

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

Jan - March 2014

An Exit International publication • [www.exitinternational.net](http://www.exitinternational.net)

## EXIT WEBINARS

### LAUNCH FOR MEMBERS AROUND THE WORLD

*Because no one person can be in more than one place at one time, this month sees Exit International launch its long-awaited Webinars, exclusively for members and subscribers to the Peaceful Pill eHandbook.*

The first Webinar of the inaugural 2014 series will focus on this month's update to the online Peaceful Pill eHandbook. In this respect the Webinar will discuss Exit's new Triple Test for Nembutal liquid and powder, provide an update on feedback regarding Mexican Nembutal

and take a look at Puerto Vallarta Mexico as a Nembutal tourist destination.

The Webinars will be in real time, across global time zones. The first Webinar will be held at the following global times and dates.

#### Webinar Times & Dates

Adelaide Australia 7am Thurs 24 April (ACST)  
Los Angeles USA - 2.30pm Wed 23 April (PDT)  
New York USA - 5.30pm Wed 23 April (EDT)  
London UK - 10.30pm Wed 23 April (BST)

Attendance at this first Webinar will be capped at 25 participants. While no special software is required, what is needed, however, is appropriate Internet speed. Participants will be automatically provided with speed test on entry to the Exit Webinar room. If your speed test fails you may need to reconsider your participation on the day.

The Webinar is free for Exit Members and PPeH subscribers. To register, please contact Exit on:

[rsvp@exitinternational.net](mailto:rsvp@exitinternational.net)

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# WA SENATE ELECTION: VEP TO STAND

On 5 April 2014, the state of Western Australia will head back to the polls for a unique Senate election.

As readers will be aware, following last year's Federal election, the Australian Electoral Commission 'lost' 1400 senate votes from WA. As the voting papers have never been recovered, the High Court of Australia - sitting as the Court of Disputed Returns - has ruled that another full Senate election be held for that State.

As such, Dr Philip Nitschke will again be standing for election, representing the Voluntary Euthanasia Party. Joining him on the VEP Senate ticket in WA will be Exit Member Jim Duffield.

Known as Old Sapper Jim, describes himself as 'a person born in a Nazi camp, who is a Vietnam Veteran, retired Army officer and ex Research Officer for the Aboriginal Deaths in Custody Watch Committee'.

Jim has been wed for 43 years to nurse Yvonne. Together they have five adult kids and eleven grandchildren. Jim is 69 years old and hails from Beechboro WA. A prolific 'Tweeter' - #hackneywick1 - Jim Duffield brings a valuable skills and commitment to the VEP 2014 campaign.

If you live in WA and would like to support financially the VEP's WA campaign, please make a donation via Paypal at the VEP website at: [www.vep.org.au](http://www.vep.org.au)

The VEP campaign launch will be at the Wembley Community Centre (40 Alexander St Wembley) on Monday 24 March at 11am. All welcome. Refreshments will be served.

To attend the launch please rsvp by emailing: [contact@exitinternational.net](mailto:contact@exitinternational.net) or call/ email Jim Duffield on 0405-583-977 or [jim44@iinet.net.au](mailto:jim44@iinet.net.au).

If you would like to volunteer your time and energy in the run-up to the election, please also make contact with Jim who is organising the logistics.

If you have general inquiries, please contact Philip on 0407-189-339 or Corey McCann - [secretary@vep.org.au](mailto:secretary@vep.org.au)

## MEET THE VEP CANDIDATES FOR ELECTION 2014



**WESTERN AUSTRALIA**



*Men in Hats:*

*Dr Philip Nitschke*

*&*

*Mr Jim Duffield*

## VEP CAMPAIGN LAUNCH 2014

**WHERE:** Wembley Community Centre

**WHEN:** Monday 24 March 11am

**WHO CAN COME:** Anyone who supports the idea of Voluntary Euthanasia Legislation can come along and get involved in the VEP's 2014 WA Senate election campaign.

Come & Show Tony Abbott & Bill Shorten, Clive Palmer & the rest that VEP matters.

