

e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

Jan - April 2018

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104 YEAR OLD EXIT MEMBER GOES TO SWITZERLAND

On the eve of his 104th birthday on 4 April, Exit's oldest Exit Member, Emeritus Professor David Goodall, announced his intention to attend the Life Circle service in Basel, Switzerland for an assisted death.

With an Exit Member number of #1848, David Goodall has been a member of Exit longer than most people. An active member of the WA Exit Chapter run by Carol O'Neil, Professor Goodall has attended more Exit workshops than he cares to remember.

Well organised to the end, he thought he had his plans in place. However, it seems that David's advanced age has finally caught up with him. Very recently he has realised that things were not going to be as easy as he anticipated. He is now left with little alternative other than to travel to Switzerland.

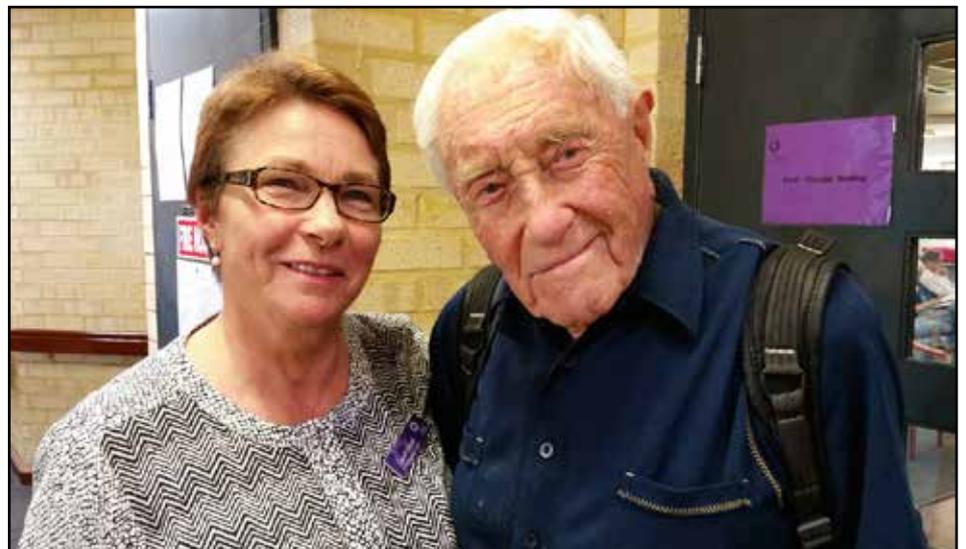
With the cooperation of the good people at Life Circle in Basel, Exit has been able to organise a fast-track for David. He will be accompanied by his long-time friend, Carol O'Neil.

Carol and David plan to leave Perth for Basel in early May. A *GoFundMe.com* campaign has been created to help them both with costs, *#UpgradeDavid*

A pathetic state of affairs? You bet! Especially given West Australia is currently considering the introduction of a voluntary euthanasia law; a law which the WA Premier has would not help a person like David Goodall who is not sick. Elder abuse? Quite possibly. Age discrimination? Absolutely.

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Exit WA Coordinator Carol O'Neil with Professor David Goodall

104 YEAR OLD OFF TO SWITZERLAND

Who is David Goodall?

Born in London in 1914, Professor Goodall is an eminent Australian botanist and ecologist. A graduate of Imperial College of Science and Technology where he received his PhD in 1941, David came to Australia in 1948 to take up a lecturing position at the University of Melbourne. David has a Doctor of Science from the same university as well as an honorary doctorate from the Università degli Studi di Trieste in Italy. He held a number of academic positions in the UK, US and Australia (CSIRO) before retiring in 1979.

David may be remembered for the burst of media that followed the decision of Edith Cowan University to take away his office in 2016. The University argued that as a working scientist at 102, David was a safety risk to himself and others. In response to this unwelcome age discrimination, David went public and the University acquiesced, eventually providing him with an office closer to home.

