

# e-Deliverance

*A Peaceful Death is Everybody's Right*

January

Exit International

2007

## Peaceful Pill Handbook to be Published in Australia in January 2007

### STOP PRESS

As *Deliverance* goes to Press news has broken that Federal Attorney General Philip Ruddock has moved to reverse the decision of the Office of Film and Literature Classification.

A date has not yet been set for this review and Exit lawyers will vigorously oppose moves by the Federal government to ban the book.

Until then, *The Peaceful Pill Handbook* remains on sale in Australia.

In a welcome decision, the Australian Office of Film and Literature Classification has given *The Peaceful Pill Handbook* a Restricted Category 1 Classification. After much heated debate and in an apparent split decision, the Board's ruling means that the book can now be sold in Australia.

This exciting news has led to the immediate printing of the book by Exit's printers in Adelaide. Mail orders for the book are now open. A book order form is enclosed with this newsletter. Alternatively, the form can be downloaded from the website [www.peacefulpillhandbook.com](http://www.peacefulpillhandbook.com) or [www.exitinternational.net](http://www.exitinternational.net). The RRP of *The Peaceful Pill Handbook* is \$35.

### Where to Buy the PPH?

- \* **Sydney - Gleebooks**  
49 Glebe Point Rd, Glebe  
02-9660-2333
- \* **Melbourne - Polyester Books**  
330 Brunswick St, Fitzroy  
03-9419-5223
- \* **Adelaide - Imprints Books**  
107 Hindley St, Adelaide  
08-8231-4454
- \* **Dymocks (nationally)**

## Only 40 Places Remain for National Day of Shame Freedom Ride(s)

As expected, places are filling fast for the March 2007 National Day of Shame Freedom Ride from Sydney to Canberra.

Already an exciting agenda has been developed which includes arrival briefing and welcome drinks, a street march, an 'activity' at Parliament House, the handing over of the Condolence Book messages to prominent politicians, a lunchtime BBQ in the park, a free afternoon and the much-anticipated Memorial Dinner at the National Museum with the ABC's Philip Adams as guest speaker.

With 2 full-size coaches booked to leave Central Station Sydney

at midday on Sunday 25 March, a third coach is expected to be booked to leave Melbourne's Southern Cross Station at 8.30am on Sunday 25 March (numbers pending). If you are interested in joining the Melbourne coach, please call the Exit office on 1300 10 EXIT as soon as possible to register your interest

The actual cost of the Melbourne coach will depend upon how many people are involved and the size of the bus booked.

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# Chapter News from around Australia

With the Exit Christmas lunches set to become an annual event, we are pleased to report that these social events have been an overwhelming success all around the country. Starting in mid November on the Sunshine Coast and concluding just three days before Christmas in

In Hobart, a smaller group assembled at another excellent restaurant called Fish in North Hobart. Special thanks to Rob Cane and Pat Scrivenor in Melbourne and Mike Harris in Hobart for organising such fantastic social occasions.



The Melbourne lunch organisers



At the Hobart lunch at Fish Restaurant



At the Melbourne lunch



At the Melbourne lunch



Muriel Arnott (right) was the lucky door prize winner

Adelaide, the lunches were well attended and provided a valuable opportunity for members of the Exit community in various states to all get to know each other and to share a meal, drink or just a chat with Dr Nitschke.

Continuing with the celebratory mood, this page shows some of the festivities from the lunch in Melbourne, where outstanding food and service were provided by Giorgios Restaurant in Armadale. Over 60 Exit members came along on the day.

## Forthcoming Chapter Meetings

**Hobart** - 20 January, contact Mike Harris on 0407-923-156

**Melbourne** - 25 January contact Rob Cane on 0423-305-788

**Wollongong** - 30 January contact Avis Jeffares on 02-4229-2789

**Darwin** - 3 February (tbc) contact Amanda McClure on 0413-402-460

**Newcastle** - 5 February contact Vince Phelan on 0405-344-740

**Auckland** - 11 February contact Bev Hurrelle on 04-293-6965

**Perth** - 12 February contact Carol O'Neil on 0429-039-167

**Wellington** - 13 February contact Jean Cartmell on 04-971-6946

**Brisbane** - 24 February contact Angelika Minner on 0431-275-840

**Sydney** - 8 March contact Madeleine Tilche on 02-9449-1950

## Day of Shame cont from p 1

If you anticipate joining the Sydney coaches, please return the registration form asap. It is possible that a third coach will depart from Sydney but this will be dependent upon numbers.

# Peaceful Pill Handbook Attracts Condemnation Order from Australian Customs

In an extraordinary move in early December, the Australian Customs office served a Condemnation Order on Dr Philip Nitschke at the Exit office in Darwin. This Order will shortly lead to the destruction of the 45 copies of the *Peaceful Pill Handbook* which were seized by Customs back in September 2006 in Brisbane.

