

e-Deliverance

Information + Knowledge = Choice

August - Sept

Exit International

2010

New Prime Minister Dumps Mandatory Net Filter!

In its 15 year history, Exit International has never been swayed by either of Australia's major political parties. This is largely because one's end of life choices is an issue which crosses the party line in any number of directions.

Our so-called 'moral issue' has never found a natural home in either the right or the left of the political spectrum. In days gone by, strong support has come from right wing politicians such as One Nation's Pauline Hansen and the Country Liberal Party's Marshall Peron, to those of the mainstream left, such as Australian Greens' leader, Senator Bob Brown.

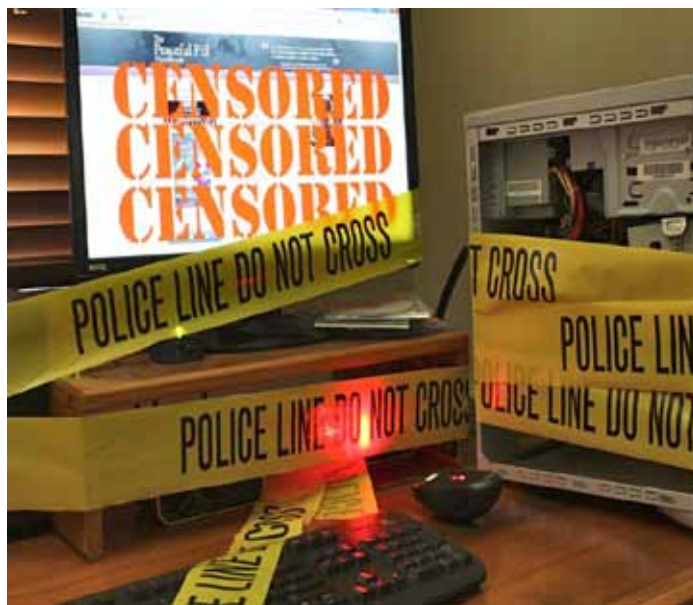


Image courtesy of Kerrie Donaldson

Perhaps the only characteristic which can be noted as having an impact upon a politician's disposition towards Voluntary Euthanasia is religiosity. In this regard, the more faith-driven a politician, the less likely he or she is to support a person's right to choose. And not only for VE, also for abortion.

This is perhaps why Exit became a little hopeful that the proposed mandatory Filter would join the list of policies relegated to the political back bench upon this change of Prime Ministers.



After all, Australia's 27th Prime Minister, Julia Gillard, had just taken the Prime Ministerial affirmation (over the oath) at Government House. Later the same week the Prime Minister publicly declared herself

an atheist on Melbourne ABC radio. The Exit community was, rightly, becoming excited at the winds of change blowing through.

When *The Age* newspaper ran an online poll asking readers if Gillard's atheism was likely to make her

more open-minded, the answer came back a resounding 'yes' (64%). At least that was until the poll became stacked by professional Christian lobbyists (see eg. Catch the Fire Ministries) whose efforts led to an eventual split result of 50:50.

For better or worse, the current Government is now set to go to the Federal election standing for quite different things to its

predecessor. At least, that is how it appears on paper, if not in reality. Time will tell.

In this maelstrom of change, it was perhaps not surprising then that Julia Gillard would if not drop, then at least tone down, the Government's controversial mandatory Net Filter, the so-called 'Clean Feed'.

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New Prime Minister Dumps Mandatory Net Filter!

Unable to afford voter backlash on any further election issues, it would appear civil libertarians and vested interest groups such as Exit International and our members are the winners of the tumultuous period of Australian politics.

There is no way to interpret this [policy backflip] other than as a significant victory for the range of groups who have campaigned against the filter.

Paul Colgan, *The Punch*

Of course, it has not hindered our cause that the new PM is an atheist. If nothing else, our most strident and perhaps powerful political opponent, retired SAS soldier Jim Wallace who founded of the Australian Christian lobby, has lost his mouth-piece in Kevin Rudd's departure.

