

COUNSELLING SUICIDE? MORANT SENTENCED TO 10 YEARS

Queensland man, Graham Morant, made international legal history when he was sentenced in early November to 10 years prison for counselling his wife Jenny to suicide. A further charge of aiding her suicide added another 6 years, to be served concurrently. But the Graham Morant story is a miscarriage of justice.

Married to Jenny Morant, a member of Exit, Graham Morant

was depicted in his trial as a money-grabbing, vindictive man who forced his wife to die so that he could collect \$1.4 million from her life insurance policies.

Jenny Morant, 56, died in her car in 2014 from carbon monoxide poisoning. She was reported in the media as suffering from chronic pain, anxiety and depression.

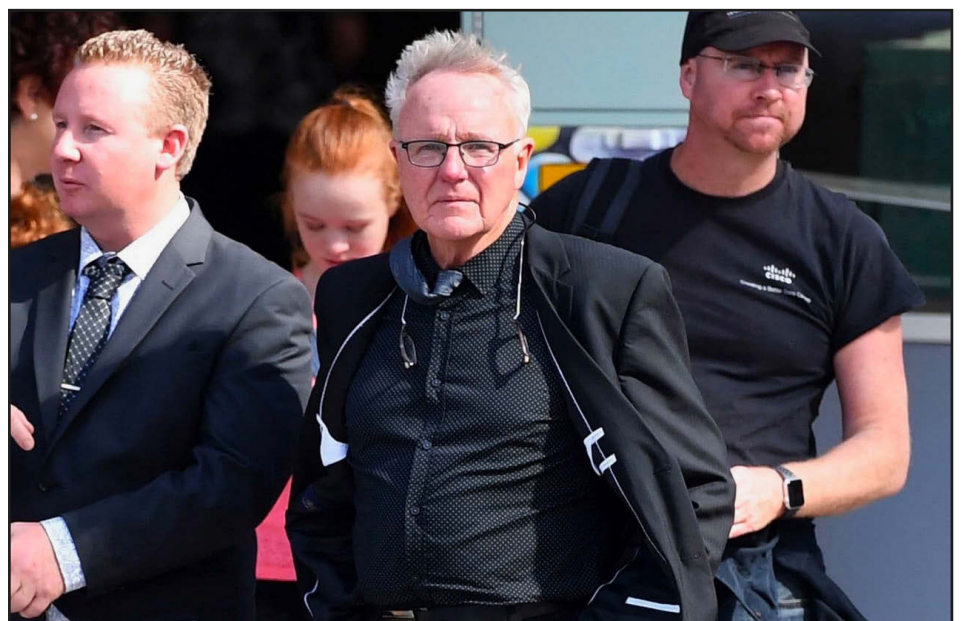
The court decided that Graham encouraged Jenny to suicide by

telling her that he knew how to do it and verbally agreeing to help her. The court accepted that he told her he believed that it would not be a sin in God's eyes if she suicided.

Graham Morant, like Australian Prime Minister Scott Morrison, is a member of the Assemblies of God pentecostal church. Reports said he wanted the money to build a religious commune. (cont p.11)

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Graham Morant on his way to his court sentencing, Brisbane, November 2018

THE STORY OF BLACK VENUS

The final *Peaceful Pill eHandbook* update for 2018 features a method of dying which has come to attention lately due to the adventures of former South Korean spy, Park Chae-seo: codename 'Black Venus'.

In a recent interview with Agence France Presse, Black Venus was reported to say that, unlike North Korean spies, he was never issued with suicide pills to ensure a quick end if captured. Instead, he stated, 'we were trained to kill ourselves with our own fingers' using 'some critical points in the body'.

A method of dying that is peaceful and reliable and which does not involve drugs, gases or poisons? Sounds interesting, right?

Black Venus is talking about the old-new 'carotid' method. The Black Venus interview is timely in that it sits neatly with the presentation at the Cape Town NuTech 2018 conference by Canadian activist Ruth von Fuchs. Along with Dr Jack Kevorkian's former assistant, Neal Nicol, and Scottish activist Chris Docker, Ruth has long been interested and active in testing this methodology.

