

e-Deliverance

A Peaceful Death is Everybody's Right

January

Exit International

2009

The Nitrogen Alternative



Left: SA media focus on the 'undetectability' of the Nitrogen method

With a temporary restriction on the availability of disposable Helium in Australia (and New Zealand), Exit examined the viability of other inert gases. The 'Nitrogen Alternative' was developed and launched in Adelaide on 18 December in front of more than 100 workshop participants.

This new method is a variation on the Helium hypoxic death. Helium has become a staple among available options for peacefully and reliably ending one's life. Of interest to members will be a number of important benefits offered by the Nitrogen Alternative. Summarising these advantages:

- Standard LPG cylinders are used which are designed for refilling. They are better manufactured with more reliable control taps;
- Should the cylinders lose gas over time, they can be readily refilled - refilling is not possible with helium;
- When used with the standard Exit jet flow control fitting, longer periods of useful gas flow can be obtained (>30 mins with flow rates of over 5 litres/min); and
- As a gas, Nitrogen is well tolerated by the human body with less possibility of adverse reaction by those inhaling it.



Filling the Nitrogen cylinder

In addition to the above benefits, the positive features of the original Helium hypoxic system are preserved. The Nitrogen Alternative is legal, peaceful, quick and requires no drugs. Importantly, this method is also undetectable, even at autopsy. However, the two systems share the same drawbacks; a plastic Exit bag must be used and people with significant respiratory disease cannot (and should not) use this approach; and there is another disadvantage, unique to the Nitrogen Alternative. Special care is required when tanks are filled. To address these safety issues, Exit will launch a number of member-supervised 'filling stations'. Details of locations and access to this service will be posted in the coming months on Exit News & Forum.

In 2009 Exit workshops will include the Nitrogen system and feature a new video to explain its preparation. A longer version of the video will be included in the February - March update of the *Peaceful Pill eHandbook* (see: www.peacefulpill.com). Subscribers will be notified by email when updates are available.



This Edition

- | | |
|--|----------|
| • The Nitrogen Alternative | - Page 1 |
| • Volunteering with Exit International | - Page 2 |
| • Motorhome wanted to lease | - Page 2 |
| • Dunedin chapter leader tattooed | - Page 3 |
| • Deliverance in 2009 | - Page 3 |
| • IQ2 Debate in Sydney | - Page 4 |
| • Exit Chapter meeting dates | - Page 4 |
| • Exitorial | - Page 5 |
| • Exit goes to Woodford | - Page 5 |
| • Exit Member Survey | - Page 5 |
| • Exit Store | - Page 6 |

Volunteering at Exit International

With the membership of Exit International ever increasing, the organisation is needing to rely more and more on our many volunteers throughout Australia, New Zealand and, most recently, the UK.

Since our UK debut in October, Exit has been delighted to be represented by David Michael who lives and works in Stroud in the UK. We are grateful to David for representing us in the media - something which looks set to increase over the coming 12 months.



Lindy Boyd held Christmas drinks for Exit's Melbourne office volunteers at her home in Canterbury on Sunday 14 December 2008

In addition to our 25+ Chapter Coordinators, Exit is lucky to enjoy the support of the same number of people again who assist with Chapter activities. It is not unusual to find Chapters being run by small teams, each assigned to different aspects of the Chapter's operation. On the Gold Coast, for example, Elaine Arch-

Rowe is regularly assisted, not only by her husband Peter (who with Lindy Boyd's husband Frank has started what they have called the 'Exit Gophers Society'), but by long-term Exit members Neal and Jill. Together, this team of four run social activities, workshops,

Expo stalls, all in the name of Exit.

Outside of Chapters, Exit is assisted by yet another critical group of volunteers. In the 12 months since Exit established its Melbourne office, Lindy Boyd has created a network of 20 regular volunteers

who do all manner of day-to-day tasks from answering the phone and collecting the mail to the never-ending job of stuffing envelopes for each mailout. Exit is enormously grateful to all our volunteers, you are the backbone of our organisation. We thank you very sincerely for all you do.

Motorhome Wanted to Lease

With a very hectic schedule of public meetings and workshops being planned for 2009, Exit is seeking to lease or buy a motorhome - RV - Coaster - or the like - to act as a mobile Exit office and accommodation facility when Exit Director, Philip Nitschke takes to the road in April.

One of the big boosts for Exit in 2008 was the widespread success of our Community Education program.



Exit has estimated that more than 4000 people attended meetings nationwide as well as in New Zealand and the UK over the past 18 months. Of particular note has been the popularity of meetings in rural and regional centres.

Exit has long been cognisant that retired farmers and country folk represent a considerable proportion of Exit's overall membership. Be it because of a particularly pragmatic viewpoint

on life (and death), Exit remains keen to bring end-of-life choices information to all corners of Australia and New Zealand (as well as to other countries).

If you have a motorhome you would be willing to lease to Exit, or even one for sale, please call

Lindy on 03 9850 8192. Not only will you be enhancing our Director's ability to work and travel but you will be instrumental in helping bring the message of choice to those who seek it.

