a public meeting.

Robin's address was reported in *The Independent* newspaper the day of the launch, along with an opinion article the following day. The launch of the *eHandbook*, and Exit workshop that followed were covered extensively by the British and European media and reported in many newspapers including *The Guardian*.

Exit is very grateful to all those who supported our trip to the UK. We are also very pleased to introduce David Michael as Exit's new Chapter Coordinator in the UK. David is contacted on ExitInternationalUK@googlemail.com (preferred) or by phone on 1453-766-466.

The Battle for Britain

Even before Exit International Director, Dr Philip Nitschke, landed at Heathrow airport it became obvious that the principal voice of opposition to Exit International's expansion into the UK would be the local Voluntary Euthanasia Society.



Philip appearing on the Alan Titchmarsh show where he was ambushed by his co-panelists. A complaint has since been lodged with the Press Complaints Commission (UK)

Staffed by a new CEO, Philip Nitschke was met at the airport by the BBC who whisked him into the studio to talk with John Humphries on BBC radio's morning breakfast show. In this interview and the two other appearances that immediately followed, Philip found himself defending both his visit and the activities of Exit more generally from the criticism of the VES.

The main argument made by the VES was that Exit workshops constituted an incitement to suicide and were therefore against the law in the UK. Without ever attending an Exit workshop, the Society said they had sought legal opinion which backed this point of view.

Exit finds this viewpoint difficult given our own recent legal opinion - based on an actual workshop in Sydney - which found precisely the opposite; that general information provided in a general setting cannot constitute, in any form whatsoever, criminal activity. All of which suggests something more is at stake.

In Exit's point of view, these allegations were not only deliberately misleading, but point to a bigger concern by this group. As we all know law reform moves at glacial speed. Yet older people and those who are seriously ill will tell you that they've been waiting 20 years for a law and will now wait no longer. People want information for the here and now. They may not ever use it but they want the comfort of knowing that they are back in control. Organisations that focus purely on law reform find they are out of answers when confronted with the

demand for information from their membership. Exit believes it is this more than any other factor which was driving the hostility of the UK VES towards Exit's visit. No one likes to be shown up, especially from forward-thinking upstarts from the colonies.

Yet it was not only the VES who were upset at Exit's visit. The local Borough Councils of Bournemouth and Eastbourne found themselves caught up in a moral panic. Both Councils issued statements warning venues not to lease their premises to Exit. Interestingly, neighbouring Brighton Council issued their own statement saying that any meeting should be judged on its merits.



At the British Science Museum with Polish media, explaining the Deliverance Machine

Curiously, it was the local member for Eastbourne, Shadow Minister for Older People Nigel Waterson, who asserted (in ignorance) that since the meeting would advise on suicide methods it was clearly against the law. He then alerted Police District Commander, Chief Inspector, Dick Coates.

Mr Coates took a more cautious approach saying that Exit 'could' be committing an offence by holding such a meeting. With church groups threatening to hold prayer vigils outside the venues and the media wanting to know where to park their satellite vans for the 'live cross', the entire situation descended into high farce. When Exit returns to the UK in 2009 to complete these workshops, little of the same disruption is expected with venues already in place.

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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.

Exit Director Addresses ASDMD in La Nouvelle Calédonie

Fulfilling a long-standing invitation to visit the 'Association de Soutien au Droit de Mourir dans la Dignité' in early November, Exit Director Philip Nitschke, was delighted to make the trip to Noumea in Nouvelle Calédonie to give a special address at a meeting of this three-year old Association.

With his talk expertly translated by Angelika Elliott, Philip spoke of topics as diverse as Living Wills, Slow Euthanasia and, of course, how to obtain Nembutal from Mexico. After the talk, Philip, Fiona and Angelika were treated to dinner at the Noumea yacht club.



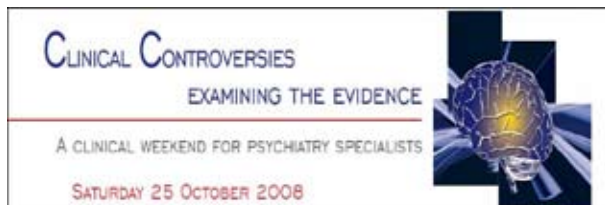
Philip Nitschke with Angelika Elliott (far left) and the Committee of ASDMD in Noumea. President M. Jean-Paul Belhomme is far right. Philip is holding the ceremonial axe presented to him at dinner after his talk.

