

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

Dec 2016 - Feb 2017

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

## THE FUTURE?

### THE LAW IS ON THE MOVE ... SOMEWHERE

*Since the US election on 20 January, a fifth US State (Colorado) has moved to legalize assisted suicide for the terminally ill. This follows California and Canada whose laws came into effect in June 2016.*

*In Australia, moves continue afoot in several States to change the law in order for a terminally ill person to get medical help to die. Victoria seems the place most likely to open the legislative floodgates. While in the UK and New Zealand, the debate continues.*

All of these developments are great (if you are terminally ill with less than six months to live). Any law on assisted suicide is better than no law at all. This has long been Exit's policy position.

However, the 'right to choose' debate has never only been about having a doctor come along and certify your intensely-personal decision about when and how to die.

The issue of control over one's life and one's death is much more fundamental than a State-

sanctioned checklist. Terminally ill? Tick. Of sound mind (whatever that means)? Tick. Got two doctors who agree with you? Tick.

While safeguards can be good in 'protecting the vulnerable' as the saying goes, Exit's standpoint is broader, and more nuanced.

Exit's point of difference is that as an organisation Exit supports the rights of all rational adults to decide when and how they will die for whatever reason. This is not limited to those who are terminally ill.

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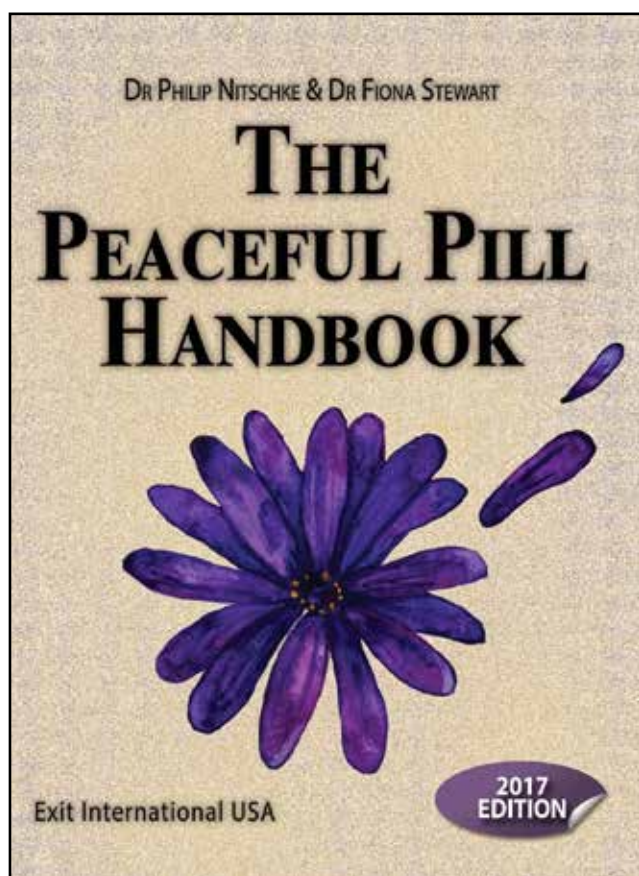
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*Exit Member Manfred Frese spelling out the Exit Euthanasia message in Canberra, 1997*

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## 2017 PEACEFUL PILL HANDBOOK - OUT NOW



To celebrate the 10th anniversary of the publication of *The Peaceful Pill Handbook*, Exit is pleased to announce the new 2017 edition of the book (pre-orders now open at [www.peacefulpill.com](http://www.peacefulpill.com) or using the order form attached).

Just think, it is a decade since the then Attorney General of Australia, Mr Philip Ruddock, appealed the decision of the independent Office of Film and Literature Classification to have the *Handbook* banned.

Since this time, Philip Ruddock has gone on to become Australia's 'Special Envoy for Human Rights'. Ruddock now represents Australia abroad for the promotion and protections of Human Rights (ed's note: as long as those human rights don't include free speech and the right of adult Australians to read books of their choosing). This is pay-off for many years of loyal service to the Liberal Party. It is hard to think of someone less qualified given his extraordinary track record in censorship.

## DMD BARCELONA

In December, Philip was very pleased to be able to meet with the Spanish voluntary euthanasia organisation, **Dret a Morir Dignant** in Barcelona. The meeting was wide-ranging and covered the draft bill that is scheduled for debate in the regional parliament. The aim is to legalize euthanasia in Catalonia. The bill, which seeks to modify Spain's penal code, has the support of all political parties except for the conservative Popular Party. The initiative is being led by the anti-austerity, left-wing Podemos party.

The deputy of the coalition of parties leading the push, Marta Ribas, has said: 'we want each person to be able to decide on their own death. It is not a luxury, it is a right'. Exit could not agree more.