This brand new *eHandbook* chapter is likely to have particular relevance for those who are living in an institutional setting such as a nursing home.

The method (which is technique dependent) may also be a consideration for those who are unable to travel to exotic locations such as Peru, or who do not wish to break the law by mail-ordering illegal drugs or who do not want obvious equipment such as a nitrogen cylinder from Max Dog Brewing.

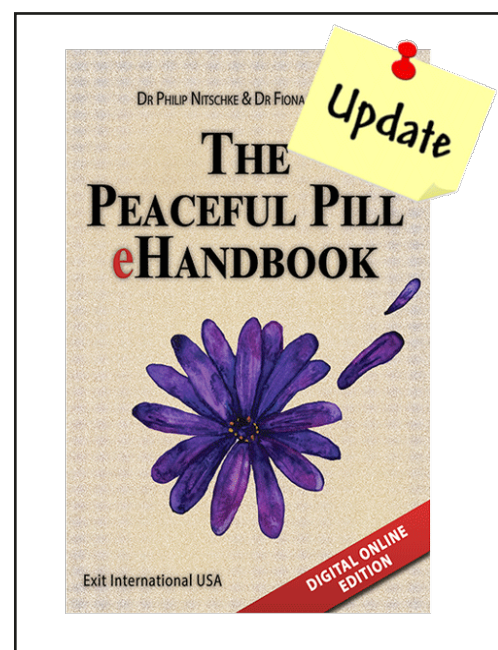
Black Venus was discussed by Dr Philip Nitschke at the recent Exit workshops held in Australia and New Zealand. Audiences were used as 'focus groups' to gauge interest. The result? An option that involves no drugs, gases or poisons is certainly something worthy of further research and of publication.



Former South Korean spy Park Chae-seo aka 'Black Venus'



Ruth von Fuchs & Neal Nicol explaining the Black Venus method at NuTech in Toronto in October 2017



Black Venus will feature in the December 2018 Update to the Peaceful Pill eHandbook

SEAN DAVISON CHARGED - MURDER

It was with dismay and deep concern that Exit learned of the pending legal action against the President of the World Federation of Right to Die Societies, Professor Sean Davison. Sean has been charged with two counts of 'premeditated murder' (note, not assisted suicide) in Cape Town, South Africa (SA).

The first charge involves the 2013 death of former SA medical doctor, Anrich Burger, who had become a quadriplegic after a car accident some years earlier. The second charge concerns the 2014 death of motor neurone disease sufferer, Justin Varian. Dr Burger died using Nembutal. Justin Varian is reported to have died using an Exit bag and helium.

Sean was arrested at his home in Cape Town in the week following the World Fed Conference in October. He has had his computer, mobile phone and passports confiscated by the police. Tragically, Sean's wife and three young children had recently relocated to Wollongong in Australia, in anticipation of the family's permanent relocation away from the violence that permeates life in South Africa.

This week, Sean has told Exit that the family has returned to Cape Town (since he can no longer leave the country), and that he hopes this will give him the emotional support he needs to get through the ordeal. That said, Sean's wife Rayne told NZ media on 2 December:

'Sean's state of mind is worse than mine'. He is very sad and fearful of being separated from his children. We talk and laugh, but the feeling of fear never goes away.'

Exit members will remember Sean as a speaker at Exit's 20th Anniversary conference at the State Library of Victoria in September 2016. At that time Sean was perhaps best known for assisting his



Professor Sean Davison

mother, a retired doctor who had cancer, to die in New Zealand in 2010. Sean pleaded guilty and spent five months serving home detention in 2011.

As if the two charges facing Sean Davison were not bad enough, the prosecutor has asked the court for an extension in time to gather the evidence for a third charge. The crime of murder in South Africa carries the mandatory sentence of 20+ years jail.

In an affidavit read by Sean's lawyer to the court, he said his 'greatest fear' is the impact any incarceration would have on his wife, and their children, Flynn, 9, Finnian, 8, and Fia, 4.

'I fear my children would not be able to process the thought of my being in prison,' he said. "The financial burden of our household falls on my shoulders.'

