

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

March - May 2015

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

## BYE BYE HELIUM

### END OF LIFE CHOICES IN A POST PEAK HELIUM WORLD

*From April 2015, Balloon Time manufacturers, Worthington, have announced that they will be adding up to 20% air to their hitherto cylinders of pure Helium. The May 2015 update to The Peaceful Pill eHandbook explains what this means for the right to die movement in general and for your end of life choices in particular.*

The contamination of helium with air or oxygen has long been touted as a possible development by Worthington, the company that manufactures Balloon Time Helium cylinders in Ohio in the US.

Now this development has come to pass; a situation which leaves those with an interest in peaceful hypoxia in a state of quandary. Fortunately, in recent years, Exit has moved away from Helium and towards alternative gases such as Nitrogen.

In this regard, the beer brewing system offered by Max Dog Brewing has been a valuable addition. Not only has nitrogen proven itself to be reliable and peaceful, but it is 100 percent lawful. The use of beer Nitrogen requires no laws to be broken. Furthermore, the shelf life of the beer nitrogen cylinders is indefinite. And they are refillable.

The reason behind the decision by Worthington to adulterate their helium cylinders with air, is not known. While the addition of air will have little effect on the floating of balloons, it does make Balloon Time worthless for self-deliverance.

Maybe Worthington were heeding the concerns of the New Zealand Coroner, Ian Smith, when he called for a crackdown on Helium following the death of a 37 year old in 2011. Perhaps the shift to a helium + air mixture is a response to the rising cost of Helium in a post peak He world.

It is unlikely the reason for the change will ever be known. However, it remains fortunate that beer Nitrogen, from suppliers such as Max Dog Brewing, is readily available online; especially for the US where Helium has always been a popular approach.

The May 2015 update will be at: [www.peacefulpill.com](http://www.peacefulpill.com)  
Max Dog Brewing is at: [www.maxdogbrewing.com](http://www.maxdogbrewing.com)

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Worthington's Balloon Time Kit

## NEWS FROM IRELAND: THE TRIAL OF GAIL O'RORKE

When Dublin taxi driver, Gail O'Rorke, visited her local Rathgar Travel agent to purchase one return flight to Zurich for herself, and another one-way ticket for her friend of more than a decade, Bernadette Forde, little could she have imagined the legal mess she would find herself in.

Far from selling her the plane tickets, the travel agent took it upon themselves to tell the Irish Police what Bernadette was up to, and what Gail was helping her with. The rest as they say is now history. It is history in that Gail and her family have needed to sit through a trial by jury lasting the best part of two weeks. They have waited and held their breath, hoping common sense would prevail.

It is Exit's pleasure to now be able to tell our community that a majority jury verdict (as opposed to a unanimous decision) found Gail 'not guilty'. The media reported that cheers rang out through the court when the verdict was read out. And so everyone should have been cheering. Although the question that remains is how did the act of a good and loyal friend ever finish up in the criminal courts?



*Gail O'Rorke heading into court in Dublin*

Bearing this in mind, it is perhaps not surprising that when MS sufferer, and former HR director at Guinness, Bernadette Forde, decided that her quality of life was such that Dignitas was her only option, she sensed trouble might be brewing. For this reason, Bernadette involved four close friends in her decision. In doing so she hoped to protect those closest to her from the law. Unfortunately this was not to be. While three of the four helpers escaped police notice, Gail O'Rorke became the fall guy. It is not simply the fact that Gail was charged with assisting Bernadette's suicide that makes this case interesting. It is the bases on which she was charged that should have us concerned.

For the prosecution, it was not enough that Gail attempted to help Bernadette travel to Dignitas. After Plan A (Dignitas) failed, Gail also found herself charged with assisting Bernadette to import Nembutal from Mexico after having read about the option in *The Peaceful Pill eHandbook*. And, finally, Gail was charged with procuring Bernadette's suicide by assisting with the funeral arrangements (Gail spoke to Bernadette's nominated undertaker). The prosecution argued that this too was unlawful.

In the end, two of the three charges were struck out, leaving the single charge of assisting Bernadette's suicide by attempting to buy a one way plane ticket to Dignitas in Zurich. Luckily, the jury thought this ridiculous, as do we at Exit. But Gail should never have to have gone through the stress and ordeal which is a criminal trial. Exit is delighted that Gail will speak at our Dublin meeting on Sunday 24 May at 1pm. For details, email: [tom@exitinternational.net](mailto:tom@exitinternational.net) or phone: +353 87 256 2714



*Exit Europe Coordinator, Tom Curran & Philip Nitschke in Dublin*

Ireland has long been known as a country dominated by the Catholic church. While the church may have once enjoyed a respectable reputation, more recently it has been known for its paedophile priests, its opposition to abortion rights, as well as its militant opposing of gay marriage. (Gay marriage is the subject of a national referendum due to be held in Ireland on 22 May 2015 which seeks to change the constitutional definition of marriage). It is not wrong to say that Ireland is still a country where Catholicism is the religion of choice of the majority.