According to his daughter, Karen Goodall-Smith, David 'is a very intelligent bright man', properties that age has not diminished. An active member of the Perth Exit Chapter, David has regularly attended Exit workshops since record-keeping began some 15+ years ago.

What next for David?

Having celebrated his 104th birthday in early April, David has now decided it is time to go. Indeed if his plans had gone accordingly, this birthday would not have happened and he would not be in the dilemma he now finds himself.

It is ironic, indeed, that at the very time that the West Australian parliament has a committee inquiry to determine if their State should pass a voluntary euthanasia law, that one of its oldest and prominent

citizens should be forced to travel to the other side of the world to die with dignity.



As if to add insult to injury, the West Australian Premier Mark McGowan has now pre-empted the Committee's findings stating that the WA Parliament will only consider a law for the terminally ill. Of course McGowan added that he feels 'sympathy' for David's plight.

The calculated politics of the Premier's remarks are breath-taking, although hardly surprising since Mr McGowan's reported mentor is Kim Beazley. Beazley is well remembered for working with then Prime Minister John Howard, to overturn the Northern Territory's *Rights of the Terminally Ill Act in 1997*.

Be that as it may, rarely in living memory can one recall a senior citizen being treated with such disdain and even contempt by a Premier of the day. The situation of Professor Goodall drives home the absolute limited value of an end of life law that is based solely upon a person's health status.

As Dr Philip Nitschke argued in his presentation to the Parliamentary Committee, it is totally unacceptable for a law to discriminate between the sick and everyone else. All rational adults deserve a peaceful death at a time of their choosing. Forcing the 'well' elderly to travel overseas is exporting a problem, rather than addressing a growing social need. Shame!

HELP SEND DAVID TO SWITZERLAND

The plight of Professor David Goodall is not just personal, it is intensely political.

At a time when the West Australian Parliament is finally getting around to considering passing a voluntary euthanasia law, one of its eldest and most respected citizens is being told outright that he must die on the other side of the world.

In some ways, David's later life has not been easy but it seems to have brought out a fighting spirit. After convincing Edith Cowan University to continue providing him with an office, David Goodall undertook to speaking out about his unusual longevity.

He is continuing this new-found tradition in speaking publicly about his decision to go to Switzerland.

David's trip to Switzerland is deserving of support. As unfortunate as it is, by taking the trip the general public will be forced to confront the truth that dying well is a fundamental human right that no person should be denied. A peaceful death should not be the domain only of the terminally ill. This approach lacks logic.

A peaceful, dignified death is the entitlement of all who want it. And a person should not be forced to leave home to achieve it.

Exit has launched a GoFundMe.com campaign to help get David (and his accompanier Carol O'Neil) to Switzerland. The modest sum of \$25,000 is the target. A committed economy flier, David has needed to be convinced that this time he may be better served with more leg room. It is, after all, his last flight.

Donations are now open at:

<http://www.GoFundMe.com/HelpDavidToSwitzerland>



David Goodall, late 1950s



Captured by a street photographer in the 1940s



Professor David Goodall at work

SARCO @ AMSTERDAM FUNERAL FAIR

On Saturday 14 March, the next phase of Philip Nitschke's Sarco Euthanasia Machine was unveiled at the Amsterdam Funeral Fair at the beautiful Westerkerk.

Invited by the organisers to take part, Sarco was allocated a stand alongside a cemetery sculpture park and a small arts group that make moulds of hands, toes and faces as a way of memorialising loved ones.

While the idea of a funeral fair might sound macabre it is not. Rather, the fact that there are such fairs highlights the thought, care and consideration which the Dutch give to all aspects of dying.

As the full-size 3D printed Sarco is not yet completed, a full scale wood model was featured in order to give an idea of the curves and size of the real thing. The Sarco sculpture was complemented by a Virtual Reality experience whereby intending users could lie down on a real chaise longue but in a virtual Sarco to experience the view of the world around them.

There was huge interest from the public in trying the Sarco (even in this modified form). The idea of dying well, surrounded by beauty (and even euphorically from low oxygen) has captured the public imagination.