**Web:** [www.VEP.org.au](http://www.VEP.org.au)

**Email:** [campaign@vep.org.au](mailto:campaign@vep.org.au)

**Facebook:**

<https://www.facebook.com/VoluntaryEuthanasiaParty>

## NEWS FROM THE WEST LAURIE STRIKE SPEAKS OUT

On Monday 24 February, Exit's 2014 Workshop Series got off to a rollicking start with over 250 people crowding the Wembley Community Centre in Perth to learn about practical end-of-life options, from drugs to gases to poisons.

With the WA media out in full force, many members were able to speak to the ABC / or appear on TV. (including 7, 9 and Ten). Exit thanks those willing to speak out. While Exit does not usually invite media to its meetings, it is pretty common for TV cameras, radio and press reporters to just 'show up'. The reason for the large media presence at the Perth Meeting was the recent publicity generated by Exit Member, Laurie Strike of Mindarie. Laurie is suffering from Melanoma.



*Laurie Strike speaking to Philip Nitschke on Channel 9*

In the weeks leading up to Exit's meeting, Laurie went public on ABC Perth radio. He told Geoff Hutchinson of his frustration at his lack of end of life options. He said he had a loving family who he wanted to keep safe from the law.

Laurie's emotional and painful call to the ABC started a fortnight of on-air discussion about Voluntary Euthanasia. As timing would have it, the conversation culminated with Dr Nitschke's arrival in the West for the Perth Writers' Festival at the University of WA and for Exit's annual workshop.

At Laurie's request, Philip visited him at his home in Perth's north. Together, the two poured over the *Peaceful Pill eHandbook*, working out which options could be open to Laurie. At the time of press, Laurie continues to battle his cancer. However he remains determined to die on his terms and in his own time, regardless of what the politicians say. Exit fully supports him in this endeavour. Listen to Laurie's interview on Perth ABC at: <http://ab.co/1f9IbaA>

## WORKSHOPS IN 2014

Exit is pleased to confirm the following dates for workshops for the first half of 2014. The schedule for meetings for the second half of the year will be published in the coming months. Exit workshops are open to everyone over the age of 50 years who is of sound mind. People who are seriously ill may attend, regardless of age.

### **Newcastle, NSW**

Monday 7 April, 10am - 1pm

*Panthers Club, Cnr King & Union Sts, Newcastle*

### **Canberra, ACT**

Saturday 3 May, 1.30 - 5pm

*Hughes Community Centre, Whittle St, Hughes ACT 2605*

### **Gold Coast, Qld**

Thursday 8 May, - 9am - 1pm

*Robina Community Ctr, 196 Robina Town Ctr Dve*

### **Sydney, NSW**

Friday 23 May, - 1 - 4pm

*High Tide Room, Bondi Pavillion, Bondi Beach*

### **London, UK**

Monday 23 June 10am - 2pm

*Dragon Hall, 17 Stukeley St, London, WC2 5LT*

### **Melbourne, VIC**

Thursday 17 July, - 1 - 5pm on

*Phoenix Park Community Ctr, 22 Rob Roy Rd, Malvern East*

### **2014 Workshop Prices**

Exit Members attend FREE

\$99 Non-members / \$55 Existing PPeH subscribers (inc gst)

The workshop registration form can be downloaded at:  
<http://www.exitinternational.net/docs/WSReg14.pdf>



*More than 250 people attended Exit's recent Perth Workshop*

# WRITERS' FESTIVALS IN 2014: COME & HEAR PHILIP SPEAK ABOUT DAMNED IF HE DOES ...

Following from the publication of Philip's autobiography *Damned If I Do* (with Peter Corris) in late 2013, Philip is now busy on the Writers' Festival circuit.

## Newcastle Writers' Festival

10 Saturday 5 April

Newcastle City Hall – Dangerous Ideas: The Importance of Challenging the Status Quo, with Russell Blackford, Clementine Ford, Antony Lowenstein and Clare Wright. Hosted by ABC1233's Jill Emberson.

11.15 Sunday 6 April

Newcastle City Hall – What Does it Mean to Live a Good Life?, with Caroline Jones (ABC) and Graham Long from Sydney's Wayside Chapel. Hosted by Russell Blackford.