Dunedin Chapter Coordinator Gets Tattooed

Dunedin Exit Chapter Coordinator - Paula Westoby - created international news in early December when she undertook to have the words 'Do Not Resuscitate' tattooed across her chest.

Always one for a challenge, 79-year-old Paula contacted her local media outlets to advise them of her plans and even allowed local Dunedin TV to film her during the procedure.

Speaking to the *Otago Daily Times*, Paula said: 'I wanted to make a statement and I think this is the best way to do it . . . and it is bloody practical too.'



Paula displays her 'Do not Resuscitate' tattoo

Two months ago, the paper reported Paula had written the message, with the help of her grandson in indelible ink across her chest.

At this point she then decided to make the message permanent. The paper's report continued: 'Tattoo artist Aaron Manuel, of Visual Intelligence, said he would respect her wishes if she collapsed while getting her tattoo, "I would hate to see what would happen afterwards."'

'Upon hearing the story behind her tattoo, Mr Manuel waived the \$200 charge and the seven-month waiting list. Surprised by how little the one-hour procedure hurt, Ms Westoby said she was excited about seeing the results.' "I just love it."

Exit congratulates Paula on flying the Exit flag in such a unique way!

I'd Rather Die Like a Dog Vale - George

In early December, Philip and Fiona were very saddened by the death of Molly's sister, 13 year old George. George passed away peacefully thanks to a Vet-administered dose of Nembutal. In late November, she developed a serious skin condition, caused by immune system problems. Her death was very peaceful, if very sad.

If only we could all be as lucky as our animals.



Deliverance in 2009

In 2009, Exit's flagship newsletter publication - *Deliverance* - will be published monthly online and bimonthly in print.

For Exit members who have Internet access, *eDeliverance* will be distributed solely online commencing in February.

For Exit members who rely on the post, a special bimonthly edition of *Deliverance* will be mailed from Exit's Melbourne office. The print edition of *Deliverance* will contain the highlights of the monthly eVersions.

If you have not yet registered your email address with Exit you may do so on the homepage of Exit International at: www.exitinternational.net

* This edition of *Deliverance* + Member survey has been mailed to all Exit members.

Contact Us

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contact@exitinternational.net

Donate to Exit

Exit relies on donations to fund its meetings/
workshops, private visits and R&D programs
Please give generously.

'We Should Legalise Euthanasia' IQ2 Debate @ City Recital Hall

On Tuesday 3 February, Exit members are invited to join Exit Director, Dr Philip Nitschke, Greens Senator Bob Brown and Professor Peter Baume AC as they argue for the affirmative in a public debate titled 'We Should Legalise Euthanasia.'

As background, the IQ2 debates form part of an international series of public discussions with counterpart programs operating in both the UK (www.intelligencesquared.com) and the USA (www.intelligencesquaredus.org).

Opposing the pro-choice team will be former Howard Govern-

ment Health Minister Hon Tony Abbott, Jesuit priest Father Frank Brennan AO and palliative care GP, Dr Maria Cigolini. The debate will be chaired by Dr Simon Longstaff, Executive Director of the St James Ethics Centre which is host of the debate series.



The debate series is sponsored by the *Sydney Morning Herald*, the City

of Sydney and ABC Radio National. Tickets for the event cost \$30 (\$20 pensioner) and are available from City Recital Hall Box Office on 02) 8256-2222 or on-line. City Recital Hall is located at 2-12 Angel Place, Sydney. Doors open at 6pm for a 6.45pm start.

Forthcoming Exit Chapter Meetings January - March 2009

FORSTER: Tuncurry Bowls Club, 1.00pm, Thursday, 29 Jan. Call Lesley on 02-6554-5942.

CENTRAL COAST: Kincumber Community Ctr, 10am, Saturday, 28 Feb. Call Bettina on 02-4369-4008.

DORRIGO: CWA Rooms, 3pm, Saturday, 31 Jan. Call Al on 02-6657-2355.

GOLD COAST: Community Room, Pacific Fair Shopping Centre, 10am, Tues, 10 March. Call Elaine on 0421-796-713.

NEWCASTLE: Trades Hall, 10.30 am, Monday, 2 Feb. Call Vincent on 02-4945-1916.

DUNEDIN: 1st floor, Public Library, 2pm, Sunday 15 March. Call Paula on 03-471-9955.

CAIRNS: Cominos House, Thursday 5 Feb. Call John on 0427-486-402.

Exit Membership Update

CANBERRA: Griffen Centre, 12.30pm, Friday, 6 Feb. Call David on 0401-315-631.

On 1 January 2009, Exit International changed its membership system to a set membership fee + annual donation. To date, a majority of members have chosen to renew at the levels of previous years, resulting in an overall payment to Exit averaging \$100 - \$150.

PERTH: Wembley Community Centre, 40 Alexander St, Wembly, 1pm, Monday 9 Feb. Call Carol on 0429-039-167.

TOWNSVILLE: Wednesday 18 Feb. Call Syd or Eric on 07-4729-0275.