At this dinner, Philip was surprised and very humbled to be presented with a ceremonial axe or 'hache' in French.

Exit would like to thank the Committee of ASDMD and M. le President Jean-Paul Belhomme in particular for inviting Philip to Noumea to talk to the Association.

Philip would also particularly like to thank Piet, Marie-Josie and Bob for meeting him at the airport at midnight and for such kind hospitality. Exit looks forward to inviting ASDMD to Australia in 2009.

'Clinical Controversies' Melbourne 25 October 2008



On the weekend of his return to Darwin from the UK Exit Director, Philip Nitschke, flew straight to Melbourne to address the 'Clinical Controversies' conference which brought together more than 200 psychiatrists from Australia and New Zealand.

Convened by Wyeth Neuroscience, the conference was held at the Sebel Albert Park Hotel in Melbourne.

Philip's presentation was titled 'Legislation, Psychiatry and Euthanasia.' and formed part of a broader session with the provocative title of 'Euthanasia and Mental Health - Manslaughter or Murder? The Death of Euthanasia.'

Other participants included: Professors Loane Skene (Law School, University of Melbourne), David Clarke (Monash Medical Centre) and Dr Sandy Macleod (author of *The Psychiatry of Palliative Care*).

Australian NZ Association of Psychiatry, Psychology & the Law Sydney 26 October 2008

On Sunday 26 October, Exit Director Dr Philip Nitschke was a keynote speaker at the annual conference of the Australian and New Zealand Association of Psychiatry, Psychology and the Law at the Manly Pacific Hotel in Sydney.

Addressing an audience of over 300, comprised mainly of the professionals from the legal and mental health sectors, Philip's paper was titled 'Medicalising Capacity: Towards a Discourse of Rights in Dying.'

This particular presentation examined the implications of the Jennings - Justins trial for people with dementia who want to maintain access to end of life choices.



Washington Becomes 2nd State in USA to Pass Right to Die Law

A Citizen Initiated Referendum (CIR) saw Washington become the second state in that country to pass a right to die law. As part of the recent US general Presidential election. Reflecting the Oregon law, a terminally ill person in Washington will now be able to ask for medical assistance to die.

However, also like the Oregon law, there are strict residential qualifications associated with the law. Unlike Switzerland which allows foreigners to make use of their assisted suicide laws, to use the Washington law the person will need to be a resident of that state to use the law. Most importantly, the 'yes' vote has opened the floodgates. Other states are now sure to follow. Unfortunately CIR are not part of the Australian political process, and this important strategy to force legislative change is not available here.

Change to Exit Membership in 2009

Commencing in 2009, Exit will be shifting to a combination of an annual membership fee/ donation system.

From 1 January the first \$55 of your first payment each year to Exit will be tagged as an annual membership (inclusive of GST). If you give above \$55, this amount will be accounted as a donation.

For example, if you usually donate \$150 annually, \$55 will be counted as membership, with the remaining \$95 being counted as a donation. Member benefits will remain the same.

If you would like to speak to someone about this change in process or would like to donate in monthly instalments, please call Lindy at the Melbourne Exit office on 03 9850 8192.

Sydney Festival Join Exit in Dancing in the Streets

Attention all NSW Exit members! As part of opening night of the Sydney Festival on 10 January, Exit is planning a group participation in the mass synchronised dance that will take place in the streets of the Sydney CBD.

For those who don't know, the streets of downtown Sydney are being closed to traffic to enable an anticipated quarter of a million people to take part in the world's largest public dance event. If you are interested in joining us, please call Amanda or Fiona at the Exit office on 1300 10 3948 (EXIT) and we'll let you know of arrangements.

This is the final edition of *Deliverance* for 2008. Since the last edition Exit has emerged stronger and wiser than ever before.

At the time of the last newsletter, I was about to embark on our UK trip. What a trip that was! Taking on England from out in the colonies is no mean feat. Not only were we alternately celebrated and lambasted in the British media but we found staunch opposition to our visit by the local VE Society. The turf war that followed was an undignified event.

While it is understandable that an organisation rooted in the past has a vested interest in preserving its status quo, it does little for the VE movement for groups to be seen fighting amongst themselves. Nevertheless, we are pleased that we visited the UK and now have a local chapter in place and look forward to a planned return trip in early 2009; hopefully next time with the cooperation of local groups.