## Sydney Writers' Festival

*'A Mind of One's Own'*

May 22, 10:00am-11:00am

Pier 2/3 Main Stage

**Presenters: Philip Nitschke, Lynne Segal, Ranjana Srivastana, Rebecca Huntley**

*'Philip Nitschke: Damned if I Do'*

May 23, 4:30pm-5:30pm

Pier 2/3 The Loft

**Presenters: Peter Corris & Philip Nitschke**



*'A Good Death' Panel*

es the fictions people	<b>INTELLIGENT DESIGN 75</b> To what extent does structure inform narrative or narrative inform structure when writing a novel? How much of this process does an author consciously control? <b>Eleanor Catton, Margaret Drabble and Jeet Thayil</b> speak with <b>Geraldine Mellet</b> .
ne to fill g e novels el	<b>A GOOD DEATH 80</b> Euthanasia remains one of the most challenging moral and philosophical questions for humanity. What is to be gained if assisted suicide is legalised? What stands to be lost? Does society need a better approach to dying? <b>Philip Nitschke, Lionel Shriver, Frank Brennan and Dennis Altman</b> discuss with <b>Anne Summers</b> .
the burne t.	<b>FOR THE LIFE OF ME 85</b> <b>Steve Bisley and William McInnes</b> have spent their careers pretending to be other people. Now they are both memoirists, grappling publicly with the private realities of their lives. They discuss authenticity and the honest self with <b>Danielle Benda</b> .

*Perth Writers' Festival Program extract*



*Henny Penny the Dog in the audience at the Perth Festival*

## Perth Writers' Festival - just held

20 - 23 February

At Perth Writers' Festival in February, Philip gave two presentations. The first was a one-on-one conversation with the wonderful Geraldine Mellett (former ABC presenter).

The second appearance was a panel discussion discussing 'a good death' with US author/ journalist **Lionel Shriver, Professor Dennis Altman, Father Frank Brennan & Dr Anne Summers** (see photos below). Philip was accompanied to Perth by Fiona and Exit dog Henny who was granted a special canine pass to attend the Festival.

# EXITORIAL

## *e-Deliverance*

### TAKING WORKSHOPS ONLINE

With Australia's new National Broadband Network soon to be available at the door of Exit's Adelaide clinic, the commencement of Webinars was a no-brainer and explains my eagerness in getting Exit Webinars underway. For this reason, I have scheduled our first members & subscribers-only **Webinar** for **Wednesday 23 /Thursday 24 April**. The meeting will feature a walk-through of this month's update to the *Peaceful Pill eHandbook*. The session will allow me to 'meet' readers 'face-to-face' and answer questions in real time. I'll be able to play videos, illustrate by powerpoint and engage in direct conversation with participants whom I expect to be all over the world. I realise that 9.30pm is not the most ideal meeting time for the Brits but it was the only time when most of the world's time zones coincided with Adelaide Australia. And besides you won't need to dress up to attend. Come as you are.



*75 year old Exit Member Ray Williams arrived at Exit's Perth Workshop in style on his Harley with his 'lady friend' riding pillion*

### THE WA SENATE ELECTION

The WA Senate Election of 2014 presents a unique opportunity for the VEP to test again the political waters by standing two candidates for Senate places. In this respect, I am pleased to be joined by **Jim Duffield** on the **VEP Senate ticket** for WA. In mid March I relocated the family to the West and can see a busy and challenging campaign ahead. I encourage all West Australians to get behind the campaign and help us have an impact upon both state and national politics at this unique election. For further details visit [www.vep.org.au](http://www.vep.org.au)

### LAUNCHING MAX DOG IN THE USA

After a lot of talk and much wishful thinking, it was very satisfying to see **Max Dog Brewing** launched in the US in February. Americans can now purchase their cylinder, regulator and tubing online with delivery pledged within two weeks of ordering. Betty from Sarasota Florida is managing the US operations. She is available at: [betty@maxdogbrewing.com](mailto:betty@maxdogbrewing.com)

### NEW EXIT WEBSITE COMING SOON

In the coming weeks, Exit will be launching a wholly-new website. Watch the new *Exit Internationalist Newsletter* for details and further announcements.