Exit will report regularly on Sean's situation in the coming months. Exit expects to see a crowd-funding campaign established in the coming weeks by Dignity South Africa (the organisation founded by Sean) and/ or the World Federation of Right to Die Societies of which he is President.

The 2 December interview with Sean's wife Rayne can be read at: <http://bit.ly/seaninstuff>

NUTECH 2018 REPORT

NuTech is the premier research and development group investigating the use of new technologies in peaceful dying. Founded some 20 years ago by John Hofsess, Rob Neils, Philip Nitschke & Derek Humphry, NuTech meets regularly to showcase new 'inventions, thinking, developments' in practical DIY (do-it-yourself) end of life options.

In 2018, NuTech gathered in Cape Town, South Africa on the Sunday following the conference of the World Federation of Right to Die Societies. NuTech was live-streamed around the world.

NuTech 2018 Program

- Use of Inorganic Salts - Ned Wheeler (USA)
- NuTech 2018: Using VR (virtual reality) to prepare for a peaceful death - Philip Nitschke (NL)
- NuTech 2018: The Electric Fibrillator - William Suggest (Aust)
- The Portable Dry CO Generator - Philip Nitschke (NL)
- Should we Abandon Helium? - Ruben Battino (USA)
- The Rebreather Revisited - Looking at Improvements - Richard Avocet (USA)
- Fatal Faint - Examining the Carotid Method - Ruth von Fuchs (Canada)

As a stand-alone group, NuTech has no formal funding. This year Exit International (Australia) & Final Exit Network (USA) each donated \$1000 each to help cover the conference & streaming costs. Remaining costs were covered by ticket sales.

The videos from the live-stream are available online to affiliates of NuTech. All funds are preserved for the staging of future NuTech gatherings and for the funding of the R&D which underpins the group's activities.



Hugh Wynne (Scotland) experiencing Sarco in VR at NuTech 2018, Cape Town

The Affiliate Program

Affiliates of NuTech become part of a unique, global community that enables research into technologies that may assist peaceful, self-directed, non-medical dying. Affiliation with NuTech, is a tangible way of making sure that a 'good death' is a fundamental human right (rather than a medical privilege available only for the *very* sick).

If readers have an idea that would benefit from R&D funding, they are invited to contact NuTech on nutech@protonmail.com

The complete set of NuTech 2018 video recordings is now available for a donation of USD50 at: <https://www.exitinternational.net/nutech/store/product/nutech-2018-recordings/>

EDITORIAL

e-Deliverance

SARCO UPDATE

At the time of writing, Exit's 3D printer is busy at work 24/7 creating the first Sarco euthanasia capsule. The Sarco is being printed at the 'Maak' 3D print precinct in Haarlem in the Netherlands.

As each component comes off the 3D printer production line, the closer we get to this revolutionally concept being realised and the more excited I become. The Sarco project has been years in the making and the coming weeks will see the first Mk#1 Sarco - a prototype - realised.

FIRST FRENCH WORKSHOP IN MARSEILLE

Another recent first was my first French-language workshop which I gave in Marseille in October at the annual conference of French DIY, right to die organisation, Ultime Liberté.

My powerpoint slides were expertly translated by Guylene Briend Surrel. Ultime Liberté contracted an extraordinarily talented young interpreter from Paris to real time interpret the workshop.

Professional interpretation is an amazing thing as it allows ideas to cross languages and cultures. I am very grateful to Ultime Liberté President Claude Hury for the invitation and the kind hospitality she and her organisation showed us in Marseille.



AMSTERDAM DRUG CONFERENCE

Shortly before I left for the Australian workshop tour, I was very pleased to take part in an international conference in Amsterdam organised by the group 'Women Help Women'. The conference brought together people from around the world who have an

interest in the illicit drug field, be this euthanasia drugs, abortion drugs or recreational drug use. The conference focused in part upon the ways in which various drugs are restricted, government regulation policies and public health impacts of such restriction as well as issues such as the dark web market place.

One point that the conference drove home was how many similarities and overlap there are in regard to illegal drugs across different stake-holder groups. The conference was a valuable networking opportunity for Exit and provided some hitherto unknown insights into the way drugs are traded around the world.