In a decision taken before the Office of Film and Literature's classification of the very same book, Australian Customs deemed the Handbook a 'prohibited import.' As such, copies of the book that Exit attempted to bring into the country have no hope of being reclaimed. Nor can they be returned to the US publisher, Exit International US, as that would constitute the books' exportation - an action which is also prohibited by the Australian Customs Act.



The summons being served in Darwin in December

Of course this action sits uncomfortably aside the OFLC decision to allow the book to be printed, published and sold in Australia. And it causes Exit ongoing concern. We are particularly worried that the Federal government might seek an immediate review of the decision of the OFLC. Any decision by the Attorney General Philip Ruddock to seek a review of the OFLC ruling would be purely political. Whether the Howard government can afford to be seen to be interfering politically in the judgement of the independent umpire is not known. Exit hopes that justice and common sense will prevail now and into the future.

## Exit New Zealand visit - 2007

In early February Exit will visit New Zealand for Chapter Meetings, to conduct Workshops in Auckland and Wellington as well as to launch the *Peaceful Pill Handbook*. The book will be launched in Auckland by prominent NZ broadcaster and free speech advocate Lindsay Perigo.

Travelling with Dr Nitschke will be his *Peaceful Pill Handbook* co-author Dr Fiona Stewart (a sociologist who faints at the sight of blood and maintains that she knows nothing of medicine) and Gold Coast helium expert Elaine Arch-Rowe.

Exit's return to the land of the long white cloud is later than what was originally anticipated. This has largely been due to the shenanigans of the New Zealand Medical Council which is insisting that almost every word uttered by Exit Director Dr Philip Nitschke equates to practising medicine.



Exit's workshops will be conducted collectively by Fiona, Elaine and Philip. This silly measure is the only way around the persecutory attitude of the New Zealand Medical Council to Dr Nitschke. Philip maintains, of course, that he has not practised medicine for many years now. Indeed, the approach of Exit to end of life choices is that dying well has little, if anything, to do with the medical profession.

This assertion by the Medical Council includes most issues covered in Workshops. Exit's legal advisers have suggested that there should be a separation of the topics to minimise the legal risk. Workshops will now be broken into segments with detail being given on the relevance of Switzerland (as a lawful option for New Zealanders wanting to access a peaceful death), the lawful purchase of the euthanasia drug Nembutal in Mexico (with travel details), and the construction of the Exit jet flow control system for Helium.

Those attending the workshop in Auckland should be aware that filming will be carried out for a NZ documentary on end of life issues. Filmmaker Andrew Merrifield has prepared an information sheet on this important project which will be forwarded, along with the required consent forms, to those wishing to attend.

A brochure outlining the detail and times of planned events in NZ has been sent to all Exit NZ and NZVES Members.

# *I Bequeath the Python* Launch

*Me to daughter: "My old pals are getting older and some are dying"*

*Daughter's reply: "They're not the only ones - you're getting past it too"*

*With brain turning, I thought "If I die tomorrow – who gets what?"*

*So I started to ask my old pals: "If you die tomorrow – who gets what?"*

*Most of them had made out a Will but few of them had made plans for anything else.*

*When one asked me: "What else do I need?" A plan started buzzing around in my head.*

*I present you with your 'End of Life Management Guide' HAVE FUN!*

Exit is delighted to offer *I Bequeath the Python* by Gold Coast Exit Chapter Coordinator, Elaine Arch-Rowe. In conjunction with illustrator Gordon Bell, and after more than a year in the making, Elaine has produced a timely and very useful guide to 'dying well.'

*I Bequeath the Python* is both a guide and manual to all manner of issues associated with the end of one's life. From funeral planning to where to find one's Living Will, *I Bequeath the Python* contains a vast range of information, invaluable to those left behind.

If you ever needed to know how to go about donating your body to science the *Python* tells you how.

If you've ever found it hard to discuss the type of funeral you'd like to have (who sings what hymn or no hymns at all) the *Python* gives you the space to make your personal plans in a way that will ensure that all is in order when your turn comes.



*I Bequeath the Python* provides useful checklists across all areas of end of life planning to make certain that nothing is left to chance. And Python ensures that all your wishes and plans about your passing are in the one place.

As the creator of *I Bequeath the Python*, Elaine hopes that the guide will assist people to be organised at the end. "Just as I want to ensure my practical end of life choices, so I also want

my funeral to be done my way and I want my daughter to know who to contact when I've died, what services to cancel, as well as where in the house to find my will."

According to Exit Director Philip Nitschke, *I Bequeath the Python* provides a much-needed guide to end of life planning. "One of things most notable in *Python*" said Dr Nitschke "is the humorous way in which Elaine has tackled these difficult topics. Having a laugh will show friends that death and dying are approachable issues. Being organised will benefit all involved."

*I Bequeath the Python* will be launched in Brisbane in the new year (details to follow) and will be available by mail order from Exit for \$15 including postage.

