

e-Deliverance

A Peaceful Death is Everybody's Right

August - September

Exit International

2007

The 'Single Shot' Peaceful Pill

In a significant development in Exit's on-going Peaceful Pill project, a new group of members have come together to trial a radical new technique for the manufacture of a barbiturate-based Peaceful Pill. Flying in from around Australia the group met for a day in Queensland where they used a converted espresso coffee pot designed and developed by South Australian Exit members to trial the pressure synthesis of a Peaceful Pill.

The group streamlined the preparation of metallic sodium using a press built in Adelaide, then carried out all the stages of the synthesis of the barbiturate in a stainless steel espresso reacting vessel. The ability to produce a closed reacting chamber at high temperatures and pressures meant that what had been a 48 hour-plus manufacturing process was reduced to just 8 hours. The product of the synthesis is the soluble sodium salt of the barbiturate, not the crystalline acidic form that has been plagued with problems of contamination, making reconstitution into a lethal drink problematic.

According to Exit Director Dr Philip Nitschke who witnessed some of the work of the Queensland group, the main advantages of the Single Shot method is that the equipment is readily available, can be used in the kitchen by one person, and with very small quantities of ingredients.

"This project has come leaps and bounds from the initial gathering 2 years ago" he said. "When the first group met outside of Canberra in October 2005 they had to set up a full clandestine laboratory with specialised glassware and laboratory equipment.

The Single Shot process makes use of modified cooking equipment and can be carried out in the average kitchen."

Peter - a member of the new group - said he saw great advantage in using equipment that is readily available at a kitchen supply shop and the hardware store. "I didn't want to be part of a project that made me look like I was running a drug laboratory. The Single Shot coffee pot method makes use of a piece of equipment that most kitchens have as a matter of course. While I realise that this is a grey area of the law, I didn't really want my family to think I'm a drug manufacturer in

the same way that we see amphetamine laboratories on the TV news." Others in the group commented that by working in someone's house using a process that takes less than a day, made them feel a lot less vulnerable in what they were doing.



The Exit "Single Shot" Coffee Pot



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Single Shot Peaceful Pill (cont)

According to Dr Nitschke, it is the small quantity that the Single Shot cooks up and the fact that only one person needs be involved that makes the method appealing. "Previously, groups were attempting to make commercial quantities of the barbiturates. With the Single Shot, less than 10 grams is made at any one time, which is less than the indictable amount for this substance, and this can be made by just one person, the person who wants the drug. This has enormous appeal to members who are worried about falling foul of the law."

Exit is pleased that members have come up with new ways to solve some of the problems of the project. After all, this was Exit's goal; to put the problem out there amongst groups of resourceful, intelligent elderly people and watch for the developments to come. The Single Shot project is the tangible evidence of the success of this strategy.

Anyone wishing to take part needs to attend local chapter meetings, and form networks of trusted, like-minded members. Those involved in the first "Single Shot" project have made it clear that they will be prepared to assist other groups. What is essential is trust, loyalty and a preparedness to strive for this common goal.

A report from the West The Peaceful Pill in WA

A group of 13 Exit members has been established in WA to manufacture Nembutal. They operate independently of Exit.



They have made fabulous progress in that they now have all the equipment needed, and 99% of the chemicals. Frustratingly they have

had to delay processing for eight weeks due to the absence overseas of some members. The synthesizing, they say, is not school-boy chemistry, but professional molecular chemical science. No further members will be accepted to this group. However, when their task is completed, the group plan to cooperatively pass on their detailed records, the formulae/method and the equipment, to a following WA group composed of Exit members. Understandably, the group is not seeking publicity at this stage, but will do so on completion of their project. Editor's Note: "Well done you sandgropers!"



Monitoring the pressure of the Single Shot



The Sodium wire



The final product - barbiturate

Exit Laboratory Acquisition

After a long process of consultation with technical and legal experts Exit is pleased to announce that a decision has been made on the much needed laboratory assay equipment. This gas chromatography/ mass spectroscopy (GC/MS) equipment has been in the pipeline for some time since members of Exit generously provided the necessary money for the acquisition last year.

The need for the equipment has increased with the recent success of the new Single Shot Peaceful Pill synthesis process. While the product appears to be satisfactory, it is essential that the substance produced is accurately tested to establish exact composition and degree of



contamination. Reliability is consistently listed as the MOST important criteria when a person considers taking their own life.

Exit has established a separate company to facilitate the operation of the equipment and arranged for training for staff who will be involved.

An additional project that will make use of the GC/MS equipment involves the development of a "sampling kit" (see photo) that will enable people with old stocks of sterile veterinary (Mexican) Nembutal to have their sample tested remotely by Exit without opening the bottle.