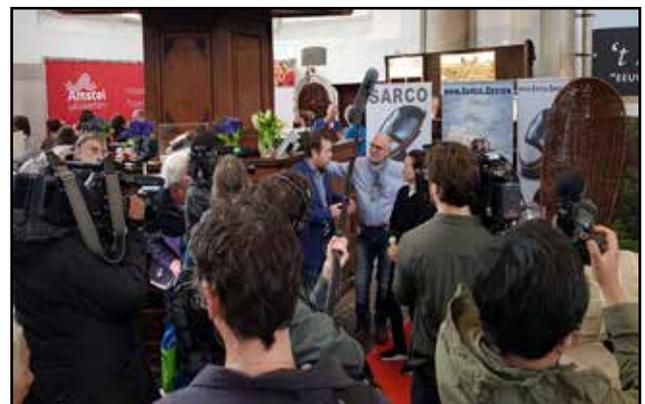
The Funeral Fair was the first time that collaborators Philip Nitschke and industrial design engineer Alex Bannink were able to publicly present their ideas and their work in progress.

While Alex fielded questions from the Dutch media, Philip was able to inform the English speakers. As a tag team they work well together.

While the team get started on the next development phase of Sarco, the current model has already been invited to another event in Amsterdam. With world media taking a keen interest in its development it seems Sarco is here to stay. The complete model is expected in the coming 12 months.



Sarco at the Westerkerk Funeral Fair



Media interest in Sarco



Sarco with Virtual Reality



Sarco at the Haarlem workshop

EXITORIAL

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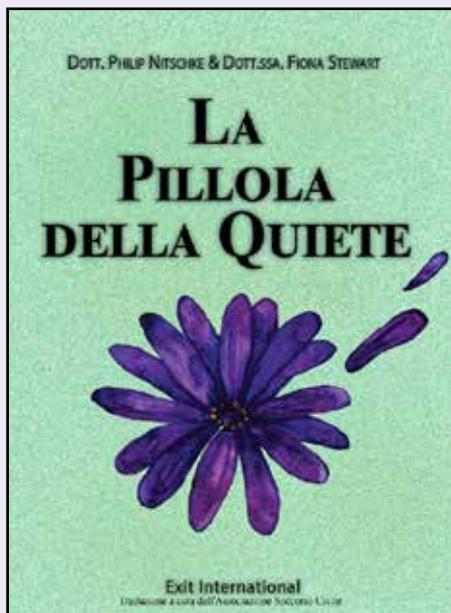
THE TRIAL OF MARCO CAPPATO

It was good news indeed in January when Exit heard that Italian activist and former MEP politician Marco Cappato was not going to be convicted for taking DJ Fabio from Milan to Dignitas in Switzerland for an assisted suicide. When Fabio and Marco both went public with their impending plans of the paralysed former DJ crossing the border on a one way trip, the authorities moved swiftly to prosecute. Marco's intention in talking publicly with Fabio was to shine the light on the hitherto secret trips that Italians are forced to take if they want help to die.



During his December trial, Marco had told the court that choosing how to die was a 'fundamental human right' and that the only difference between the situation of Fabiano and those who had left Italy 'in secret' was that he 'decided to do it publicly'.

It is perhaps not surprising then that our new Italian edition of *The Peaceful Pill eHandbook - La Pillola Della Quiete* - has been



painstakingly translated by Marco's organisation, the Associazione Luca Coscioni. A death is a human right. This Association recognizes that those who are suffering do not have the time to wait around for a change to the law. Switzerland's unique law whereby assisting a suicide is not a criminal act (as long as the motive is not sinister and regardless of who helps) is the model that should be being adopted around the world. Rather than the medical model where only the very sickest who are terminally ill are allowed help from doctors. *La Pillola Della Quiete* is available at: <https://www.peacefulpillhandbook.com/italiano/>

WORLD FEDERATION RIGHT TO DIE SOCIETIES

I was also pleased this month to hear that the World Federation of Right to Die Societies had accepted my paper titled 'The Death of the Medical Model' for their forthcoming biennial conference to be held in Cape Town South Africa.