### EXIT ANNUAL REPORT 2013

The **2013 Exit Annual Report** is now available to all Exit members. For your copy, please call the Exit office on 1300 10 3948. Leave a message and we will mail one to you upon request.

### WRITERS' FESTIVALS CONTINUE

One of the especially pleasing things about writing one's autobiography, is the multiple writers' festivals invitations that follow. In February I was pleased to visit **Perth** for that city's festival while March has been the **Adelaide** Writers' Festival and the Golden Words Festival in **Tasmania**. In April I will be speaking twice at the **Newcastle** Festival with Australia's pre-eminent Festival, the **Sydney** Writers' Festival in May.

In this regard I would like to thank the Exit Members who have come along to support me on these occasions. It has been heartening to know that *Damned If I Do* is of general interest and worthy of discussion.

*Philip Nitschke*



*Autographing copies of 'Damned If I Do' after a very successful talk at the Adelaide Writers' Festival in early March*

## MAX DOG BREWING REPORT

From New York to San Francisco, February was a huge month for Max Dog Brewing in the United States with MDB owner, Philip Nitschke, making his once-yearly pilgrimage to the home of the modern IPA (India Pale Ale) beer, taking his signature MDB Nitrogen brewing business with him.

Having long-promised North America that he would launch the business in that part of the world, February saw this come true. Those in mainland USA can now order their MDB Nitrogen set-ups from *Maxdogbrewing.com*

Folk outside of the US, including Australians, must still request an order form via email, and will need to be members of Exit prior to their order being accepted.

The reason for this is that in Australia, NZ, and the UK, cylinders ship full. In the US, regulations are such that cylinders ship empty with those ordering provided with filling instructions from a local supplier.

Apart from launching Max Dog Nitrogen, while in the US, Philip took the opportunity to attend San Francisco Beer week. Imagine his delight at attending another Nitro Night at Club 540 where Ballast Point served their highly-rated Sculpin IPA on Nitro.

Looking forward, MDB will now focus on rolling out Nitrogen to Canada. In late 2014, it is expected that MDB will ship domestically from within the UK with mainland Europe to follow.

With peak Helium now well in the past, the advent of MDB Nitrogen offers a peaceful, reliable, lawful end of life choice. And, if equipment is removed, this method of dying is also totally undetectable. Remember, Nitrogen is ~ 60% of the air we breathe. This is why at autopsy there is nothing to find (unlike Helium which is never naturally present in the lungs). Dispense or Dispose, it's your choice.

**Orders (Aust, NZ, UK):** [sales@maxdogbrewing.com](mailto:sales@maxdogbrewing.com)

**Orders (USA):** [www.maxdogbrewing.com](http://www.maxdogbrewing.com)



*Nitrogen's unique creamy head*



*Philip joins the MDB USA team for some Nitro IPA*



*The US model MDB cylinder & regulator*

## SYDNEY CHAPTER NEWS

Finally, we hear you say! Exit can now confidently announce the appointment of Payton Begman as the new Sydney Exit Chapter Coordinator. With a background in counselling and psychology, Payton has joined Exit to create an active and well resourced Sydney chapter. Also included in her brief is to help set up, around ten Coffee & Chat local groups throughout the Sydney metropolitan area.

So come along and meet Payton at the **Dougherty Centre** at **Exit's first Sydney Chapter meeting for 2014** on: **Friday 4 April at 1 - 3pm**. Afternoon tea will be served. All Exit members welcome. No RSVP necessary. Further inquiries to: 0498-033-273.

## NYC COFFEE & CHAT

In January, a small group of NYC Exit Members and PPeH subscribers met for that city's first Coffee & Chat group. Just as Exit chapters have long done in Australia and NZ, the NYC group came together to share information and news about end of life options; who had got their drugs, where from, for how much and so on. If you live in the US and would like to join a Coffee & Chat in your neighbourhood, let us know at [contact@exitinternational.net](mailto:contact@exitinternational.net) and we'll do our best to link you up.