## UK NEWS: THE MET INTERVIEW & BBC HARDTALK

April was an eventful month in England for Exit Director, Dr Philip Nitschke. Firstly, Philip was advised by his London lawyers that he should front up for an interview under caution at Charing Cross Police Station.

The problem, as the MET tell it, is that a pro-life UK group - that is a group that disagrees with the right of a rational adult to be able to access information about their end of life choices - had made a single complaint. This was not a substantiated complaint they said. There are no affidavits. There are no witness statements. This is not a complaint with any legal basis. But a complaint is a complaint. And this type of political censorship needs to be tackled head on if free speech is to be preserved. The complaint the MET said, concerns an allegation that Philip has breached the UK Suicide Act.

But how might you ask has he committed such an offence? Did he spoon out drugs? Did he help someone put a plastic bag over their head? Hell no. The alleged crime is that Philip conducted a workshop in London in June 2013. A run-of-the-mill (if an Exit workshop can ever be described thus) workshop. This was not a workshop that any pro-life objector attended. But it was a meeting that pro-life objectors protested. Although the protestors were paid to protest and none displayed any knowledge of the subject matter of the meeting itself. Indeed, at least one Exit member complained of harassment by the protestors to the MET. Some might say this is a tit-for-tat complaint.



*Philip Nitschke at Charing Cross Police Station London, 16 April 2015*



*Philip Nitschke speaking on BBC Hardtalk,*

At the time of press, the MET is referring the matter to the Crown Prosecution Service to determine if charges are to be laid. If Philip does find himself charged with breaching the Suicide Act, this will be the free speech trial of the century. Already talks have been had with a high profile London QC. Exit will pull out all stops to defend the rights of English Exit members to meet and to access end of life rights information. The pro-life lobby should not be allowed to dictate the terms for everyone else. Exit would like to thank those who have donated to date to the Exit UK Legal Defence fund. Their good will is invaluable and extremely important at this time of need.

On a brighter note, Philip was pleased to be interviewed on the 'BBC World News' flagship current affairs interview program'. The interviewer was Zeinab Badawi. The interview was wide ranging including why rational suicide should be a human right to Philip's forthcoming Edinburgh Fringe show with Mel Moon titled 'Dicing with Dr Death'.

The right to die issue has rarely featured on Hardtalk. The most recent advocate to appear was Labour peer, and barrister, Lord Charles Falconer, whose assisted dying bill is due to be debated in the House of Lords later this year. Previous Australians interviewed have been politicians, Malcolm Turnbull and Clive Palmer.

Philip's Hardtalk interview can be viewed on Youtube at: <http://bit.ly/1RuYqRr>

## DICING WITH DR DEATH @ ED FRINGE 2015

In what might strike some as an odd change of direction, in 2015 Philip has decided to chase a long-held dream; life as a stand-up comedian.

As anyone who has ever attended an Exit workshop will know, Exit meetings usually contain lots of jokes. Just because we are talking about death and dying there is no need to be glum. As Philip flagged in the final chapter of his 2013 biography, *Damned If I Do*, there are worse things than 'dying laughing'. And so to the Edinburgh Festival he is headed.

Dicing with Dr Death tells not only of Philip's almost two-decade long involvement in the voluntary euthanasia movement, but explains with laughs how he came to be known as Dr Death.

As the synopsis to the show goes:

*There have only ever been nine Dr Deaths, but with most of his namesake's dead, and the Russian serving 12 life sentences in Siberia, Australia's own euthanasia doctor Philip Nitschke is now master of ceremonies, teaching the funny side of the right to die debate. From his involvement in the deaths of four real-life patients under Australia's Rights of the Terminally Ill Act, to his fondness for the do-it-yourself approach, Philip takes his audience on a rip-roaring ride through his 20 years working with life's one certainty: death.*

Dicing with Dr Death runs in Edinburgh as follows:

**When:** 7 - 30 August

**What time:** 6.10pm - 7.10pm nightly

**Venue:** 'Just the Big Room; Just the Tonic, The Caves'.

**How much:** £7.50 adult, £5 concession

Tickets are available at: <http://edinburgh.justthetonic.com>

The show's website is: [www.dicingwithdrdeath.com](http://www.dicingwithdrdeath.com)

Exit members & VE supporters are especially welcome to come along & be part of this world premiere show.