Members may be aware that for many years Exit was barred from membership of this world network of organisations. Far from Australia's many Euthanasia societies working as one national united network, it was these multiple groups with their disproportionate voting power that worked to exclude myself and Exit. With the presidency of Kiwi / Sth African Professor Sean Davison all this has changed and Exit is now being admitted to membership. As such the forthcoming September conference presents the perfect occasion to discuss the much-needed shift from a good death being a medical privilege to, in the words of Marco, a fundamental human right for all.

LOOKING FORWARD

As I write this Exitorial I am preparing for my first break in many years. With Fiona and Henny (the dog), we are going on a road trip on our Ural motorbike (with sidecar) to Lisbon to cheer on fellow Territorian, Jessica Mauboy, in this year's Eurovision Song Contest which starts on 8 May.

I will be tweeting and 'instagramming' along the way so I welcome Exit members checking the feeds if interested in how our 'trip of a lifetime' pans out. We plan to be back in time for Belgium's National Euthanasia Day conference in Antwerp on 28 May where I will be speaking about the non-medical model of end of life choice. Until then, hang on tight & good luck Jessica!

Philip Nitschke

SUZY AUSTEN TRIAL REPORT

February was a momentous month for Exit's Wellington Chapter Coordinator, Suzy Austen who found herself in front of a jury of her peers on a charge of assisted suicide and multiple other drug charges.

It is with enormous pleasure that Exit can report that Suzy was found not guilty of assisting in the suicide of fellow Exit member, Annemarie Treadwell in 2016. Suzy was, however, found guilty of twice importing Nembutal into New Zealand. She is due for sentencing in mid May.

Suzy's trial came about after the NZ Police mounted 'Operation Painter'. This covert investigation involved the tapping of Suzy's phone, the monitoring of her home, covert searches of her luggage on her return to NZ from a trip to the UK, and the now-infamous fake police check point that was used for intelligence gathering.

Suzy found herself on the Police radar after Annemarie Treadwell's personal diary was handed to the authorities after her suicide. While Annemarie's death looked natural, she had actually died of a Nembutal overdose. She had been suffering from increasingly painful arthritis. When Annemarie's daughter visited her mother the morning after the death to 'find her', she discovered her mother's diary in the bedside drawer. Unwittingly, she handed the book in. Unfortunately for Suzy, the book contained all manner of information.

Lesson 1 from Suzy Austen's trial: if you want to keep your family and friends safe, it is best not to leave an incriminating diary behind.

In the lead up to Suzy's trial, Exit members got behind Suzy, donating around \$70,000 towards her significant legal bill. Suzy was defended by a very good legal team headed by QC Dr Don Stephens. While Don is a cunning and eloquent defence barrister, his services do not come cheap. On behalf of Suzy, Exit

thanks all those who donated. Without the expertise of Don Stephens and Richard Good.

The trial was held in the High Court in Wellington New Zealand. A contingent of Exit staff and friends made the trip across the Tasman to support Suzy and her husband Mike through the two week trial. Exit's Europe coordinator even came from Dublin.

The trial days were largely made up of prosecution witnesses coming and going. There seemed an endless stream of technical experts within the police force, customs and even a veterinarian to discuss the pros and cons of Nembutal, from its importation, detection and the side-effects should it be consumed.

Exit learned much from the customs officers especially who provided insight into the ways in which drugs are detected in both mail and in one's luggage. Exit also learned of the history of criminal action against those who have imported Nembutal into New Zealand.

(Of the 54 interceptions of Nembutal into NZ, only one person was ever charged. That person was Suzy Austen. All others received warning letters in the mail or no action at all).

After a week and a half of prosecution witnesses, the defence called just one witness, an academic who specialised in psychology and palliative care. Professor Glynn Owens statement was read to the court.

Suzy was supported in court each day by between 15 and 25 Exit friends and supporters. This said much about her as a person. Not everyone is lucky enough to have people come to court day in day out to lend moral support.