Friday's announcement about mandatory Internet filtering is just what the Government needed: a way to get this toxic issue out of play before the federal election.

Stilgherrian, *The Drum Unleashed, ABC Online*

While it is still early days, it now appears that the Clean Feed plan will be sent off to the joint States

and Territories inquiry for a 12 month review. The review process will focus on the entire RC (refused classification) protocol. From Exit's point of view we hope that the lack of an independent umpire in this country's censorship regime will be centre stage.

To this end, Exit will now write to Communications Minister, Stephen Conroy, requesting membership of the planned stakeholder reference group. As the author of one of only three books (the other two advocate jihad) to be banned in Australia since 1973, Dr Nitschke is well-placed to contribute to improving Australia's current broken system.



The Prime Minister Julia Gillard with Governor General Quentin Bryce. On this historic day, the GG wore her feminist sympathies on her lapel with the traditional flower of the women's movement, the violet.

Uni of Melb Banned Book Exhibition

Reproduced from the Blog of The Banned Books in Australia Exhibition

Well there's nothing like the smell of censorship in the air to get the juices flowing. Sure, maybe it's because we work in a library, but I think this is a topic many people feel strongly about. Whether it's a good ol' fashioned book burning, or the current internet filter discussions, freedom of speech and access to information is an age old issue.



The current exhibition that Art in the Library has been involved with, is titled *Banned Books in Australia*. It covers the three hot topics of **Obscenity**,

Blasphemy and **Sedition**. We collected books from within our own library, personal copies of titles, as well as artwork inspired by the topic.

The two main drivers for this exhibition are the Bibliographical Society of Australia and New Zealand's Annual conference (2010) titled:

To Deprave and Corrupt: Forbidden, Hidden and Censored Texts.

The second driver has been around a little longer. Back in 2006 our library was forced to remove books from our shelves and lock them in a cupboard, where they could no longer be accessed.

Not even for the academic context within which they were bought!

You can thank the then Attorney-General Phillip Ruddock for this. And as we sit here four years later, they are still deemed too dangerous for public consumption (even though you can access the texts over the internet).

You can read more about the history of censorship in Australia at the Exhibition's website at: <http://bit.ly/98Rv5q> The Exhibition can be found in the Baillieu Library at the University of Melbourne.

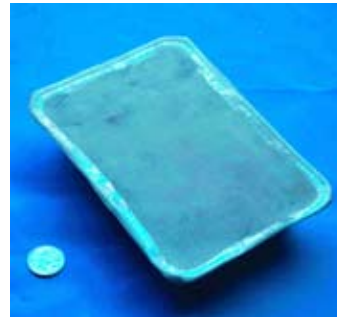
Monoxide Revisited

Dignity on the Move

An increasing number of requests for information on the use of carbon monoxide gas (CO) has prompted a review of the topic for inclusion in the August update to *The Peaceful Pill eHandbook*.

Much of this interest has been prompted by media reports of the use of charcoal burners to produce the gas in confined spaces. Jack Kevorkian's story and his use of the gas also renewed interest.

In the experiments carried out by Exit several sources of the gas were investigated and the concentrations that were produced in several closed environments measured. The goal was to produce concentrations of the gas that would exceed 10,000 ppm (1%). Environments where CO levels of greater than 1% occur unconsciousness results with 2 - 3 breaths and death in less than 3 minutes.



'BBQ Charcoal Grill



& COGen generator

Containment

A motor vehicle provides the most convenient closed environment and offers the opportunity of a secluded bush setting. To reproduce the effects in small closed room a standard 20ft shipping container was used.

Levels of CO Produced

Lethal monoxide gas concentrations were produced various setting using different generation means. Both charcoal burners and chemical generators were found to be effective. The highest concentrations produced, >25,000 ppm in a vehicle, took just over 10 mins to reach from the time the COGen was activated (see graph). Using this set up death would have occurred within the first five minutes. Charcoal burners were found to be significantly slower.