Looking back on 2008, the year has seen our organisation expand at an unprecedented rate. Not only has our membership increased significantly but we have added Lindy Boyd and Elaine Arch-Rowe to our secretariat. I cannot thank Exit staff enough for all they do for Exit, other than to say that the only reason I am able to carry on is because of the hard-working, dedicated and incredibly loyal individuals I have around me. I thank each one of them very much for all they do beyond the call of duty.

In 2008, we achieved an enormous amount. Some of the highlights included the biggest and boldest public meeting/ workshop program ever embarked upon, extensive field research in Mexico, multiple trips to NZ, the launch of the John Elliott Medal, the Sydney Dementia conference, the publication of *The Peaceful Pill eHandbook* and the rise of the print edition to the Amazon.com best seller list and, of course our UK foray.

This year has also been a year of notable passings. We mourn the loss of our dear friends Caren Jenning, Lyell Crane and Cesare Pradella. The world is poorer without these wonderful people.

Looking forward, in 2009 we expect to continue at the same pace with meetings to be held in more places around Australia and internationally than ever before. Already speaking engagements are mounting up. Watch the next edition of *eDeliverance* for a full run down on the year's plans.

Finally, enclosed with *Deliverance*, you will find our *Annual Report*. I commend this report to you as a record of our work.

Thank you everyone for your ongoing goodwill and support and Happy Holidays all.





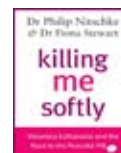
Donate to Exit

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Office Use Only

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

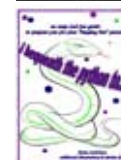
* **Killing Me Softly VE and the Road to the Peaceful Pill** A\$37
 (by Drs Philip Nitschke & Fiona Stewart) (includes postage within Australia)



* **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)



* **Mademoiselle & the Doctor DVD** A\$35
 (pal & NTSC formats) (includes postage worldwide)



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Alternative Exit Bag Gases

Problems associated with the unavailability of Helium in the convenient Balloon Time containers has prompted Exit to set up an alternative system.



The shortage of Balloon Time cylinders was brought about by changes to the regulation and licensing of disposable gas cylinders in Australia. These difficulties have been

resolved and Balloon Time kits are expected to return to stores by Christmas.

Nevertheless the process of decanting Nitrogen from high pressure (230bar) cylinders into the small LPG (8.5Kg) cylinders which allows the storage of ~ 500 litres of Nitrogen at 2000 Kpa is of interest to many. A full report on the process plus video of the procedure will be included in the next edition of *eDeliverance*

Final Exit Public Meetings & Workshops for 2008

Perth

Thursday 11 December: 1 - 4pm

(this event will be followed by Wine & Cheese)

Saturday 13 December: 1 - 4pm

Citiplace Community Centre

Upper Level Walkway, City Station Complex
Cnr Barrack and Wellington Sts, Perth

Melbourne

Monday 15 December: 10am - 1pm

Templestowe Memorial Hall

Cnr Parker and Anderson Sts, Templestowe

(this event will be followed by a basket lunch)

Warrnambool

Tuesday 16 December: 9am - 12 noon

Archie Graham Centre

Timor St, Warrnambool

Adelaide

Friday 19 Dec: 10am - 1pm

Fullarton Centre, 411 Fullarton Rd, Fullarton

(this event will be followed by a bring a plate lunch)

Public Meetings are free and open to everyone. Exit workshops are free to members (\$50 for the public). Exit encourages members to come along, bring old friends and make some new friends. For details about the socials, please call the Exit office on 1300 10 3948 (EXIT). Dates for 2009 meetings and workshops will be published in the next edition of *Deliverance*.

Reporting Back: November Exit Meetings

In November just gone, Exit embarked on a 10 day road trip from Sydney to Queensland on the east coast of Australia. During this time, five public meetings and workshops were held, some in locations for the first time. In each town local Chapter Coordinators proved instrumental in garnering support both in the local media and through local networks of interested folk.

Exit would like to draw attention to the efforts of our local Coordinators and state for the record just how important these people are to the backbone of our organisation.

In Forster, a public meeting and workshop were held at the Tuncurry Bowling Club. Well done Lesley Archer for a crowd of 90 and extensive local media in the *Great Lakes Advocate* and local TV.

In Lismore, Jude Macauley did an excellent job with around 40 attending and, again, good coverage in the *Northern Rivers Echo*.

In Toowoomba, 80 people attended the public meeting which needed to be moved at the last minute to the Railway Institute. At 5pm on the Friday before the Tuesday meeting, the Grand Central Shopping Centre withdrew their venue, apparently from concern over "public safety". At around the same time, Exit became aware of emails from local Christian groups objecting to the planned meeting.