Exit was also pleased to alert DMD about the forthcoming Spanish translation of *The Peaceful Pill Handbook*.

More information about DMD is available on their website at: <http://eutanasia.cat>



*Philip & DMD President, Isabel Alonso in Barcelona, December 2016*

## EXIT FLASH MOB - WE WANT YOU!!

To celebrate Exit's 20th Birthday (& Philip Nitschke's 70th Birthday) Exit is organising a Flash Mob dance to take place on the Gold Coast. Philip's birthday is 8 August. The Flash Mob will be held on the Gold Coast (location TBC) on Saturday 19 August.

### What is a Flash Mob?

According to Wikipedia, a **Flash Mob** is a gathering of people who come together suddenly in a public space for performance art - in our case a dance. **Flash Mobs are a fun, life-affirming way of making a (political) statement.** Not known for his dancing skills, Philip says he is keen to try anything once!



The background inspiration for the Exit Flash Mob is the '**Do Re Mi**' mob that took place at **Antwerp** (Belgium) Central Station in 2009. More recently, Exit was impressed by the '**Pantsuit Mob**' held in **NYC** as a pre-election tribute to Hillary Clinton (who is well known for wearing pantsuits).

The **YouTube links to these Mobs** are at:

<https://www.youtube.com/watch?v=bQLCZOG202k>  
<https://www.youtube.com/watch?v=iiCXnEWiXSw>

Exit has recently contracted a professional choreographer to create a dance so that Exit members and supporters of all ages (and all degrees of flexibility and agility) can take part. To help you get started a DVD is being made of the various dance routines which will make up the big

dance as a whole. This will allow Members to practice at home before coming together for group rehearsals. The dance routine that you need to learn will also be posted on Youtube.com if you don't have a DVD-player.

### How to get involved?

Exit is calling for 100+ members (& supporters from the general community) to participate in this special dual-birthday event. If you are interested, please contact Gold Coast Chapter Coordinator, Elaine Arch-Rowe, on 0421-796-713 or email Elaine on: [elaineexitgc@bigpond.com](mailto:elaineexitgc@bigpond.com)

The success of the Mob depends on the enthusiasm of Exit supporters, so you are urged to come along and get involved. You won't regret it.

## INTRODUCING ROCHELLE

**Rochelle Carmichael**, MA, is an independent artist, award winning director & choreographer, professional performer, and Dance/Pilates teacher based in Melbourne.

Rochelle teaches contemporary dance, classical ballet and choreographic methods working for major companies and institutions including Chunky Move, Meryl Tankard Dance Theatre, Victorian College of the Arts, Ausdance Victoria & Transit Dance. Rochelle is currently working with Fine Lines (mature dance projects) and Dancebourne Arts.

For Exit, Rochelle will be Flash Mob Creator & Coordinator. Rochelle will create the dance routine (appropriate for all ages, degrees of athleticism, & genders), as well as taking rehearsals. She will also direct the Flash Mobs on the performance day.



## TEDx DARWIN



If a 'good death' (euthanasia) is a civil right, then all elderly (not only people who are terminally ill) should be provided with the means to end their lives peacefully, when and if they choose.

### *'Why Suicide Drugs should be issued to the Elderly'*

This is the subject of Dr Philip Nitschke's controversial & thought-provoking TEDx presentation, from Darwin in August 2016.



Philip's TEDx address is finally available online at: <http://bit.ly/2ll7AVO>

The Exit Forums ([www.peacefulpillforums.com](http://www.peacefulpillforums.com)) are open for comments & questions.

*TED is a nonprofit devoted to spreading ideas, in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Independently run TEDx events help share ideas in communities around the world.*

## 'I WISH THAT ...'

Melbourne writer, Angelique Flowers, died of bowel cancer a few months after her 31st birthday. Before she died she was writing furiously.

Angelique's bother Damian (London) and sister Michelle (Canada) have worked together to produce a **beautiful small book of their sister's 100 Wishes.**

*'I wish you solve a crossword without a cross word'*

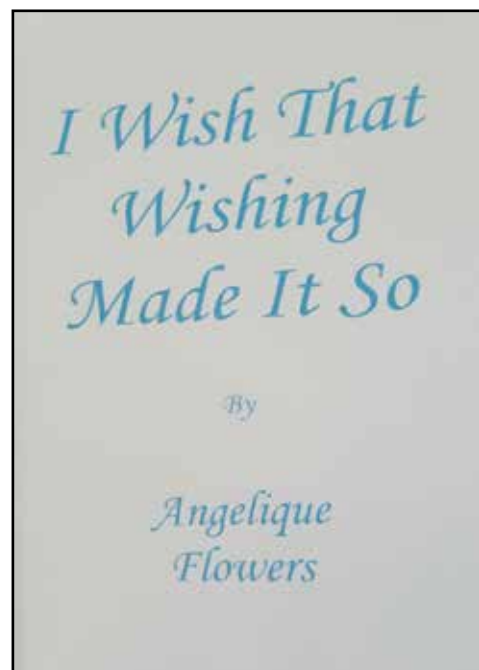
*'I wish life isn't too short to realise life is too short'*