*Philip with his dog, Henny Penny, trying out the Scythe*



*The Show Poster*



### NEW EXIT BLOG @ PEACEFUL PILL SITE

In April, Exit launched a new regular blog at the Peaceful Pill website. The blog is being contributed to every few days and will provide the most up-to-date real-time news feed on happenings in the global right to die movement.

Inaugural blog posts cover topics such as:

- the declaration that is being sought by New Zealand lawyer Lucretia Searles in regard to whether that country's *Human Rights Act* is in conflict with the criminal laws concerning assisted suicide. You can read the blog at: <http://www.peacefulpillhandbook.com/?p=1254>
- the implications of the new law passed by the Utah legislature concerning the use of nitrogen gas in capital punishment. You can read the blog at: <http://www.peacefulpillhandbook.com/?p=1252>
- the background to Gail O'Rourke's assisted suicide trial in Ireland. You can read the blog at: <http://www.peacefulpillhandbook.com/?p=1340>
- my MET interview a few weeks back. You can read the blog at: <http://www.peacefulpillhandbook.com/?p=1249>

Guest bloggers are invited. Ideas, concepts and submissions can be sent to Exit at [contact@exitinternational.net](mailto:contact@exitinternational.net)

### THE END OF HELIUM

As the cover story of this newsletter shows, April 2015 signalled the end of what had become a tradition in the right to die movement; the use of Balloon Time helium cylinders to achieve a peaceful hypoxic death. Anecdotal evidence at Exit shows that Balloon Time was an approach favoured more by male than by female members. However, there is always an exception to the rule. Melbourne nurse educator, Betty Peters (now deceased), was especially fond of the method.



Indeed, so fond of Balloon Time was Betty that she made several videos for Exit about using Helium, most notably the 2008 hit, 'Do it yourself with Betty' in which she demonstrated how to make your own Exit Bag. Curiously, YouTube went on to ban Betty's video on the grounds that it breached their community guidelines. Given what is posted on YouTube these days, having a video censored on that website is no mean feat.

Nevertheless, if you are an Exit member and have recently purchased a Balloon Time cylinder, I advise you to bring this along to the next Exit meeting in your area (Workshop or Chapter meeting) and have the cylinder tested with Exit's oxygen testing equipment. This will be the only way to truly know the contents of your cylinder.

From June 2015, all Exit chapters will be equipped with testing equipment. The forthcoming Irish and Australian workshops will also offer testing of Balloon Time cylinders. Don't take chances. If you are interested in the use of inert gases and never got around to acquiring Helium, you are left now with the even better option of Nitrogen. Commonly used in the home brewing of beer, Nitrogen also has other uses; one of which is the peaceful option of a lawful, hypoxic passing. See [www.maxdogbrewing.com](http://www.maxdogbrewing.com) for details & online ordering.

### NEW EXIT MEMBERSHIP CARDS

Exit Administrator, Kerri Dennis, is to be congratulated on introducing a new look Exit Member Card. Designed by Rachael Dennis, who is newly-graduated in new media and graphic design from James Cook University, the membership cards feature each individual member's year of joining Exit, and their Membership number. No more needing to ring the Exit office for basic information. The card now says it all. More than this, it says that you are proud to be a member of Exit. We like the sound of that!



*Philip Nitschke*

## NEW YORK TIMES PROFILES PEACEFUL PILL HANDBOOK

**It is a story that no one wants written about them. The awful of choice of being forced to decide when to exit, following a diagnosis with Alzheimer's Disease.**

But this is precisely what happened to retired Cornell University Professor of psychology, Sandy Bem. Upon her diagnosis at 64, she said 'she felt terror at the prospect of becoming a hollowed-out person with no memory, mind or sense of identity, as well as fury that she was powerless to do anything but endure it'.

An feminist of international reknown (Philip Nitschke's wife Dr Fiona Stewart employed the Bem Sex Role Inventory in her own PhD back in the 1990s), the diagnosis was particularly painful for Professor Bem because 'her idea of herself was intimately entwined with her ability to think deeply and originally'.

### The New York Times Magazine

When Sandy told those closest to her of her diagnosis and her desire not to succumb to it in the end, 'all they asked was that she promise not to choose a method that would be particularly disturbing — using a gun or jumping off a bridge into one of Ithaca's famously beautiful gorges'.