Exit has provided a full run down of the case in the March 2018 update to the Peaceful Pill eHandbook, including a list of 7 takeaway lessons that make valuable reading for anyone interested in how not to end up in court.

SUZY AUSTEN TRIAL REPORT



Suzy with her husband Mike & son Johnnie heading into Court on Day 1



Suzy with her legal team headed by Dr Don Stephens QC



The crew who supported Suzy each day in & out of court



*Bev Hurrelle waiting for the verdict. Bev was arrested with Suzy but was not charged due to 'signs of dementia'.
Bev has macular degeneration & remains as sharp as a tack!*



A Selfie of 'Team Exit' in front of Wellington's 'Beehive' Parliament House: (l2r) Fiona, Elaine, Tom, Tasha, Philip & Cath.



Suzy speaking to the media after the verdict

GOVT HALTS DISTRIBUTION DUTCH SALTS

Even before the unfortunate suicide of 19 year old Ximena Knol in the Netherlands in February this year, the Dutch right to die group CLW were in the headlines: advertising a substance (sodium azide) that would give a peaceful and a reliable death at a time of one's choosing.

CLW refused to name the substance, instead insisting that their membership trust them enough to take them at their word. They said the substance would work and that it would be peaceful. CLW claimed the substance could not be identified for fear of misuse. Unfortunately however, without clear identification, false hopes and unrealistic expectations about the new 'magic powder' were allowed to grow.

In *The Peaceful Pill eHandbook*, Exit rates sodium azide (the so-called 'Middel X' powder) at just 68% (compared to Nembutal's 88%) on the Reliability - Peacefulness test.

Even though Exit strongly supports the 'Rights' model for end of life choice and admires the de-medicalised approach adopted by CLW, what we do not condone is the secrecy that prevents critical analysis of the substance while feeding the false hopes of a large number of elderly folk seeking control over the end of their lives.

Given the magnitude of Dutch media scrutiny of 'Middel X' and the death of Ximena, it is little wonder that the Dutch authorities have launched a criminal investigation into CLW whose membership has grown from 3000 (in September 2017) to over 20,000 (in early 2018).

While Ximena Knol did not take Middel X to die (she took sodium nitrite that she had purchased on the internet), her death has been attributed to the furor surrounding CLW's activities. At the time of press, CLW has been ordered to cease all operations to avoid being declared a criminal organisation. Unfortunately, other euthanasia groups now find themselves caught up in the CLW controversy, and are also now the subject of unwelcome government scrutiny.

In *The Peaceful Pill eHandbook*, Exit analyses three lethal inorganic salts: sodium cyanide, sodium azide and sodium nitrite for their reliability and peacefulness (major criteria) and with the minor criteria of: availability, preparation, un-detectability, speed, safety and storage. Azide scores well on availability and reliability, but poorly on a number of the other factors see pp 142-145 of the current March 2018 edition of *The Peaceful Pill eHandbook*.



CLW spokeswoman explaining the group on national Dutch TV

It is little wonder that Middel X (azide) has been described on Gizmodo as the 'Nastiest Chemical to ever Save Lives' (see: bit.ly/nastyazide), referring to its use until recently in car safety air bags.

Sodium azide is lethal but it is not particularly peaceful. As with cyanide, one must be prepared to swap peacefulness with speed, and deal with a number of other special characteristics of this difficult substance. Azide is undoubtedly fast-acting and there is no antidote, but it is *no* peaceful pill. It beggars belief that anyone with Nembutal in the cupboard would want Middel X/Azide instead, yet that is exactly what one CLW member interviewed has said.

Rather than emphasising the legality of sodium azide per se, Exit believes it would be much more productive for the 'rights' movement to concentrate on the decriminalisation of possession and importation of small quantities of Nembutal for personal use. This is a much more sensible path forward.