*'I wish global conflicts were resolved with thumb wars'*

*'I wish you're left with a pair of matching odd socks'*

At a time when we all need to slow down and smell the flowers, this book offers a beautiful moment of peace. Angelique's life and death became the subject of Janine Hosking's 2014 documentary '35 Letters' which won Best Documentary at the 2014 Sydney Film Festival.

'I wish that wishing made it so' available \$15 (inc AustPost delivery globally) on the Exit International Store website: [www.exitinternationalstore.com](http://www.exitinternationalstore.com) or by calling the Exit office on 1300 10 3948 (EXIT).



### **SUZY AUSTEN GOES TO COURT**

When Exit's Wellington (NZ) Chapter Coordinator, Suzy Austen, was charged with two counts of importing Nembutal in October last year, the entire organisation was horrified that the New Zealand police had used a fake roadblock to gather intelligence on Exit members and on Suzy in particular.

When Suzy first appeared in the Wellington District Court in October, she entered no plea. She is due back in court this month. I am watching the matter with great interest. While Suzy's is the first case of its kind to find its way into the courts in New Zealand there have been a handful of people charged in Australia with the same offence. All of those convicted have received a fine, and no conviction. However, the Australians who have been convicted have not been the subject of such extreme (and likely unlawful) police tactics. There has been no sting 'Operation Painter' outside of New Zealand.

To recap, Exit members were stopped by NZ Police in October using a DUI roadblock which they set up near Suzy's home in Lower Hutt. The roadblock targeted Exit members on their way home, after one of Suzy's pot-luck Sunday lunch gatherings. Those stopped were later visited by the Police at their homes where they were questioned about whether they had ever imported Nembutal and their general mental health. One woman even had her lawfully-purchased, Balloon Time helium confiscated.

Leading NZ lawyers have since described the roadblock as an 'unlawful checkpoint to interrogate pensioners' and a likely 'breach of police powers'. With the matter now before the Independent Police Conduct Authority, it remains to be seen how and if NZ Police will attempt to use possibly illegally-obtained evidence against Suzy. The entire Exit community should watch this case closely. NZ Police activities have set a new low in a State's approach to older people who simply want an end of life option, for some possible time in the future. Shame!

### **COMMERCIAL LAB NEMBUTAL TESTING**

The January 2017 update to *The Peaceful Pill eHandbook* represented a significant breakthrough in the trials and tribulations of Nembutal testing. It was with great relief that Exit was finally in a position to refer subscribers to a commercial laboratory for Nembutal testing.

For some years now the issue of testing has been important. To fill the gap, Exit has developed a number of home test kits. However no home testing methodology was ever going to be as good as a professional laboratory. After all, such laboratories use very expensive and sophisticated testing equipment.

While Exit had been in talks in various countries with folk who test party drugs, no laboratory had stepped forward to offer a service to subscribers to *The Peaceful Pill eHandbook* in particular. This was despite Exit's adoption of a very similar harm minimization framework. Where party drugs are concerned, logic figures that people are still going to take the drugs and it is best to know the make-up of the pill that is about to be consumed. Only once a drug's composition is known can the risks associated with the pill's ingestion be calculated and accommodated.

With Nembutal, the argument is similar. As long as Nembutal is available over the Internet it will be purchased and it will be used. No one wants a 'botched' death. Knowing one's drug is pure not only ensures that the death will be both peaceful and reliable but it provides enormous peace of mind to all concerned. Full details about the laboratory in question can be found in Chapter 18 of *The Peaceful Pill eHandbook*.

### **EXIT FLASH MOB**

As highlighted on page 3 of this newsletter, 2017 is Exit's 20th year in existence (& my 70th birthday). With my wife Fiona I have been a keen viewer of the recent BBC2 documentary 'Our Dancing Town' (<http://bbc.in/2kT1Y7q>). Dance has the power to bring people together and generate wonderful community goodwill. While I am no dancer (largely due to my broken foot), I can think of no better way of celebrating this dual-birthday, than with Exit members from around Australia. A flash mob group performance to one of my favourite songs seems a fun, political, if not a little unusual, way for Exit friends to come together to show what a life-affirming bunch we all are.