SOME THOUGHTS ON SEAN DAVISON

Sean Davison is a good man, of this I am certain. As undeserved as his current dire predicament in South Africa may be, the murder charges which he now faces are a powerful reminder of how important it is to take responsibility for one's own death. It has never been good enough to involve others. Life in jail for helping someone to die is a price that should never be asked of someone, regardless of how good a friend they may be or how much the person is loved.

Sean is being represented by skilled and experienced lawyers which is a good thing but the fact remains, if he is found guilty (and remember in South Africa there are no jury trials, only a single Judge), he faces life imprisonment.

Exit will stay in close contact with Sean and let the Exit community know of any developments and how best supporters from around the world can help him. Good wishes and messages of moral support that are emailed to contact@exitinternational.net will be passed directly to Sean.

STAFF CHANGES

After almost six years of working with Exit (most of these in administration), Exit is sad to farewell Rachel Crossland. Rachel resigned in November and we wish her well. She felt stretched between her family and Exit. The workload at Exit can be brutal. This is why we have instigated a new email contact centre on the website as we try to rationalise the workload for our small core staff. With bad news come good news and that is that Exit's beloved nurse of many years, Amanda McClure, is returning to work with us full time. Sometimes you just get lucky! Welcome back Amanda!!!
Philip Nitschke

WORLD FEDERATION CONFERENCE REPORT

Many years after Exit received our first sponsorship to join the World Federation of Right to Die Societies, so the membership finally became a reality on Cape Town in September.

The World Federation of Right to Die Societies is the global peak body for end of life choice groups. While staunchly conservatively medical in focus, it has been a group that has lasted over time, despite many (including Exit) questioning its role or purpose. While Exit has been largely ambivalent about the group over the past 20 years, it was pleasant to be finally considered a suitable candidate for organisational membership.

While 99% of member groups welcomed Exit to the World Federation, it was rather disappointing and even petty for Dying with Dignity Victoria and the South Australian Voluntary Euthanasia Society to be the only groups in the room who tried to block Exit's application for membership and who voted against the recommendation that Exit be accepted as a member.

DWDV committee member Roger Hont would later tell Dr Fiona Stewart that he had been instructed to vote thus by his committee, as if by some way explaining the embarrassing position he momentarily found himself in on the global stage. The very small South Australian Voluntary Euthanasia society has long-harbored antagonism towards Philip personally, so it was hardly surprising that their churlishness would have changed now. The tall poppy syndrome is alive and well.

Politics aside, attendance at the Cape Town conference was worthwhile not only for the networking opportunity, but because it provided the space for Philip to present his thoughts on why the medical model is dead.

In this regard the World Federation is a group that has long had difficulty acknowledging advocacy models beyond the medical model. There are starkly few groups who believe that dying well is a fundamental human



right. And equally few organisations who are prepared to think that dying can be a personal, private and individual matter, that does not require a doctor.

To this end, Exit will trial its membership for the coming year or two. Given the Federation expects a considerable membership fee, it always remains to Exit to determine if this is a good use of Exit members' funds.

In closing Exit would like to thank World Federation President Sean Davison. It was Sean who sponsored Exit's membership. Without him, there is little doubt that we would still be on the outside, pressing our noses to the glass, for better or worse.

Professor Davison's conference welcome can be viewed on YouTube at: <http://bit.ly/WorldFed2018>

Dr Philip Nitschke's presentation can be viewed at: <https://www.youtube.com/watch?v=d8Or4kuZADo>

Professor Sean Davison's main presentation is at: <https://www.youtube.com/watch?v=hQnpkz4BNFw>

LETTER FROM IRELAND WITH TOM

It is a pleasure to be asked this year to write an annual report for the Exit newsletter. Until now, it could be said that what goes on in Ireland, stays in Ireland. This can now change. Especially since my country can say we have a proud record of recent human rights' advances. I'm talking here about our referendum on abortion law earlier this year and the legalisation of gay marriage in 2015.

For me, the year opened with my hosting a well-attended London Exit Chapter Meeting with guest speaker, Gail O'Rorke. In 2015, Gail was tried in Ireland for assisting the suicide of her friend, Exit member Bernadette Forde. Gail had attempted to buy Bernadette an air ticket to Zurich for her appointment at Dignitas. The London meeting gave Gail an excellent chance to tell UK members about her experience and to discuss her book, *Crime or Compassion? One Woman's Story of a Loving Friendship That Knew No Bounds*.

