

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

March - May 2017

An Exit International publication • [www.exitinternational.net](http://www.exitinternational.net)

## SUZY AUSTEN PLEADS 'NOT GUILTY' TO ASST SUICIDE

*On Friday 12 May, Exit's Wellington Coordinator, Suzy Austen, pleaded 'not guilty' to assisting the suicide of fellow Exit Member Annemarie Treadwell. Suzy also pleaded 'not guilty' to two charges of importing Nembutal into New Zealand.*

Readers may remember that in late October 2016, the New Zealand Police staged a fake alcohol-testing road block to gather intelligence on Exit members who had attended Suzy Austen's pot luck Sunday lunch at her home in Lower Hutt in Wellington, New Zealand. One result of this seemingly illegal roadblock has been criminal

charges against Exit's Wellington Chapter Coordinator of more than 10 years, Suzy Austen.

Not one to roll over, or to be bullied by the authorities, Suzy has courageously pleaded 'not guilty' to all charges. She is due back in Wellington's District Court in June. The trial is slated to take place in late 2017.

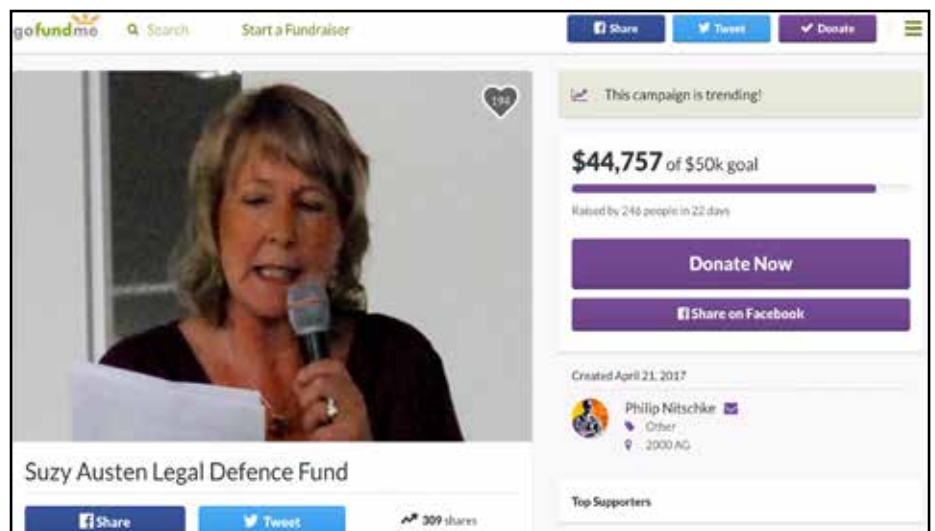
The most serious charge that Suzy is facing is that of assisting a suicide. In New Zealand, as in other countries, the penalty is up to 14 years imprisonment.

It is largely irrelevant from a legal point of view, the circumstances of the deceased person's life and the way in which they died. This is why so many people get caught up in police questioning following the rational suicide of a loved one. The authorities are always looking at the actions and motives of those still alive.

It remains intensely problematic to the State that some elderly people might wish to put an 'earlier than natural' end to a long life well lived.

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*The GoFundMe.com/suzyausten Crowd Fundraising Campaign set up by Exit*

## SUZY AUSTEN PLEADS 'NOT GUILTY'

Annemarie Treadwell's rational suicide is important because this now-deceased woman has a strong and articulate voice that lives on. In January 2016, 76-year-old Annemarie was one of over 20,000 New Zealanders to contribute a submission to the Inquiry of the Parliamentary Health Committee of the New Zealand Parliament. Few submissions will be as valuable as Annemarie's.

In her submission Annemarie Treadwell tried to explain the deterioration in the quality of her life, as she saw it. Remembering that she was not terminally ill (and had a history of psychiatric illness) even if New Zealand had an assisted suicide law (which it doesn't), it would never be the type of law that would have helped Annemarie. One cannot invent a terminal illness. One cannot erase a lifetime of treatment for depression.

The type of law reform which is contemplated by countries such as Australia and New Zealand is among the most conservative of its kind. Such laws, if they ever do come to pass, will help very few people indeed!