AUSSIE SUMMER TOUR 18 WRAP

The year got off to a hectic workshop start with meetings in January in Sydney, Melbourne, Lismore, Bundy and in the Southern Highlands. Most meetings generated significant local media with Sydney's Daily Telegraph setting up a debate between Philip Nitschke and his long time ideological opponent Margaret Sommerville.

The biggest meeting of the tour was that held in Lismore with almost 300 people attending. As Exit had not been up in Bundaberg for some time, this meeting was also very large with well over 200 coming along. One reason for the big crowd in that regional centre was the tireless work of Chapter Coordinator Di Lange. Like her counterpart in Mittagong, Val Butler, these two wonderful women have been volunteering with Exit for well over a decade. Chapter Coordinators such as them form the backbone of our organisation.

As always, a successful workshop is the result of many people's labour. In Sydney, Sandi Steep, Angelika Elliott (who hosted afternoon tea) and others were wonderful assistance. In Melbourne, the committee of Rob, Helen, Lindy, Eve, Meg and David made the day the success, especially as this, too, was an extraordinarily large meeting.

Looking forward, the next Exit workshop will be held in London on Saturday 23 June at Dragon Hall. Starting time is 1.30pm. All members welcome. Registrations are now open at register@exitinternational.net or the registration form is available for download on the Exit website.

Australian and New Zealand workshops are currently being scheduled for January - February in 2019. Dates and locations will be listed on the Exit site under 'Workshops' once they are confirmed. In between now and next year, Philip plans to hold virtual meetings with members at Chapter meetings around Australia. The idea is that Philip will join the meeting via Skype video and will be able to speak to members and answer member questions.

The dates for these meeting dates will be posted on the Exit site under 'Exit Chapters'.

See: <https://exitinternational.net/meetings/exit-chapters/>



Daily Telegraph coverage of the Summer 2018 Aussie Workshop Tour



A packed house at Lismore Workers Club



Great to be back in Bundy



With Bundaberg Exit Chapter Coordinator, Di Lange

DE VREDIGE PIL BOOK LAUNCH

As this newsletter goes to press Exit is preparing to launch the new Dutch language edition of The Peaceful Pill Handbook/ eHandbook. The launch will be held in Amsterdam as follows:

5.30pm, Wednesday 25 April 2018
Bloemstraat 114, 1016 LG Amsterdam

RSVP Essential: call 06 23 82 95 82
Email: office@peacefulpillhandbook.com

The Dutch book comes two years after Drs Philip Nitschke and Fiona Stewart moved to the Netherlands. Coals to Newcastle? Perhaps since there are very few Dutch practical guides on end of life methods, this is despite the fact that euthanasia is discussed so openly in this country.

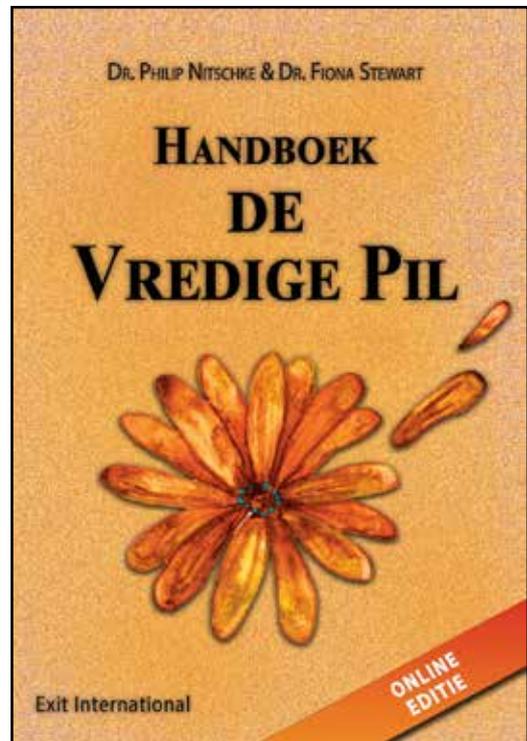
De Vredige Pil is available at:
<https://www.peacefulpillhandbook.com/nederlands>

ULTIME LIBERTÉ

In early January, Philip travelled to Paris to meet the President of the French right to die group Ultime Liberté, Mme Claude Hury. UL is a break away group from the conservative law reform -focused organisation ADMD (Association pour le Droit de Mourir dans la Dignité) which has been operated for many years by former French politician Jean Luc Romero.