Also at beginning of the year I was pleased to receive an invitation, out of the blue, to make a presentation to Ireland's Joint Parliamentary Committee on Justice. The report that followed in June recommended that the Irish Parliament (the Oireachtas) should establish a working group to look at implementing assisted dying legislation.

Interestingly, the Parliament had earlier been instructed by the Irish Supreme Court to enact such legislation. This was back in 2013 when my late partner, Marie Fleming who had MS, made her unsuccessful case in Ireland's Constitutional Court.

This year's Parliamentary report also recommended that the issue should be sent to Ireland's Citizens' Assembly for their consideration. While good intentions abound in Ireland, I am sorry to say that neither of these things have happened.

That said, there can be no doubt that the right-to-die issue is now firmly on the Irish public and political agenda. I believe this is largely as a result of the advances made in regard to the two other moral issues I mentioned above: same sex marriage and abortion.

Both of these issues have seen the people of Ireland vote overwhelmingly in favour of something that would never have happened in the era that I was brought up in.

A second impetus for change, at least this year, resulted from the huge publicity that following the death of Professor David Goodall in Switzerland last May.

I was honoured to travel to Switzerland to be with David when he died at the Life Circle - Eternal Spirit organisation in Basel. My presence at his death brought the right-to-die issue national coverage in Ireland in the print media, on radio and TV.

Not surprisingly, recent months have been especially busy as a result. I have continued to fly the Exit flag with keynote speaking engagements at five of our national universities. I have also participated in debates at two others, the last of which was just this week.

Looking forward, I'll spend a quiet Christmas with my family. This has become an especially difficult time for me in recent years. The 20th of December marks the fifth anniversary of dear Marie's death and I continue to miss her greatly.

Best regards, Tom Curran



London Chapter Meeting with Gail O'Rorke, February 2018



With Professor David Goodall in Basel, Switzerland

INTERNATIONAL MEDIA REPORT

The latter part of 2018 has been a busy time for Exit in terms of global media coverage. Exit's Netherlands' workshop and the 3D print studio in Haarlem have been visited by film crews from as disparate places as China, South Korea, Belgium and the UK. Print, radio and web interviews have taken place with journalists from Sweden, Japan, Russia, Norway, Switzerland, Germany, France, Colombia, the US and so on. For some of this media, Exit is bound by confidentiality agreements. We report here on what is currently able to be discussed.

Why the general interest?

The majority of media interest continues to follow the development of the Sarco euthanasia capsule. The Sarco is currently being 3D-printed in Haarlem in the Netherlands.

There is little doubt that the Sarco has (rightly) captured attention as it challenges preconceptions about the death experience: how it currently is and how it might be. While there are still myriad legal issues to be addressed it is quietly hoped that the first use of the Sarco will take place in Switzerland in 2019. Sarco plans can be followed at www.Sarco.design.

Another source of interest is the changing nature of the right to die debate with journalists starting to understand that a person's right to a peaceful and reliable death at a time of one's choosing should not be limited to those who are seriously ill or suffering. Rather, a good death is a fundamental human right, especially as far as the baby-boom generation is concerned. How we die, and control over dying is increasingly providing the media with food for thought, and it seems they are hungry for more.

Looking forward to 2019, Exit fully expects the long-awaited documentary by Vice to be finally released. Exit spent the best part of 3 years filming with Vice UK. This was an interesting project to be a part of. We are equally sure the fruits of their labours will be relevant to the Exit membership.

Exit will also soon feature in a new series on ageing on the BBC. We are sorry we cannot say more than this at the current time.



Filming in the Netherlands with the Chinese crew who were also present in Switzerland to document David Goodall's final days



Filming with the crew from KBS, South Korea's national broadcaster



Filming at the Haarlem 3D studio with Belgian comedian-presenter Marcel Vanthilt for his forthcoming TV series on ageing

EXIT CHAPTERS ANNUAL PLANNING MTG

Every year Exit brings together its volunteers from Australia and New Zealand to network, exchange ideas and to re-energize for the year ahead. Every time the Coordinators meet, Exit is reminded of how important this opportunity is for them all. Local chapters are the lifeblood of Exit. Without our dedicated band of volunteers who coordinate such groups, Exit would be very much the poorer.