In her submission, Annemarie wrote of her 30-year battle with chronic pain (that was becoming worse), of her arthritis, her increasing memory loss and, of her depression (for which she was medicated).

Born in the Netherlands, Annemarie bemoaned being robbed of her lifelong joy of reading:

*I, who have been an avid reader all my life as well one of those enviable persons who could recall peoples' faces AND names now suddenly cannot. This may seem like a small problem (after all don't we all have senior moments, ha ha!?)! but it makes me lose confidence in myself. My daughter, who has noticed these lacunae, as well as other signs of deterioration*



*Exit Wellington Coordinator Suzy Austen in Court, 12 May 2017*

*is appalled, and so sad – that the vibrant mother she knows is going downhill in front of her very eyes – slower and clumsy in her movements and losing the battle to keep up with electronic hi tech; resulting in even less communication with her family members and friends in the Netherlands.*

Annemarie's submission can be read in full at:  
<http://bit.ly/2qKOpb3>

It is an insightful, intelligent and wide-ranging contribution to the public discussion on ageing and one's quality of life. Exit recommends its reading in full.

In order to support Suzy Austen, Exit has launched a crowd-funding drive to help her with her considerable legal expenses. Exit would encourage those who are able to contribute to do so, especially given that the VE Society of New Zealand is not joining the promotion of the crowd-funding initiative!

**The campaign can be found at:**  
<http://www.gofundme.com/suzyausten>

The target of the campaign is \$50,000. At the time of press, the amount raised was \$48,747 and still trending.

## VALE - ADAM MAIER-CLAYTON

It was with great sadness that Exit learned of the death of 27-year-old Canadian, Adam Maier-Clayton from a posting by his mother, Margaret, on Facebook on Good Friday.

Adam first approached Exit in 2015. Suffering for many years from a range of chronic psychiatric illnesses, Adam sought a special exemption to purchase *The Peaceful Pill eHandbook* (being under 50 years and mentally ill), and to become a fully-fledged member of the organisation.

With the backing of his parents, Exit was pleased to provide Adam with a subscription to the *eHandbook* and to accept his membership. This enabled many an early morning skype call with Dr Philip Nitschke.

21 Nov 2015

Dear Dr. Nitschke,

*My name is Adam. Once upon a time I was an ambitious young man avidly pursuing school with the ambition of becoming a serial entrepreneur.*

*Fast forward a few years and I started experiencing great pain in my eyes, face, cranium, eyeballs and in other regions of my body. I spoke to doctor after doctor and nobody ever thought to say "this is psychogenic" rather I would get "it's just anxiety."*

*Fast forward a few more years and the pain has amplified 100 fold. I'll put it like this, I didn't know pain like this existed. I cannot work, read for more than a few minutes without amplifying symptoms and even writing this mere e-mail is a chore. I am very, very sick and although I am still avidly pursuing treatment, as a realist, I know there is something deep within my brain that is very, very wrong ...*

Dr Philip Nitschke has said 'Adam was remarkably mature for his age. He was thoughtful and a quiet



Adam Maier-Clayton

critical thinker. Adam had a rare intellectual outlook on the world, on his own suffering, and on the dearth of solutions open to him'.

Knowing he did not, and would not, qualify for Canada's euthanasia law (where one must be terminally ill and death must be imminent), Adam was acutely aware that he was on his own when it came to creating his own end of life options.

It had been hoped that Adam's psychic suffering would ease and that the quality of his life would improve to the extent that he would want to live on. Adam was precisely the type of powerful and passionate advocate that the assisted dying debate (especially as it relates to younger people) needs.

It was a relief to all who knew him when Adam was able to successfully import Nembutal over the Internet. He stored the drug away for many months before choosing to use it.

*I want you to understand that I am pursuing treatment and working to get better. I am not suicidal, I love this Earth -- but as a realist, things are not looking good for me. Multi-dimensional mental disorders that are now manifesting themselves into pain disorders. I'm pharmacologically inclined, I've looked at the clinical studies, I've done CBT and looked at those studies, I'm not your average patient. I'm a smart guy and I make decisions based on logic, not emotion.*



## CELEBRATE EXIT'S 20TH BIRTHDAY JOIN THE EXIT FLASH MOB DANCE

It's our birthday! Well, its 2 birthdays actually. And we are celebrating in the *joie de vivre* fashion that Exit is so good at. Everyone who supports end of life choices is invited to get involved.