Exit Chapter News & Meetings around Australia

Canberra Chapter News

In August, the Canberra Exit Chapter came back to life with a meeting convened by new Chapter Coordinator David Swanton. Around 25 members attended and discussion ranged from future pill projects to the availability of Helium. For information about future Chapter meeting please call David, on 0401-315-631.

Perth Chapter News

On Tuesday 14 August, WA Chapter Coordinator Carol O'Neil held her most recent chapter meeting. With Dr Nitschke absent (due to his injured back) the meeting was attended by 42 members (4 apologies). After a Helium demonstration session by Exit Member Ted, the group sang the Brisbane Chapter's version of 'Happy Birthday' to Philip (who turned 60 on 8 August). The Perth Chapter thanks the Brisbane Chapter for their great songline. The next Perth Chapter Meeting will be held on 8 October at the WAVES Aquatic Centre. For details call Carol O'Neil on 0429-039-167.

Darwin Chapter News

The first meeting of the Darwin chapter was finally held in August with attending members enjoying meetings others from the Territory. For the next meeting date please call Amanda on 0413-402-460.

Newcastle - The next meeting of the Newcastle Exit Chapter will be held at 11am on Monday 3 September at Trades Hall followed by lunch at the Panthers Club. For details call Vince Phelan on 0405-344-740.

Sydney - The next meeting of the Sydney Exit Chapter will be held at 10.30am on Thursday 13 September at the Dougherty Centre. For details call Madeleine Tilche on 0432-611-695.

Brisbane - The Brissie chapter is holding a special Helium meeting on Saturday 29 September. For details call Angelika Minner on 0431-275-840

Adelaide - The next meeting of the SA Exit Chapter will be held at 2-4pm on Saturday 6 October at the Fullarton Park Centre. For details call Julia Harrison on 08-8390-1822 or Janine Gebert on 08-8431-1668.

Contact Us

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Donate to Exit

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

Single Shot Launches on YouTube.com

Like our Prime Minister John Howard, Exit International has begun posting our major news announcements on the video website, YouTube.com. Following the interest generated by the posting of the censored extract of the ABC TV version of *Mademoiselle and the Doctor*, Exit has uploaded *The Single Shot* short film on the YouTube site for all to view.

The 5 minute feature is filed under “euthanasia” and can be searched under the keywords “single shot” and “peaceful pill” and shows the production stages of the Single Shot process. The names of some of the required chemicals have been deliberately omitted so the video does not breach the user guidelines of the website. Expertly narrated by a member of the Queensland group, *The Single Shot* shows the simplicity of this new method for making a Peaceful Pill.



Video shown on the YouTube website

There is no laboratory glassware and no forge, just a converted coffee pot. The whole process can be carried out on the kitchen stove by just one person, the whole process taking about 8 hours. The film shows a yield is about 15 gram of Nembutal, enough for one person to ensure a reliable peaceful death.

While the film is not intended as a “how to” manual, it is intended to show viewers how simple and improved the new Single Shot Peaceful Pill process is compared to the elaborate methodology of the original group.

To view the video visit the Exit website at www.exitinternational.net or visit YouTube at www.youtube.com/watch?v=08we89neDUo

Exit Technical Director Resigns amidst Allegations of “Lies & Bullsh*t”

This month Exit International Director Dr Philip Nitschke has been saddened and hurt by allegations and the subsequent resignation of former Gold Coast Branch Exit Chapter Coordinator, John Edge.

In news just to hand, John Edge is said to be planning a public “statutory declaration” alleging that Exit and Dr Nitschke told “lies and bullsh*t” in regard to the outcome of the first Peanut Project. Alleging that the initial group did not make a barbiturate as reported in the media, Mr Edge has been stinging in his criticisms of the involvement of the retired chemists who assisted the group in its final stages of production.

Amidst ongoing problems associated with the reconstitution of manufactured crystals, Dr Nitschke responded by saying he’d rather wait and see the results of the assay tests before commenting on the first project. He also pointed out that new pioneering work by other groups in South Australia and the West, had drawn heavily for inspiration on the activities of the pioneering first group.

Said to be intensely disappointed with media reports of the first Peanut Project, John Edge has since removed himself from all Exit activities.

Speaking from Sydney this week, Dr Nitschke said that it was inevitable that some people would become disgruntled with the challenge given the ambitious nature of the project. “No where else in the world has a voluntary euthanasia organisation undertaken such a sophisticated technical challenge. Because of this, groups everywhere remain locked in yesterday’s string and sealing wax technology, having nothing better to offer their members but the use of a plastic bag over their heads.”