## ARCHIVING EXIT WE NEED YOUR HELP

Exit is very pleased to announce the arrival of our own in-house Library technician, Adam Schlieben. As his first task, Adam will be compiling a master copy of every newsletter ever published by Exit and VERF. (VERF was the previous name for Exit International and stood for the Voluntary Euthanasia Research Foundation.)

If you have old Exit clippings and mailouts, particularly from the years prior to 2005, please contact Adam or send your newsletter (or a photocopy of it) to PO Box 3013 North Adelaide SA 5006.



*NYC Coffee & Chat @ Le Quotidien on Amsterdam Ave*

## MARCH 2014 UPDATE - PEACEFUL PILL E HANDBOOK

- **2 New Chapters - 15A & 15B**
  - Testing Your Nembutal
  - Taking Your Nembutal
- **3 New Videos of the Exit Triple Test**
  - Acid Concentration Test
  - Melting Point Test
  - Dilution Purity

A Subscription to the online *Peaceful Pill eHandbook* costs US\$85 for 24 months & includes all updates & access (on approval) to Exit's Peaceful Pill Q&A forums.

[www.PeacefulPill.com](http://www.PeacefulPill.com)

The Exit Triple Test builds on the previous Dilution Purity test by enabling acid conversion, melting point and dilution testing. These tests will provide increased

levels of certainty as to the purity and efficacy of drug samples. The Exit Triple Test Kit includes the additional items of a digital thermometer, melting point glass capillary and laboratory filter papers. The Triple Test is now available at:

[ExitInternationalStore.com](http://ExitInternationalStore.com)

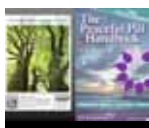


## PEACEFULPILLSTORE.COM

Phone: 1- 360-347-1810



**The Peaceful Pill Handbook** (2013/14 ed)  
Within US: US\$38 (includes shipping)  
Rest of World : US\$60 (includes shipping)



**The Peaceful Pill eHandbook (online edition)**  
Price: US\$85 (incl 24 months of updates)  
**INSTANT ACCESS - Updated 6x year**



**Killing Me Softly: VE & the Road to the Peaceful Pill** by Dr Philip Nitschke  
Price: US\$35 (exc shipping)



**Mademoiselle & the Doctor DVD**  
(NTSC format)  
**Director: Janine Hosking**  
Price: US\$35 (exc shipping)

## EXITINTERNATIONALSTORE.COM

Phone: 1300-10-3948 (EXIT)



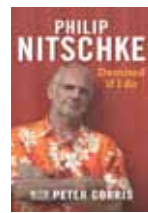
**Exit He Gas Flow Control, Tape, Tube**  
Price: Australia AUD\$200  
(inc shipping DHL courier outside of Australia.  
Within Australia: Aust Post Satchel exc gst)



**New Exit Triple Test Kit (for home use)**  
(*quantitative - Nembutal*) Price: AUD\$275  
(inc shipping DHL courier outside of Australia.  
Within Australia: Aust Post Satchel exc gst)



**Max Dog Brewing**  
PO Box 400, Adelaide SA 5001  
Price: Various depending on country  
[www.maxdogbrewing.com](http://www.maxdogbrewing.com)



**Damned if I Do** by Dr Philip Nitschke & Peter Corris. Published by Melbourne University Press. AUD\$45 (exc gst/ shipping)

## Join Exit International

I wish to join/ rejoin/ donate to Exit International  
(12 Months: Aust - AUD\$110 inc GST \$10; (couples \$165 inc GST \$15); US/Canada US\$100; UK/ Irel £62/ €73)  
Life membership - \$1100 (inc gst \$100)

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

First Name \_\_\_\_\_  
Last Name \_\_\_\_\_  
Address \_\_\_\_\_  
Post/Zipcode \_\_\_\_\_ Country \_\_\_\_\_  
eMail @ \_\_\_\_\_  
Phone \_\_\_\_\_

I am paying \$ \_\_\_\_\_ for \_\_\_\_\_  
Payment Options: Visa /Mastercard \_\_\_\_\_  
Credit Card No \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Signature \_\_\_\_\_  
Expiry Date \_\_\_\_\_ / \_\_\_\_\_



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