Firstly, **Exit is turning 20 years old.** Exit was first imagined in 1997 as the Voluntary Euthanasia Research Foundation. Founded by Philip Nitschke shortly after the NT's *Rights of the Terminally Ill Act* was overturned by the 'Kevin Andrews Act'.

At the time Philip found that he was being contacted by increasing numbers of elderly Australians. It seemed everyone was very keen to know of their end of life choices; regardless of whether a law existed or not. The VERF (an incorporated association) became Exit International (the public limited non profit company) in 2001.

**The second birthday being celebrated is Dr Philip Nitschke's 70th Birthday. Philip turns 70 on 8 August 2017.**

## ADAM MAIER-CLAYTON CONT

Only days before dying, Adam had intimated to Philip that he may be able attend the NuTech Conference scheduled for Toronto in October 2017. Sadly this was not to be.

*Life is complicated Dr. Nitschke -- many people are fortunate and will not have to understand its potential complexity. It's a shame that I have. That being said, I am a strong advocate of yours and sincerely appreciate your work.*

*Take care.*

Editor's Note: Adam Maier-Clayton was an all-too-rare voice in the right to die debate. He was young, intelligent, articulate and with insights that deserved



*Flash Mob Rehearsal on the Gold Coast, May 2017*

To celebrate, Exit is holding a Flash Mob (3 minute, group dance to music) near Cavill Avenue at Surfers Paradise on the Gold Coast.

**Date: Saturday 19 August 2017**

**Time: ~1pm**

**Place: Cavill Ave, Surfers Paradise**

The next dance rehearsal is on 1 June. Contact Elaine Arch-Rowe on the Gold Coast to get involved on 07-5580-8215 or 0421-796-713 & on email: [elaineexitgc@bigpond.com](mailto:elaineexitgc@bigpond.com)

(and to a large extent received) public discussion. Adam was a force for change, and for good, in broadening the conversation about mental illness and rational suicide. Vale.



*Adam's Facebook Page as maintained by his father Graham*

# EXITORIAL

## *e-Deliverance*

### INTRODUCING THE SCIO SENSOR

As Exit Members may have seen, the April 2017 update to the online Peaceful Pill eHandbook focused on the new SCIO Sensor that Exit has obtained. The SCIO is the result of over \$20 million in start-up funding by Israeli technology company Consumer Physics.

The molecular sensor which is the size of a car key ring, can test any range of matter to determine its content. This varies from determining the sweetness of a strawberry, the fat content of one's biceps or the purity of one's white powder.



Exit is already in possession of several of the sensors. Exit's SCIOs will be made available to Exit Chapter Coordinators and should be available for use by members by the end of 2017.

Looking forward, the Scio has already been incorporated into some smart phones. This is the shape of things to come. Analytic technology that allows everyone of us to be an amateur analytic chemist. The possibilities are endless.

### DIE FRIEDLICHE PILLE - AB SOFORT VERFÜGBAR

Mit großer Freude teilt Exit International USA mit, dass die neue Ausgabe des Handbuchs "Die friedliche Pille" ab sofort auf [www.peacefulpill.com](http://www.peacefulpill.com) verfügbar ist.

Es ist die dritte Auflage dieses beliebten Buches in deutscher Sprache und die erste Aktualisierung nach vier Jahren. Das Buch beruht auf die englischsprachige Ausgabe vom Februar 2017. Das E-Buch wird im Juni zur Verfügung stehen.



### 'THE SWEARING GRANNY'

It is not often that I can be proud of spoken profanity but Exit Member Patricia Fellows did the organisation and our movement proud when she responded from the heart on ABC TV's Q&A program recently.



Patricia and her husband Ron were in the front row of the studio audience for a debate between author Nikki Gemmell (whose mother Elayn - also an Exit Member - suicided in October 2015) and one of my long-time ideological enemies, Australian-Canadian pro-life Professor Margaret Somerville.

When Somerville tried her normal line that Patricia's death would be a 'social event' that would affect the whole community, Patricia was having none of it, calling Somerville's flawed argument 'bullshit'. 'I don't know what you're on about, darling, about killing ... We will be doing it ourselves. I'm not asking Ron to kill me. I will do it myself. And Ron will do it himself,' she said.