'Sandy had contemplated both of those options, but she didn't want that sort of death either. "What I want," she typed in her journal in an emphatic boldface font, "is to die on my own timetable and in my own nonviolent way." **At this point Sandy Bem turned to *The Peaceful Pill eHandbook*.**

As the *New York Times* reported on 14 May 2015, 'In October, Sandy wrote to an address in Mexico listed on the website of "The Peaceful Pill Handbook." Weeks passed, and she fretted that her order had been confiscated at the border. But at last it arrived: a cardboard box, no bigger than a softball, wrapped in brown paper. Sandy eagerly took scissors to the packaging and retrieved two 100-milliliter bottles of pentobarbital — she had bought an extra one just in case, even though she believed that one bottle would be enough for a person her size. The drug needed to be kept in a cool place,

so she took the bottles down to the basement. **For the time being, she could leave the pentobarbital on a shelf, comforted by the knowledge that it was there'.**

But Chapter 14 was not the only chapter in *The Peaceful Pill eHandbook* that the Bem family found useful. They also followed the *eHandbook's* advice on the legal issues which can and do emerge when a person elects to die.

'On her last day', the *NYT* wrote 'Sandy set about creating a tidy paper trail to make sure no one else would be held responsible for her death. She found the printout of an email, with the subject line "ENDING," that she had written nine months earlier. "The email stated why she wanted to die and saying that no one — not her physician, not her attorney, not anyone — had offered help or advice'.

Within five minutes of taking her Nembutal and wine, Sandy was unconscious. 'Daryl watched her for a while, not quite feeling anything ... Still to come, too, was the brutal reality of what it would feel like for Sandy to be completely gone from his life. "How powerful a presence is her absence," Daryl would say at a memorial service that summer, quoting from a poem by Fred Chappell. "The rooms were quiet when she was resident./Now they lie silent. That is different."

For now, though, Daryl simply gazed at his unconscious wife ... watching the sheet go up and down with each breath. Over the next hour, the sheet's rise and fall began to slow. Then it stopped'.

The full article is available at: <http://nyti.ms/1Fdh9dV>



## SUNSHINE COAST EXIT MEMBERS BRING TALK OF DEATH & DYING OUT INTO THE OPEN ON ABC RADIO'S 'EARSHOT'

The Sunshine Coast Chapter of Exit International is to be heartily congratulated for braving the media and speaking out 'over tea and scones' on their thoughts of death, dying and electing to go when they are ready. Rational discussion about rational suicide.

As the ABC journalist, David Rutledge noted:

*'what they have in common is that they've seen people they've loved die painful and undigified deaths, that's something they say they are determined to avoid, and maybe that's why they seem so chipper.'*

The group agreed the timing of death should be determined by factors such as loss of independence, loss of health, dignity and self respect.

For 'Shirley', the decision would be made on the basis of a checklist. 'Once the negatives outweighed the positives', she said 'then I'll seriously look at the time to go'.

This is the emerging face of the rational suicide debate; a phenomenon the medical profession and others claim does not exist. Yet Exit members know and think differently. They know that while death is permanent and final, living on with a diminished quality of life may not be great either. The important point is that the decision to go is considered, long-held and rational to the end.

At Exit, members are taught time and again that while the law prohibits assisted suicide, there are no legal issues when you prepare and take action yourself. Exit Chapters are small, local support groups where sensible conversations about the matter are ongoing.

The show can be heard at: <http://ab.co/1KlTPfE>



## INTRODUCING DR JOHANNES KLABBERS

In recent months, Exit International has appointed a new senior member of staff to the role of Coordinator - Australia and New Zealand. That person is Dr Johannes Klabbers. A long time Exit Member and formerly the volunteer coordinator of the Victorian Exit Chapter, Dr Klabbers comes to Exit with an extensive skill base which is a perfect fit for the organisation.

Originally from the Netherlands, Johannes arrived in Australia via the UK in 1980. In addition to his doctorate, Johannes holds a Postgraduate Certificate in Narrative Therapy and an Advanced Certificate in Clinical Pastoral Care, having worked previously in the pastoral care department of a major cancer hospital in Melbourne.

Johannes lives in Melbourne with his partner Anna and their cat 'Stripey'. He works from Exit's new Melbourne office at Ross House, 247 Flinders Lane, Melbourne 3000.

Amongst Johannes' many activities are the new 'Exit Viva' Seminars across Australia, as well as a series of free, open public forums which aim to encourage conversations about death & dying.