However, the fact that a significant minority of members have renewed without making a donation threatens to put Exit's ambitious 2009 program of Workshops and other activities at risk. We strongly urge all members to continue supporting Exit. If you are experiencing financial hardship and would like to donate in smaller amounts at set times throughout the year please call Amanda on 1300 10 3948 (EXIT) to discuss.

MELBOURNE: Tuesday 24 Feb. For details call Rob on 0423-305-788.

BRISBANE: 10.00am, Saturday 28 Feb. Call Angelika on 0431-275-840.

Exit Goes to Woodford

Following his highly successful appearances at Queensland's Woodford Folk Festival in 2007, Philip Nitschke was again invited to participate in the Folk Medicine stream of this internationally renowned festival in 2008.

Speaking at the Blue Lotus Tent, Philip gave two sessions to packed houses with many standing outside the main tent, anxious to hear his news and views on the Voluntary Euthanasia debate.

Already, Philip's appearances at Woodford look set to continue in 2009 with an invitation extended to him to speak again. To accommodate the marked increase in numbers attending these Exit presentations, Philip's 2009 appearance is being scheduled for one of the main concert venues. Lets hope the weather is a little cooler next time around.

Exit is very grateful to convenor Dominique Finney for her kind invitation and to all those who make a visit to this Festival so enjoyable.



Philip preparing his talk in the performers' Green Room at Woodford Folk Festival

2009 Exit Member Survey

All Exit members are encouraged to participate in the Exit Member Survey enclosed with this newsletter. Exit is unique among VE organisations in that we survey you, our members, to ensure that what we do and how we do it is what you expect of us.

Space has meant the survey has been kept to 4 pages (we would really have liked double that) but please use this opportunity to include extra pages with your thoughts and ideas. We hope to collate the results in time for the March - April edition of *Deliverance*.

Exitorial

Happy New Year and welcome to an exciting 12 months at Exit International. As many of you will be aware, 2008 was a year jam-packed with activity in which I spent very little time standing still. Not only did Exit run over 40 public meetings and workshops but the trial of Caren Jennings and Shirley Justin in Sydney mid-year meant that I spent very little time in the Exit workshop and laboratory.

As this newsletter goes to press all that has changed. This is because the first two months of 2009 have been set aside to enable the GC-MS equipment to become fully functioning. The custom-built Lab is now complete, the plumbing is in the process of being installed and the equipment is being relocated. I would expect to have early results by April - May.

Apart from an early focus on our Research and Development, 2009 begins with the Intelligence Squared debate in Sydney where, with fellow VE supporters Senator Bob Brown and Professor Peter Baume we will be debating (and hopefully winning) against the naysayers of Tony Abbott and Father Frank Brennan on the issue of the legalisation of VE. I invite all interested Exit members to come along. These debates are known to book out early so be quick in getting your tickets or you may miss out. For Exit members not able to get to Sydney, the debates are podcast on ABC Radio National.

One piece of sad news to come Exit's way over the Christmas break was the death of Exit member, Professor Peter Karmel. Ironically, it was Professor Karmel's office that I (along with fellow student social activists) occupied back in 1969 during that decade's marked period of political unrest. Peter was Vice Chancellor of Flinders University and I a PhD student. He would be the first one to admit that his decision to seek assistance from Exit in the final weeks of his life certainly showed no hard feelings. I send my condolences to his wife and family.

Looking forward, Exit is this year planning a bigger broader Community Education program of meetings and workshops, hence our need for a Motorhome; to make life on the road less stressful, more productive and more enjoyable than endless motel rooms.

Fiona and I are also looking forward to welcoming a new dog into our lives. Losing two dogs in the one year has taken its toll.

Finally as this newsletter goes to press, the Australian Federal Government is busy trialing its mandatory Internet Filtering - the so-called 'Clean Feed'. This is the latest and most offensive move by a government intent on 'censoring death'. Watch the February edition of *Deliverance* when we bring you the background and a full update of this most invasive and unwanted development.

Philip Nitschke



Exit Store

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Office Use Only

I want to join/ rejoin/ donate to Exit International

In 2008 - 2009, the average payment to Exit is A\$100-150.

This includes an annual membership fee is \$55 (inc gst).

* **The Peaceful Pill eHandbook (online video edition) (banned in Australia)**

- available at www.peacefulpill.com for US\$75 (includes 24 months of updates)



* **The Peaceful Pill Handbook (print edition) (banned in Australia)**

- available from Exit International US Ltd, PO Box 300396, Waterford MI 48330 USA for US\$40 (includes postage worldwide) or from www.peacefulpill.com

(Use this form to mail order the PPH from the US. Credit Card payments ONLY)

* **Killing Me Softly VE and the Road to the Peaceful Pill**
(by Drs Philip Nitschke & Fiona Stewart)

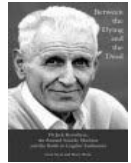
International orders, please email contact@exitinternational.net

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(includes postage within Australia)



* **Between the Dying & the Dead - Dr Jack Kevorkian, the Assisted Suicide Machine & the Battle to Legalise Euthanasia** (by Neal Nicol & Harry Wylie)

A\$50
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