### NIKKI GEMMELL - AFTER

And speaking of Elayn and Nikki Gemmell, I was interested to watch *Australian Story* recently on ABC TV. Elayn was a life member of Exit. Like many of you, she was a woman who knew her mind. She was also an older woman who had profound difficulty in getting her adult children to engage in her desire to have an end of life plan. When Elayn did broach the subject, Nikki acknowledges that she quickly shut the discussion down.

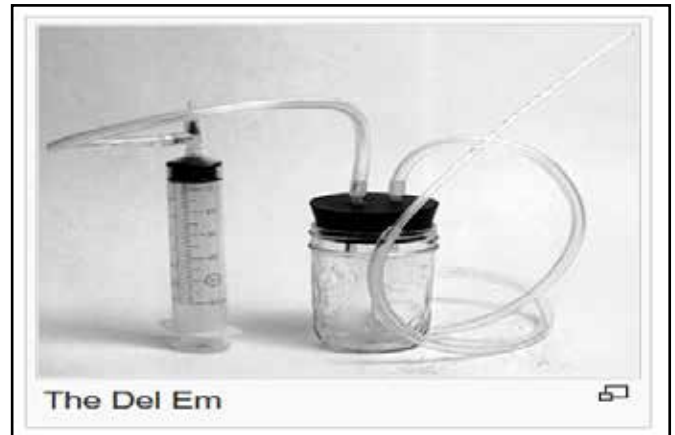
Nikki's new book *After* tells the story of the months leading up to Elayn's suicide and her reaction. I was first contacted by Nikki after I responded to her on Twitter. She had written a newspaper column asking whether her mother's death was despair or empowerment. I strongly believe it is the latter. We hope to have Nikki speak at Exit Chapter Meetings later in 2017.

*Philip Nitschke*

## **NUTECH CONFERENCE: 28 OCTOBER 2017 TORONTO CANADA**

*'Let's stop the humiliation of trying to persuade the powers that be to legalize abortion [euthanasia], let's just take back the technology, the tools, the skills, and the information to perform early abortions [DIY euthanasia] and be in charge of our own reproduction [deaths']*

- Lorraine Rothman (Feminist Abortion Rights Activist, USA).



*Lorraine Rothman's DIY Abortion Kit, circa 1971*

At Exit, the parallels between the second wave women's movement and women's fight for reproductive rights and the end of life choices movement have long been obvious. While Lorraine died in 2007, her work challenging the institutional control of abortion and interest in the use of new technologies to free women from these constraints, reminds us all that there are other areas of expertise to learn from. Interestingly, Lorraine's 1971 'Del Em' DIY abortion kit bears similarities to Exit's early COGEN monoxide generators!

For the planned 2017 NuTech conference to be held in Toronto Canada in October, speakers from outside

of the euthanasia movement have therefore been invited. The draft program is in development but topics already include: toxic & inert gas utilisation, designer drugs, software and app development, delivery systems and security. Projects can loosely be split into three groups: concepts leading to actual construction, concepts in designer phase and ideas/dreams requiring research.

Interested attendees are invited to email Nutech at [nutech@protonmail.com](mailto:nutech@protonmail.com)

## **EXIT WORKSHOP IN GHENT BELGIUM**

It was a pleasure for Dr Philip Nitschke to be able to return the visit of Dr Lieve Thienpont by visiting her Vonkel Centre in Ghent Belgium recently.

Exit members will recall that Dr Thienpont was one of the international keynote speakers at Exit's 20th Anniversary Rights of the Terminally Ill Conference at the State Library of Victoria in Melbourne last September.

In April, Philip gave a public meeting/ workshop to around 20 participants at the Centre in Ghent. Dr Thienpont is one of Belgium's most progressive

psychiatrists, working mainly with people with psychiatric illness in their requests for euthanasia.