For full details of the use of Monoxide for a peaceful death see the Aug 2010 Update of *The Peaceful Pill eHandbook* due out 1Aug.



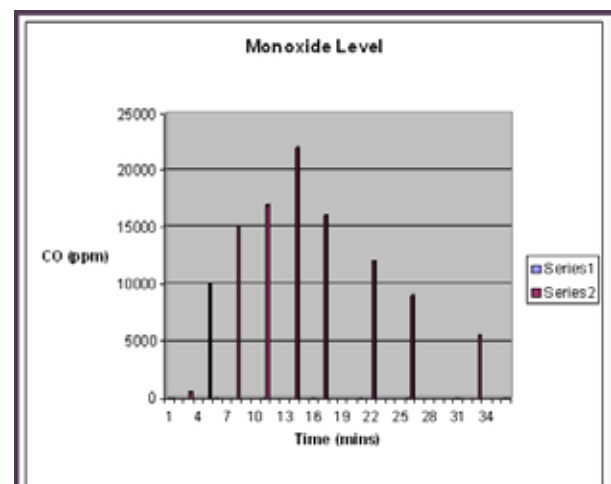
Generation Methods

Exit looked at the traditional exhaust gas as a source, charcoal 'BBQ' burners (pictured), and a variety of chemical generation methods including the catalytic breakdown of formic and oxalic acid and the reduction of sodium

carbonate with zinc. The original 'COGen' machine (pictured) developed by Exit was modified to trial the chemical generation of the gas.

Measuring CO Concentration

Two detectors were used. A hand held model (pictured - with 20c coin) uses hand aspiration for the gas with a modified probe that enables x10 multiplication of the range of concentrations read - giving measurable levels of up to 2%.



A Webinar is Coming to a Town Near You

Exit Webinars continue to prove popular with online meetings being held this month in locations as diverse as:

- London, UK
- Coffs Harbour, NSW
- Forster, NSW
- Dublin, Ireland
- Tweed Heads, NSW
- Gold Coast, Qld

Cutting through the tyranny of distance, the Internet has proven an ideal way for members to interact directly with Dr Philip Nitschke in between Exit's more formal workshop program.



The recent Forster Webinar

Planned Webinars for August - September 2010 include:

Sunshine Coast, Qld
10am Saturday 21 August

Hervey Bay, Qld
10.30am Monday 23 August

Rockhampton, Qld
10am Wed 25 August

Toowoomba, Qld
10am Mon 13 September

Webinars are free events for all Exit members. Morning/afternoon tea is served. Inquiries to Elaine on 07-5535-1151.

Australian Science Festival - Update -

With the official launch of the 2010 Australian Science Festival at CSIRO Discovery in Canberra on 22 July, full details of the ABC Radio National *Australia Talks* debate are as follows:

Time: 6.30pm
Date: Tuesday 3 August
Venue: National Convention Centre
31 Constitution Ave, Canberra

Speakers:

- Dr Philip Nitschke, Director - Exit International
- Prof Patrick McArdle, Campus Dean - Aust Catholic Univ
- Dr Scott Blackwell, President - Palliative Care Aust
- Prof Kaarin Anstey, Centre for Mental Health Research, Australian National University



The debate will be chaired by Radio National's *Australia Talks* host, Paul Barclay.

For those unable to attend the event in person, tune into Radio National at the regular time and support Philip in his quest to shift the focus away from religion towards science and technology. This is after all the Australian Science Festival. End of life choices do, after all, have a technological answer. At least at Exit they do!

<http://www.abc.net.au/rn/australiatalks>

Banned Book Forum

The Baillieu Library at the University of Melbourne is hosting a forum on banned books at:

Time: 5pm
Date: Thursday 12 August
Venue: Leigh Scott Room, Baillieu Library
University of Melbourne

The evening will be moderated by Associate Professor David Bennett (Culture & Communication, University of Melbourne).