Despite the church's best efforts to silence debate on this important issue, the meeting went ahead. The meeting was very lucky to hear Gold Coast Exit member, Jill Kleinman, sing John Morris' highly popular *Advance Euthanasia Fair*.

A local delegation of Exit members is now planning to meet with management to voice their disgust in this strong christian regional town. Toowoomba's new Chapter Coordinators will be introduced in the January edition of *Deliverance*.

On the Sunshine Coast a crowd of over 80 and strong local media thanks to Bron. Elaine's meeting on the Gold Coast attracted a large crowd of around 80, and our biggest ever Canberra workshop with over 70 thanks to David and team.

Exit Member Survey

Constraints with Australia Post - because of the inclusion of the *2008 Annual Report* - have seen the Member Survey held over to January 2009 edition of *Deliverance*.

Conservative VE Societies attack Exit Between the Truth & Lies

In 2008, over 3000 people have attended Exit Meetings/ Workshops in Australia, NZ, the UK and New Caledonia. Many more have participated in Exit's new "virtual workshop", offered by the *Peaceful Pill eHandbook*. Along with this unprecedented demand for up-to-date information on developments in the DIY field, there has been a sudden increase in public attacks and misinformation about Exit; from conservative elements within the voluntary euthanasia movement, in Australia and overseas.

While some of the criticism has come from people who have long-harboured resentment towards Exit's Director (eg. Lesley Martin NZ), more recent criticism has come from previous stalwarts such as Marshall Perron.

After a recent ABC TV *Q&A* program, Philip was surprised when Marshall Perron wrote to Labor MP for Bennelong (NSW), Maxine McKew, stating: "You expressed "queasy and uncomfortable" feelings about high profile proponents of death ... I can assure you that many people in the Australian voluntary euthanasia movement feel similarly about Dr. Nitschke and I appeal to you not to view us all in the same light."

While name-calling has always come with the territory of being the voice of the voluntary euthanasia movement, more disturbing, perhaps, is the recent dissemination of deliberately false and misleading information.

For example, even before Dr Philip Nitschke's plane landed in the UK, the local VE Society were claiming publicly that they had a 'legal opinion' to show that Exit Workshops were 'illegal.' Their subsequent petitions to the police to act, beggared belief. In the same week, the VE Society of NSW followed suit, adding their voice to the clamour,



this time supporting the religious right and urging authorities to enforce censorship and remove the online *Peaceful Pill eHandbook* from sale.

Most recently, it has been the VE Society of Victoria's (DWDV) turn, with a discussion of Nembutal for the first time in their occasional newsletter. However, instead of providing their readers with a broad introduction to the topic, the article titled 'Mexico Closes Up as a Source of Nembutal' lifts text from a missive by Derek Humphry who, himself, makes a number of inaccurate assumptions about the current availability of this important product.

To understand what is going on requires a step back. Many VE societies around the world depend for their existence on convincing members of one particular and important myth; that the ONLY way forward is through doctor-mediated legislative change. This means that any alternative - especially ones which offer real and immediate choice for people who are ill and/ or elderly - must be discredited.

To speak authoritatively about an important DIY issue like the 'Mexican Option', necessitates field work. It demands in-person visits to the places about which knowledge is claimed. It also requires a diligent network of travellers who report back on a weekly basis about the changing conditions. To do otherwise, regardless of the reason, is not only dishonest but it is morally bankrupt.

At the time of press, only Exit travels regularly to Mexico for the express purpose of investigating the supply of Nembutal. And only Exit has a systematic feedback loop in place with updates provided monthly in the new digital edition of the *Peaceful Pill eHandbook*. Enough said.

Weekend Detention for Shirley Justins

On Wednesday 12 November, Dr Philip Nitschke together with other Exit supporters returned to the NSW Supreme Court to be present and witness the sentencing of Shirley Justins to 22 months weekend detention for the manslaughter of her partner of 18 years, Graeme Wylie.

Speaking outside the court, Dr Nitschke said 'the entire affair had become a bloody mess'. While Graeme Wylie had certainly got what he wanted - a

peaceful death - the legal risk he had placed those he loved in was inexcusable. 'It's not enough to take Nembutal and die peacefully. What is much more important is that you don't expose those you love to a court case like this.'

At Workshops, Exit now warns people to plan ahead. "Don't do a Graeme Wylie" is set to become a new catch cry for the voluntary euthanasia movement.