It is interesting that just as there are ideological splits in the right to die movement in English speaking countries such as the UK, US, Canada, Australia and New Zealand, so there are in other places. Where France is concerned, there is ADMD that spends all of its time undertaking political lobbying and public awareness. And then there is the very proactive Ultime Liberté that recognises that the elderly and the seriously ill need choices for the here and now and so spend their time promoting DIY options (just like Exit).

In light of the strong symbiosis between Ultime Liberte and Exit, it is hoped that a conference will be able to be convened in Paris later in the year where all DIY focused



groups will have a chance to meet, exchange views and form new alliances. This would involve groups in Switzerland, the US, Germany, Italy, the UK and, of course, Exit. Such organisations acknowledge the fact that for many, law reform - even when it does come - embodies a medical model where to die well is an act of medical patronage (as a doctor's permission must be sought and granted).

Not surprisingly, such groups also are interested in how the human rights model - where all rational adults can access a peaceful and reliable death at a time of their choosing - can become the new organising principle of the movement. For more information on Ultime Liberte, see www.ultimeliberte.fr



Mme President Claude Hury (Ultime Liberte) with Philip

EXIT MEDIA REPORT

In recent months, Exit has received a significant amount of media around the world. As a matter of course, Philip tweets media coverage of Exit and others in the right to die movement. However, we acknowledge that not everyone is on Twitter and may miss the news feed. Remember you don't need a Twitter account to be able to read Philip's tweets since all are replicated on the home page of the Exitinternational.net website and Peacefulpill.com. The various articles, news reports and opinions are also archived on the Exit site. Just click on the 'News' link in top menu bar. Media categories include: TV, Newspaper, Online, Opinions, Press Releases, Musings and so on.

Still missed recent coverage? Here it is as a recap:

'Rise of the DIY Death Machines'

<http://bit.ly/Vicemotherboard>

'Lady Lucan's Suicide Club - *The Mirror*,

<http://bit.ly/LadyLucanExit>

'NZ Independent Police Conduct Report Slams Exit Illegal Roadblock' - *Press Release* - <http://bit.ly/PRExitNZ>

'Controversial advocate for 'voluntary euthanasia' earns fans in Canada - *CTV* - <http://bit.ly/CTVExit>

'Here's Why I Invented A 'Death Machine' That Lets People Take Their Own Lives' - *Huffington Post*

<http://bit.ly/sarcoghuffpost>

'Sarco' Death Pod That Lets Users Kill Themselves Showcased - *Newsweek*, <http://bit.ly/sarconeewsweek>

Nitschke's 'suicide machine' draws crowds at Amsterdam funeral fair - *The Washington Post* - bit.ly/washpostsarco

'Suicide machine controlled by blink of eye sparks euthanasia debate' - *The Independent*

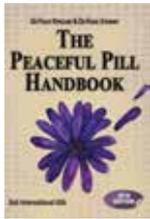
<http://bit.ly/blinkofeye>

'Susan Austen not guilty of assisting suicide' - *NZ Herald*

<http://bit.ly/suzynotguilty>



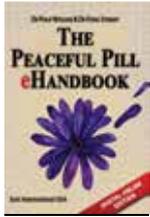
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The Peaceful Pill Handbook (2018 edition)

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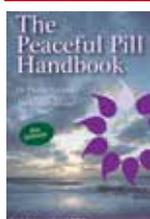
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Killing Me Softly: VE & the Road to the Peaceful Pill by Dr Philip Nitschke

Within US: US\$33 (inc shipping)

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



The Peaceful Pill Handbook

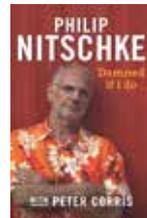
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Damned If I Do Autobiography

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