Speakers:

- Assoc Professor Robert Nelson, Monash Univ
- Dr Donald McDonald, Classification Board
- Dr Philip Nitschke, Exit International
- Assoc Professor Richard Pennell, Univ of Melb

This is a free public forum, all welcome.

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August 2010 Update Peaceful Pill eHandbook

With the **30 June 2010** update of the *Peaceful Pill eHandbook* focusing on:

- Amitriptyline;
- Sources of Powdered Nembutal
- Updates from Tijuana

The **1 August 2010** update sees a new video on the manufacture and use of the poison, Carbon Monoxide. In this regard, Chapter 6 has been substantially re-written to bring new attention to this often-asked about source of a peaceful death.

The Peaceful Pill eHandbook is published by Exit International US at www.peacefulpill.com. A 24-month subscription is US\$75.

If you have purchased an older, print edition of the Handbook, you are entitled to a \$20 cashback upon upgrading to the online edition. Simply email Exit with proof of purchase and your cashback will be credited to your account within 24 hours.



Wanna Be in Pictures? Well, almost ...

Every month, Exit is approached by media somewhere in the world requesting members who can give a personal perspective on the voluntary euthanasia/ assisted suicide issue.

In our 15 years of living and working at the forefront of this issue, we have largely been treated well by the media. Sometimes we have not, but these are rarer occasions. Mostly the media want contact with Exit because we are the story-makers and they want to know more of the ordinary men and women who are the faces behind the headlines.



To this end, we are calling for members who are prepared to speak publicly on our issue and about Exit more generally. If you would like to help Exit in this way, please call Amanda at the Exit office on 1300 10 3948 (EXIT) for a chat and more information.

Extorial

Well, what a difference a Prime Minister makes! One day, those of us in Australia are told to expect Internet Censorship before our forthcoming national election on 21 August.

The next day we find the ridiculous Clean Feed proposal relegated to the political back benches along with former PM, Kevin Rudd.

Whether the Bill stays away from the Parliament only time will tell. The pundits seem divided on whether the Clean Feed will prove terminator-like and be revived post-election or whether it will disappear into Australia's political history, remembered as an aberration of an overly-religious PM and front bench. And perhaps that is the point.

Australia now has an atheist as its leader. Not since the dizzy days of Bob Hawke in the 1980s and early 90s has the country had a leader for whom the church is of so little relevance.

Already when I speak with Exit members at our Webinars I am being asked if Julia Gillard will make a difference on the Voluntary Euthanasia issue. While I'd like to think that she will, she probably won't. Why not I am asked?

All signs to date point to the fact that this is a canny politician who is not about to nail her colours to the mast when it comes to VE, or even to the rights of the Northern Territory to make its own laws on the issue of end of life choices.

As *Australian* journalist, Patricia Karvelas, astutely noted during the recent ABC TV's *Australian Story* episode (which aired at the beginning of the week in which Gillard became PM), Julia Gillard is "not afraid of dropping a principle to get to where she wants to get to".

That said, Gillard's appointment to head the Parliamentary Labor Party does buy Exit time. And, perhaps most importantly, it stops our Prime Minister acting as the mouthpiece for Australia's hitherto powerful Christian lobby groups.

While Exit has always welcomed members of all faiths, as well as no faith at all, 'the Church' has continued as our staunchest political foe. The Rights of the Terminally Ill Act was overturned by forces underwritten by the Church. My *Peaceful Pill Handbook* was banned by similar means. If nothing else is achieved by Gillard government, I would hope that Church interference in politics ceases.

I hope that Australia becomes a place where censorship is a thing of the past, where ideas on pressing social issues (such as VE) are given the public space they deserve to be discussed maturely, and with both economics and libertarian notions such as choice, dignity and independence in mind.