For this reason, Exit was pleased to have almost all coordinators attend a two-day planning meeting in Adelaide. Even Suzy Austen (who, since her trial in February in Wellington, has a criminal conviction) was able to get to Adelaide to take part.

The time together was spent describing how each chapter runs, exchanging tips and offering suggestions. This information-sharing is particularly important since the Melbourne chapter has new coordinators in the form of Chris Lovelock and Cath Ringwood. Exit also welcomed May Geaney who has taken over from Marj Lawrence in Townsville in FNQ.

Understandably, an important feature of the annual meetings is the dinner that Exit holds in honour of the coordinators. At this year's dinner Exit presented a number of awards reflecting appreciation for the work done for the organisation. In this regard, both Rachel Crossland (reception & administration) and Fiona Stewart were acknowledged for their hard work.

Wellington Chapter Coordinator Suzy Austen was also honoured with an 'Exit Leadership Award' which formally recognises the stellar way in which Suzy represented Exit in the lead up to, and during, her trial for the assisted suicide of Annemarie Treadwell (and the importation of Nembutal). Suzy's trial was held in Wellington's High Court in February earlier this year.

The next Chapter planning meeting is due to be held in late 2019 or early 2020, most likely in Queensland. Special thanks must be made to Kerri Dennis and Rachel Crossland for organising such a thoughtful and efficient 2 days of work and play.



Group planning meeting



Fun at the Official Dinner



Fern, Kay & Cath experimenting with VR & Sarco



Annual group photo of Exit's Volunteer Coordinators

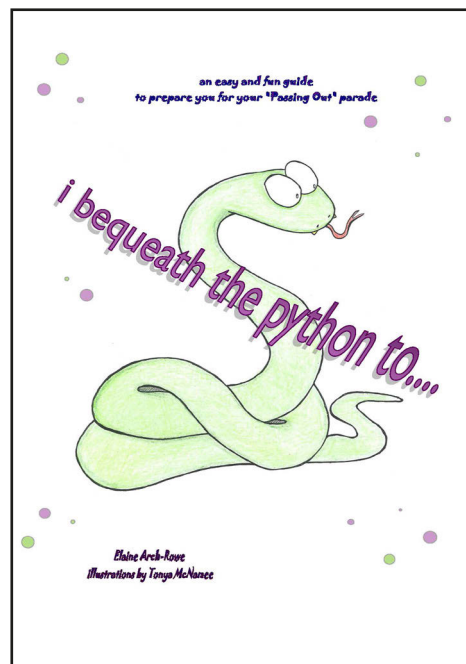
I BEQUEATH THE PYTHON GUIDE

Exit is very pleased to announce that the 2nd edition of *I Bequeath the Python* is now available.

First published in 2007, *I Bequeath the Python* is the brainchild of Gold Coast Chapter Coordinator, Elaine Arch-Rowe. The illustrations in the new edition come courtesy of Elaine's daughter, Tonja McNamee. Great work!

'*The Python*', as this booklet has come to be known, is a useful summary of all the other things that need to be considered when one is planning for one's Exit. For example, where should you leave your will? Who knows the passwords to your email accounts or Facebook account? Where is your funeral plan, your advance directive and so on.

It is easy to see why on Exit's recent workshop tour, *I Bequeath the Python* sold out at each meeting. It is a brilliant way to let others know of your wishes and intentions when you are gone.



The Python is available on the back page order form of this newsletter or from the Exit store at the Exit Website (<https://www.exitinternational.net>)

EXIT WORKSHOPS 2018 & 2019

After an extremely hectic October - November 2018 workshop tour of Australia and New Zealand with around 1000 members attending across 7 meetings, the decision has been taken to postpone the planned March tour until later in 2019.

At this stage Exit is rebooking venues for the middle of July. Confirmed cities include: Hobart, Melbourne, the Gold Coast, the Sunshine Coast, Coffs Harbour (NSW) and Sydney.