John Edge

Dr Nitschke added that despite these claims, the project would continue to work towards developing the best possible Peaceful Pill and ways of making a DIY process available to *all* Exit members who want this option.

Menzies 2007 Campaign Update

Thank you to everyone who has donated or offered their support to the 2007 Menzies Federal Election Campaign. Already we have raised over \$80,000. We are excited that your support is not only a vote of confidence in Philip, but provides us with the means to challenge Kevin Andrews in the most effective way possible.

The Campaign Office will open soon at the Macedon Square Shopping Centre in Lower Templestowe. With the first letterbox drop expected to take place in mid September, the campaign is truly up and running. We intend to hold a spectacular campaign launch as soon as the election is called. If you have not already offered your support I urge you to do so. Your help is vital to the success of this campaign.

Lindy Boyd (Menzies Campaign Manager)

Postponement of Exit Workshops

The uncertainty of the date of the forthcoming election has led to a rescheduling of Exit's Workshop and Public Meeting program, with the annual trip to Western Australia and the Queensland series of events postponed until late November/ early December (hopefully after the election).

New workshop dates will be announced as soon as the election is called. These dates will be published in coming editions of *Deliverance* as well as at www.exitinternational.net. **Confirmed workshop dates** are: **Sunshine Coast**, Sat 22 Sept, **Newcastle**, Wed 3 October and **Sydney**, Fri 5 October. **Bunbury** and **Perth** workshops will be held the week of Monday 10 December. For details please call the Exit office on 1300 10 EXIT (3948).

Caren Jenning Trial Update

After another postponement, Caren Jenning returned to court on 28 August. Caren has now been formally committed to stand trial on the charges of murder/ assisted suicide in the NSW Supreme Court on Friday 5 October 2007. The trial, however, is not expected to begin until the new year. *Deliverance* will continue to bring you updates.

Change of Location for Exit AGM & Friends of Exit Meeting

The Exit AGM will be followed immediately by a Friends of Exit meeting to which all are welcome. The new location for both meetings is Northbrook House, commencing 3pm on Wednesday 26 September 2007.

August at Exit has been a challenge. Early this month I damaged my back, forcing me to rest and watch while important new developments - namely the Single Shot Project - entered centre stage.

What sets Exit apart is our preparedness to take on new projects and there is no more tangible an example of this innovation than the modified single shot coffee pot. The Exit members involved in the new phase of the Peaceful Pill project are to be congratulated for their perseverance, loyalty to each other and, most importantly, their commitment to working towards a common goal.

I am proud to witness the pooling of such skills and am confident that Exit's efforts in creating the best possible Peaceful Pill will succeed. That some people are unhappy with Exit is to be expected, but this will not hold back others determined to pursue their goal of self-determination at the end of life.

In other news this month, I have been overwhelmed by the support shown towards the forthcoming Menzies campaign and I thank everyone who has contributed financially and in kind. We will now be able to run a very strong campaign and may well force Kevin Andrews to depend on preferences if he should be fortunate enough to retain the Seat. I am glad that we will have the opportunity to remind the Australian electorate of the actions of his history of opposition to VE and what a poor job he has done representing the wishes of the electorate.

I will soon be relocating to the Melbourne suburb of Bulleen and remain there until after the election. I particularly want to thank the VE societies from around the country (except the SA society who chose not to support the campaign) for the good will they have shown in getting behind the Menzies Election Campaign. I will not let you down.

To conclude, we are nearing the purchase of the GC/MS equipment in the USA. We have now completed the preliminaries of setting up a separate company (which will be responsible for establishing Exit's research service) and have identified the best equipment for our purposes and the training courses that will need to be undertaken by Exit staff in order to operate this sophisticated equipment.

I look forward to meeting Exit members new and old at the Exit AGM and Friends of Exit meeting in Melbourne at the end of the month.

Philip Nitschke



Donate to Exit

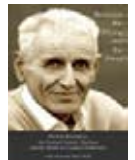
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Office Use Only

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

Exit Shop

- * **Killing Me Softly VE and the Road to the Peaceful Pill** A\$37
(by Drs Philip Nitschke & Fiona Stewart) (includes postage within Australia)
- * **The Peaceful Pill Handbook** (New Revised International Edition)
(Due to the banning of the PPHB, the book is now only available at the on-line bookstore www.amazon.com (price US\$35 & ships same day)
- * **Between the Dying & the Dead - Dr Jack Kevorkian, the Assisted Suicide Machine & the Battle to Legalise Euthanasia** A\$37
(by Neal Nicol & Harry Wylie) (includes postage within Australia)
- * **I Bequeath the Python** A\$15
(by Elaine Arch-Rowe & Gordon Bell) (includes postage within Australia)



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