Philip Nisette

Exit to Cooperate with Police following Double Suicide in WA

Following the death of Western Australian couple Jennifer (61) and John Stewart (66), Exit will cooperate fully with WA authorities as they prepare their report for the Coroner. The couple contacted Exit several years ago to purchase the *Peaceful Pill Handbook*. While Jennifer was terminally ill with breast cancer, John was not.

Known as a devoted couple, neighbours told the media that he would not have wanted to live without her. The couple's daughter, Suzanne Tugwell said much the same "he adored us but he just loved her more than life itself."



The media dubbed the couple 'Romeo & Juliet'

The deaths were reported as front page news in *The West Australian*. WA major crime squad detectives are now investigating whether John Stewart helped his wife to die.

While the Bill of WA Greens MP, Robin Chappell, will be debated later this year, **WA Premier Colin Barnett has said:**

"I do not support euthanasia and I doubt that many members of Parliament will, so I expect the Bill will be defeated."

Vale - Mary Walsh

It was with genuine sadness that Exit learned of the sudden death of Melbourne member, Mary Walsh, from a heart attack in her sleep on the evening of Tuesday 22 June 2010.



Mary marching in Canberra during Exit's National Day of Shame rally in March 2007.

Mary was a long time member of Exit and she was one of our staunchest and most vocal public defenders, particularly where our critics within the voluntary euthanasia movement were concerned.

On her website www.yourchoiceindying.com Mary wrote:

"The work that Exit International undertakes is both thankless and hard, but in the face of ongoing needs of an ageing society absolutely essential to our wellbeing for having control over our end of life decisions."

Mary began her support of 'choice in dying' after surviving an ovarian cancer scare. In remission since July 1999, Mary's website was born in 2004 and soon became her life's work.

In 2006, Mary featured in a little-known documentary screened on SBS TV. The film fol-

lowed a trip she took to Mexico in search of liquid, veterinary Nembutal.

Unfortunately this was in the days prior to the publication of *The Peaceful Pill Handbook*. Mary had little knowledge of how to purchase Anastesal (the most common Spanish name for Nembutal) and the film captured her failure to come home with her 'peaceful pill'.

A passionate advocate of all things VE, not to mention her DNR tattoo on her chest, Mary wanted a lively public debate.



The ever-bubbly Mary with fellow Exit member, Manfred Frese also in 2007.

Her homepage read:

"This site is to promote the right to choose and to make informed decisions ..."

"Unfortunately it is a very, very slow process having taken 30 years to achieve the current Resolution - nothing will happen in my life time - but then I am not relying on Government bureaucracy for my end of life choices - I don't have the time!"

Mary is survived by her adult children and husband, Kevin. Our thoughts go to her family. ☺

Mary Walsh, 12 July 1942 - 22 June 2010

Bob Dent Day 22 September 2010

Join Us for Lunch

Every year on 22 September Exit celebrates the life and death of the first man to use the Northern Territory's *Rights of the Terminally Ill Act*, Bob Dent.

This year Exit will be hosting a lunch at Yellowfin Seafood Restaurant on the Gold Coast. The set 2 course + 1 glass of wine/ champagne lunch is \$55 per head (incl GST). BYO is also allowed with corkage @ \$3.85 pp.



This year we are delighted to welcome two very special guests to our lunch. Firstly, Exit is honoured to have **Byron Bay celebrant, consultant, educator, facilitator Zenith Virago** to speak about emerging green, natural, earth trends in death and dying. Zenith says she is committed to 'pioneering a return to a more natural, sustainable and holistic approach to dying, death, disposal and celebration.'

Our second speaker is a New Zealand wicker weaver **Mike Lilian of Wind Willow Basketry**. A professional basket maker for over 25 years, more recently

Mike has started making beautiful wicker coffins from willow he grows on his property in Kakanui on New Zealand's Sth Island. His coffins are entirely natural, 100% biodegradable and full of dignity.