Never one to shirk innovation, Exit hopes for the first time to organise a bus to bring Brisbane members down to the Gold Coast meeting where the venue is large enough to accommodate several hundred people.

Please note: The London Workshop will be held on Saturday 26 January 2019 (1-4pm, Dragon Hall, WC2B 5LT). All members welcome. Registrations: 07883 509 765 or Email: register@exitinternational.net

Exit will post further details of 2019 Australian dates on the Exit website as well as in our regular email news updates. Inquiries: (Aust only) 1300 10 3948.



Karen Gooall with Philip Nitschke at the Perth 2018 workshop where Professor David Goodall (Karen's father) was posthumously presented with an Exit Leadership Award.

COUNSELLING SUICIDE? CONT FROM PAGE 1 -

While Prosecutor Michael Lehane asked for a sentence of 10-14 years for Graham Morant, with no possibility of early release, the defence counsel suggested a more modest 8 years.

The length of these sentences is a far cry from the 3-year (& 6-month, non-parole) sentence handed down in the same Court to Merin Nielson in 2012. Six years ago, Nielson was found to have assisted with the suicide of Exit member, Frank Ward, by sourcing Nembutal for him in Mexico.

In sentencing Morant, Justice Peter Davis stated 'Mrs Morant was a vulnerable person with difficulties with her physical health. She was suffering depression.'

Addressing Graham Morant he lectured '[y]ou took advantage of those vulnerabilities in order to persuade her to kill herself and then assisted her to do so once she had made that decision.'

On these facts, it could be said that Graham Morant sounds like a crazy Christian with a set agenda to see his wife kill herself and breath-taking religious hypocrisy. However, according to Exit's database records, nothing could not be further from the truth.

Jenny Morant first made contact with Exit in May 2014 writing:

I desperately need your help, to assist me to end my life in a peaceful manner. I am in chronic pain for the past 3 years now, with Spinal Surgery not giving me any relief, in August 2011, I fractured my spine from Osteo Perosis, and I had 3 rods, 2 plates and cement injected into my spine, but the operation was not a success and now I am having to take large amounts on a daily basis of Oxycontin, Endone, Tramadol, Stemetil, Maxolon, Panadol Osteo, but most days I do not get out of bed because the pain and the nausea is so bad, if I can manage to get up, I am back in bed by 4PM, propped up with Pillows, so i can eat a little amount of food, but the past 4 months I have had such severe nausea i could not eat at all,



Justice Peter Davis

& also with the large amounts of Oxycontin I have to take the side effects are terrible. I am 56 years old and I have no quality of life ...

At the time, Jenny was advised to buy the *Peaceful Pill eHandbook* which she duly did. However, her incapacity meant that much of the information in the book was already out of her reach.

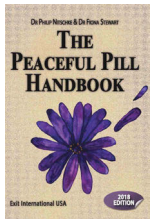
In September 2014 she wrote to Exit:

In desperation the other night I crushed every tablet I had and drank it down with some alcohol, I followed all your instructions, taking Maxolon & Stemetil, but I just woke up 20 hours later feeling sick and vomitting ... Please help me, I have discussed with my Husband but he is too upset to help me, so I am all alone with my pain & I have no one to help me except you, as I live in a rural community & find it hard to drive off the mountain where we live, and my husband won't take me to your workshops, so I could talk to you. Please I beg you help me.

Jenny's private email correspondence with Exit depicts Graham Morant as more uncooperative, than encouraging, when it comes to his wife's suicide.

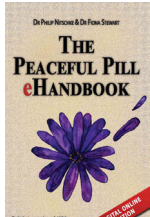
Exit has since passed Jenny Morant's emails to the Morant family. The information is now forming the basis of an appeal (to the conviction & sentence). The **ABC News** report is at: <http://bit.ly/ABCMorant>

PEACEFULPILL.COM



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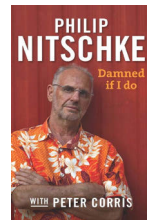
Rest of World : US\$48 (inc shipping)



I Bequeath the Python

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by Philip Nitschke & Peter Corris

Global: AUD\$45 (exc shipping)



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