I would be overjoyed to have 100+ people join me on the Gold Coast for the Flash Mob. Choreographer Rochelle Carmichael says there will be dance moves for every age and agility. According to Rochelle, if you have a walking stick or frame, that will be incorporated into the movements for you. Please do join up. There is power in numbers for this 'once in a lifetime' event!

*Philip Nitschke*

## HOLLYWOOD DEBUT - YOUTH IN OREGON

An unlikely cameo for *The Peaceful Pill Handbook* perhaps, but given the topic of *Youth In Oregon*, not really.

New Hollywood feature film - *Youth in Oregon* - stars Frank Langella as a 79-year-old who makes arrangements to be euthanized in Oregon, but his family refuses to accept his decision.

Billy Crudup plays the son-in-law who reluctantly volunteers to drive Langella's character and his wine-loving wife 3,000 miles to Oregon — and discovers that convincing his father-in-law to keep living when he's ready to check out is no simple task. Director Joel David Moore has said of his film,

*“overall, this beautiful film tackles one of humanity's most universal dilemmas, told through the lens of an estranged, intimacy-parched family that has to bear the burden of a patriarch's decision to leave them all behind”.*



*“As filmmakers, we want to leave you thinking about your own mortality, and what compromises you may make moving into you or your parents' later years.”*

Prior to production, Exit was contacted by the film's producers requesting permission for product placement of *The Peaceful Pill Handbook*. A confidentiality agreement ensued so 'mum' was the word, until now. General release this February.

## HAVE YOU HAD A WELFARE CHECK?

In November, an 83-year-old Exit member in Melbourne reported yet another police 'welfare check'. By this, she described a situation where the Australian Federal Police and then three detectives from the Victorian Police visited her home in Toorak on two separate occasions in regard to an 'alleged attempt to import Nembutal'. The Victorian Police said they had no knowledge that the AFP had earlier also visited. They said they were 'concerned for her wellbeing'.

The Exit member concerned told the Police that she had no intention of using Nembutal to end her life. Rather, she just wanted the comfort and reassurance of having it in the cupboard, just in case.

In response to these Police checks, Exit is holding legal information sessions in 2017 around Australia. These sessions will educate members of their legal rights, should the Police come calling. For details please contact your local Chapter Coordinator for the time / date of the session in your local area.



## NVVE CONFERENCE - AMERSFOORT, DEC 2016

It was with great pleasure that Dr Philip Nitschke was able to speak at the annual NVVE (leading Dutch euthanasia group) symposium. With a membership of over 165,000, NVVE is the world's largest voluntary euthanasia organisation.

You may think that there is no need for such a group given the long-standing Dutch *Termination of Life on Request and Assisted Suicide Act* (2002), this is far from the case. This is because the issue keeps changing. Whereas once it was deemed acceptable for a doctor to help a terminally ill person to die, the focus is now on the rights of all elderly people to receive medical help to die, regardless of their state of health. With such similar goals, it makes sense for Exit and NVVE to build a close relationship.

To this end Philip spoke to a capacity crowd at the Symposium in Amersfoort in December. The topic of Philip's address was 'Beyond the Medical Model'. He provided a framework of understanding for seeing end-of-life decision-making as a human right for all rational adults, rather than a medical privilege bestowed on a few. For more information on NVVE (in English), see: [www.nvve.nl](http://www.nvve.nl)



*Philip Nitschke at NVVE Symposium, 6 December 2016*



*Philip speaking during the Plenary (3rd from left)*



*Organic, Fair Trade Dutch coffin makers - [www.hemel-bed.nl](http://www.hemel-bed.nl)*

## THE FUTURE IS YOURS<sup>CONT.</sup>

Rather, if you are an adult, and of sound mind, then Exit is committed to you obtaining the information you will need to make informed decisions about your life and death. Age and soundness of mind are our fundamentals. The rest is your business, not ours.

Exit's 'Vision, Mission & Values' statement can now be found on the Exit website at:

<https://exitinternational.net/about-exit/our-philosophy/>

Exit thanks Dr David Swanton and the Canberra Chapter of Exit for formulating the words and essence of our organisation.



## PEACEFULPILLSTORE.COM



### ***The Peaceful Pill Handbook (2017 edition)***

Within US: US\$73 (incl shipping)  
Rest of World : US\$95 (inc shipping)



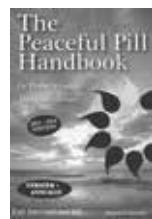
### ***The Peaceful Pill eHandbook***

***(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 (2016 BW ed)***

Within US: US\$43 (inc shipping)  
Rest of World : US\$65 (inc shipping)  
Color 2016 Edition: Within US: US\$53/  
Rest of World US\$75 (inc 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)



### ***35 Letters DVD***

Director: Janine Hosking  
AUD \$50 (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

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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 \_\_\_\_\_ / \_\_\_\_\_



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