## New Zealand Workshop Dates

Together with the Voluntary Euthanasia Society of New Zealand, Exit will be holding its first 2007 workshop in Auckland at 10am - 12.30pm on Sunday 11 February. The venue is the Grey Lynn Library Hall at 474 Great North Road, Grey Lynn. Workshops are open to members of Exit NZ and NZVE Society.

The workshop will be followed by a bring-a-plate Chapter lunch and then by the New Zealand launch of



*The Peaceful Pill Handbook* at 2pm. The book will be launched by NZ broadcaster Linsay Perigo and include an extensive Q&A session on the book. The launch is open to the public.

In Wellington a workshop will be held St Johns in the City Tues 13th 10am - 12.30pm followed by a Wellington Chapter bring-a-plate lunch from 12.30 - 2pm. St Johns is located on the corner of Willis and Dixon Streets in Wellington city. For enquiries for the New Zealand workshops call Bev on 04 293 6965 (within NZ).

## Exit Lab Fund on Track for Target

Exit supporters are showing themselves as right behind Exit's Peaceful Pill project and the DIY approach to end of life choices. The generous donations received by the Exit office over the past month are testimony to the faith that the Exit community has in Exit's commitment to developing practical solutions to this most pressing social need.

While most donations have been for amounts under \$500, some Supporters have been able to donate \$1000 or more. To date more than 60 individual Exit supporters have given to the lab fund. We will report on the total raised in the February edition of *Deliverance*. We are also currently seeking permission from donors to publish names in *Deliverance* as a gesture of gratitude.

If you would like to donate to the Exit Lab Fund (that will enable us to purchase the specialist Gas Chromatography/ Mass Spectroscopy equipment - which in turn will allow all manner of drug testing), please call Philip Nitschke on his private mobile on 0407 189 339.

## Exitorial

This Newsletter has been prepared on the eve of an extraordinary journey on my part. On Monday 15 January I am providing a medical escort for a very ill Exit member to Switzerland where he will make use of the Dignitas service to die in peace and with dignity.

While many in the Exit community will have had a welcome break over the new year, my time has been taken up assisting this man and his wife to gather their legal and medical papers together and prepare for what will be an arduous and difficult trip.

This difficult task has reminded me of why Exit dropped the legislative approach it once had to end of life issues. What I have recently witnessed in relation to the Swiss law is the terrible plight of those who want peace and dignity in their passing. It seems inevitable that with any end of life choices law there will be hoops through which the dying person must jump. At the very moment when a person is most worn down and most vulnerable they find they must perform. Laws set rules and these rules must be obeyed. Of course, safeguards can play an important role, but the question that must be asked is at what cost to those involved? Dying well is currently a privilege, but it should be the right of every human being. The February edition of *Deliverance* will contain a full report on this important trip.

Closer to home, I am absolutely delighted to announce that *The Peaceful Pill Handbook* is to be published in Australia and that book sellers around the country have welcomed the opportunity to stock it on their shelves. I am often accused of being overly pessimistic when it comes to matters of Voluntary Euthanasia so you can imagine my surprise when the Restricted Category 1 classification was granted to the book by the Office of Film and Literature classification board. There are VE supporters all over and sometimes, just sometimes, such people can make important decisions like this one. I commend this Handbook to you and encourage everyone to spread the word.

Happy New Year from all here at Exit

A handwritten signature in cursive script, appearing to read 'Philip Nitschke'.

## Contact Us

### *Exit International*

PO Box 37781 Darwin NT 0821 Australia  
ph 1300 10 EXIT (3948) fax 02-8905-9249  
[contact@exitinternational.net](mailto:contact@exitinternational.net)

### Donate to Exit

Exit relies on donations to fund its workshop,  
private visits and R&D programs  
Bequest forms can be obtained from Exit.



# Exit Form

WBC	R	
WBC-G	KMS	
B	DVD	
C	OTHER	

Office Use Only

I want to donate to the Exit Laboratory Fund  (A\$30,000 target)

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

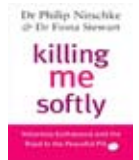
## Exit Books

\* **The Peaceful Pill Handbook** (Australian edition)  A\$38  
(by Drs Philip Nitschke & Fiona Stewart) (includes postage)

NOTE: *The Peaceful Pill Handbook* is a Restricted Class 1 Publication and not available to persons under 18 years



\* **Killing Me Softly VE and the Road to the Peaceful Pill**  \$A37  
(by Drs Philip Nitschke & Fiona Stewart, 2005) (includes postage)



### Contact Details

First Name(s).....

Last Name.....

Address.....

.....Postcode.....

eMail .....

Telephone.....Age.....

### Payment Options

I am giving \$ .....

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

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Credit Card No.....

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Signature.....

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### Exit International

PO Box 37781

DARWIN NT 0821

Australia

Tel 1300 10 EXIT (3948)

New Zealand 04-293-6965

Fax 02-8905-9249

Email contact@exitinternational.net