Yellowfin Seafood Restaurant

is an award-winning restaurant at 6/20 Queensland Ave, Broadbeach on the Gold Coast.

All Exit members and their family & friends are invited to join us for Bob Dent Day 2010. To reserve your lunch spot, please complete the invitation enclosed with this newsletter and return it to Exit's Darwin office. Numbers are limited so book early.

Update: Nth America 2010 Tour

Toronto Library Goes to Ground

Exit USA has been attempting to confirm its booking with the Toronto Library since 4 June. On this date, the Library told Exit it would confirm within the week. This has not happened despite multiple phone calls and emails leading to the conclusion that the Library is refusing Exit's booking. An alternative is now being sought.

Toronto - Canada

Wednesday 13 October
Venue TBC

Unitarians Refuse Exit's Booking

The San Francisco Unitarians have declined to accept Exit's bookings saying: "We have decided that the philosophy and objectives of Exit International do not fit well with the values our church community holds."

For a city with such a strong liberal tradition of embracing alternative viewpoints, this decision seems strangely ill at ease. An alternative is now being sought.

San Francisco, CA

Saturday 6 November
Venue TBC

CONFIRMED VENUES

Vancouver - Canada

Thursday 7 October

Unitarian Church, 949 49 AVE West, Vancouver.

New York City

Wednesday 20 October

Community Church of NY, 40 East 35th St, New York NY.

Orlando, FL

Saturday 23 October

Orlando Unitarian Church, 1901 East Robinson St, Orlando Florida.

Public Meetings are held: 11am - 12 noon

Workshops are held: 12.30 - 4pm.

Workshop Registration Forms

<http://www.exitinternational.net/page/Workshops>

Phone: Exit US on 1-248-809-4435

Email: contact@exitinternational.net

Workshops Prices

- Free for Exit Members
- \$40 Peaceful Pill eHandbook subscribers
- \$60 Workshop only
- \$100 Annual Membership - Workshop inclu.



Exit US Store

Mail Order Address: Box 4250, Bellingham WA 98227 USA
Fax 1-360-844-1501 Phone: 1-248-809-4435



Print Edition - The Peaceful Pill Handbook (ONLY available from Exit US)

US \$30 (includes postage within US) US \$40 (includes postage worldwide)



Exit Gas Flow Controls (US\$74) (ONLY available from Exit US)



Exit Pressure Gauge & Tube (US\$55) (ONLY available from Exit US)

Exit Australia Store

Mail Order from: Box 37781, Darwin NT 0821 Australia
Fax +61 2 8905 9249 Phone: +61 3 9850 8192



Mademoiselle & Doctor DVD

Price: Australia AUD \$38.50
(PAL format)

USA: US\$31
(NTSC format)

UK: £20 (incl postage)
(PAL format)



Exit Tshirts

Sizes: XXL XL L M S

Price: Australia AUD \$25 (incl postage) USA: US\$31 (incl postage) UK: £20 (incl postage)

Exit Online Store - www.Peacefulpill.com



Exit Drug Test Kit

Price: Australia US \$65 (incl GST \$5) Rest of World: US \$80 (incl shipping worldwide)



Online Peaceful Pill eHandbook

Price: US \$75 (incl 24 months of updates) - INSTANT ACCESS - UPDATED MONTHLY

Join or Donate to Exit International

I wish to join/ rejoin/ donate to Exit International
(12 Months: Aust - AUD\$110 inclu GST \$10; US/Canada US\$100; UK/ Ire £60 - 12 months)
Life membership granted for donations of >A\$1000

Please send me the paperwork to consider Exit International in my Will

First Name(s)..... I am paying \$on (today's date).....

Last Name..... Visa Mastercard Cheque

Address..... Credit Card No.....

Post/Zipcode.....Country..... Name on Card.....

eMail@..... Signature.....

Phone..... Expiry Date...../.....

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