*Drs Philip Nitschke & Lieve Thienpont  
Ghent, Belgium 29 April 2017*

## **NEW DATES ADDED: EXIT WORKSHOP TOUR '17**

### **London**

1.30 - 4.30 pm, Saturday 10 June  
Dragon Hall

### **Darwin**

1-4 pm, Saturday 12 August  
Lyons Community Centre

### **Townsville**

1-4 pm, Monday 14 August  
Railway Estate Community Centre

### **Gold Coast**

11am - 2pm, Wednesday 16 August  
Robina Community Centre

### **Brisbane**

2.30 - 5.30, Thursday 17 August  
Kurilpa Hall

### **Adelaide**

1 - 4 pm, Tuesday 22 August  
Prospect Town Hall

### **Canberra**

1 - 4pm, Thursday 24 August  
Hughes Community Centre

### **Sydney**

12.30 - 3.30pm, Saturday 26 August  
Dougherty Community Centre

### **Hobart**

10am - 1pm, Monday 28 August  
Glenorchy Library

### **Melbourne**

1 - 4 pm, Thursday 31 August  
Toorak Library



*Sydney Exit Workshop, 5 October 2016*

### **Perth**

10am - 1 pm, Monday 4 September  
Tuart Hill Function Room

### **Toronto ON Canada**

1 - 4 pm, Monday 30 October  
First Unitarians, 175 St Clair Ave W

### **Vancouver BC Canada**

1 - 4 pm, Wednesday 1 November  
Venue TBC

### **Registrations**

To book, non members please use the registration form (attached or downloadable on the Exit Website).

Members may book by email: [workshops@exitinternational.net](mailto:workshops@exitinternational.net) or phone:

Australia: 1300 10 3948

UK: 07883 509 765

Canada: +1 360 961 1333

Members attend Exit Workshops - Free

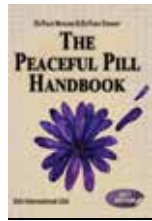
Others - \$100 (exc GST) (inc 1 year Exit Membership)

Existing PPeH Subscribers \$50 (ex GST)

Attendees must be aged 50 years and over and of sound mind. Those falling outside these guidelines are welcome to email Exit to discuss their personal situation.



## PEACEFULPILLSTORE.COM



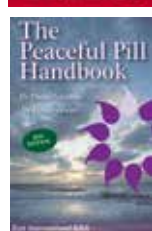
***The Peaceful Pill Handbook (2017 edition)***  
US\$80 (ex shipping)



***The Peaceful Pill eHandbook***  
*(online edition)* 24 month subscription:  
US\$85 \**Continuously Updated* \*



***Killing Me Softly: VE & the Road to the Peaceful Pill*** by Dr Philip Nitschke  
Within US: US\$33 (inc shipping)  
Rest of World : US\$48 (inc shipping)



***The Peaceful Pill Handbook***  
Black White 2016 Edition:  
US\$40 (ex shipping)  
Color 2016 Edition:  
USD\$50 (ex shipping)

## EXITINTERNATIONALSTORE.COM



***Exit He Gas Flow Controls***  
*(with Plumbers Tape + Tube)*  
Price: AUD \$200  
(ships DHL express courier/ express mail)



***Exit Drug Test Kit (Qualitative)***  
Price: AUD\$35 (incl shipping globally)



***Max Bromson Quantitative Barbiturate Test Kit***  
Price: AUD \$275  
(ships DHL express courier/ express mail)



***DVDs: 35 Letters or Mademoiselle & the Doctor***  
AUD \$50 each (incl shipping globally)

## Join Exit International

I wish to join/ rejoin/ donate to Exit International  
(12 Months: Aust - A\$110 inc GST \$10; (couples \$165 inc GST \$15); US/Canada US\$100; UK/ Irel £62/ €73)  
Life membership - A\$1100 (inc GST \$100)

Please send me the paperwork to consider Exit International in my Will

First Name \_\_\_\_\_  
Last Name \_\_\_\_\_  
Address \_\_\_\_\_  
Post/Zipcode \_\_\_\_\_ Country \_\_\_\_\_  
eMail @ \_\_\_\_\_  
Phone \_\_\_\_\_

I am paying \$ \_\_\_\_\_ for \_\_\_\_\_  
Payment Options: Visa /Mastercard \_\_\_\_\_  
Credit Card No \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Signature \_\_\_\_\_  
Expiry Date \_\_\_\_\_ / \_\_\_\_\_