Johannes can be contacted at:  
[johannes@exitinternational.net](mailto:johannes@exitinternational.net)  
Phone: 0438 955 401



*Dr Johannes Klabbers*

# MEDICAL BOARD VS NITSCHKE



*Dr Philip Nitschke speaking out against his persecution by the Medical Board of Australia, noting the scandalous waste of money involved in this political witch hunt & Darwin Monkey trial.*

On 1 - 2 April 2015, the NT Supreme Court heard Philip's appeal against the decision of the Medical Tribunal of the NT to leave the Medical Board of Australia's emergency suspension of his medical registration in place.

Philip was represented in the appeal by Melbourne QC, Richard Niall and solicitor, David Fitzpatrick. Mr Niall stepped in after the sudden death of Exit member and barrister, Mr Peter Nugent.

At the time of press, the decision of the appeal is not known. The Medical Board is now pursuing a further 14 complaints against Philip. Deregister at all costs seems to be their motto.

## EXIT WORKSHOP DATES 2015

### **Dublin Ireland (Europe Mtg)**

1 - 4pm, Sunday 24 May (changed date)  
Bewleys Hotel  
Merrion Rd, Ballsbridge, Dublin 4

### **Perth WA (Nigel Brayley Memorial Workshop)**

9am - 1pm, Monday 1 June  
Wembley Community Ctr  
40 Alexander St, Wembley 6014

### **Sydney NSW**

9.30 for 10am - 1pm, Tuesday 9 June  
Dougherty Community Ctr  
7 Victor St, Chatswood 2057

### **Canberra, ACT**

1 - 4pm, Wednesday 10 June  
Hughes Community Centre  
Wisdom St, Hughes 2605

### **Melbourne, Victoria**

10am - 1pm, Friday 12 June  
Phoenix Park Community Centre  
22 Rob Roy Rd, Malvern East  
*Melway Reference: Map 69 D2*

### **Workshop Bookings**

Email: [contact@exitinternational.net](mailto:contact@exitinternational.net)  
Phone: 1300-10-3948 (EXIT)

Registration forms are available from:  
<http://www.exitinternational.net/page/Workshops>

### **Nth America Book Tour**

Dr Philip Nitschke will be undertaking a book tour with dates in NYC, Toronto and LA/ San Francisco in late 2015. Watch the website for details.



## OBITUARIES

### PETER NUGENT

It was with enormous sadness and loss that Exit received the news that our barrister, Peter Nugent, died peacefully at home on 28 February, two years after being diagnosed bowel cancer. Peter had recently assumed the mantle of President of the Voluntary Euthanasia Party of Victoria. And he was eagerly preparing to represent Philip in his appeal against the Medical Board in the Northern Territory Supreme Court. Peter had said of his defence of Philip that 'this was the case he was born to run'.

Peter's contribution to Exit over the past year was immeasurable. From advising Exit's chapter coordinators on legal aspects to advising the family of former Bendigo Exit member Dorothy Hookey when the police came calling. Peter was the smartest and kindest guy in the room. A long term member of Exit, Pete's membership number was 1269. Peter was 54.



*Mr Peter Nugent as he appears on the front cover of Exit's Annual Report 2014 which is available at the Exit International website*

### ERIC LEWIS & PETER HARRISON

Exit would like to make special note in this edition of *Deliverance*, of the recent deaths of Sydney members, Eric Lewis and Peter Harrison. A couple for more than 30 years, Eric and Peter died within months of each other. Their Exit membership number was 645. RIP boys.

### KEP ENDERBY



*Kep & Dot Enderby at Exit's Sydney conference Dougherty Centre, 22 September 2005*

Following others of his generation who have died in recent months (Gough Whitlam, Tom Uren), so former Attorney General and NSW Supreme Court Judge, Kep Enderby, died in hospital on 7 January 2015. A long-time member of Exit, Kep was a great personal friend to Philip Nitschke over many years. Kep was a loyal voice who spoke out publicly for the Exit cause and a valuable sounding board on wide-ranging concerns for Philip. When Philip was based in Sydney, it was a pleasure to have Kep and his wife Dot as neighbours over the road in Roslyn Gardens, Elizabeth Bay.

Philip suspects it is to Kep's chagrin that he was not able to die in his own time and place, and by taking his own stash of Nembutal that he had hidden away at home. A stash that Kep would be willing discuss with anyone who cared to listen. Kep's presence was larger than life. He is fondly remembered. Kep was Exit member number 2376. Kep was 88.

## LA PILULE PAISIBLE

*The Peaceful Pill eHandbook* will be published in French in June 2015.

See [www.peacefulpill.com](http://www.peacefulpill.com)



## PEACEFULPILLSTORE.COM



**The Peaceful Pill Handbook** (2014 edition)  
Within US: US\$48 (includes shipping)  
Rest of World : US\$45 (excludes shipping)



**The Peaceful Pill eHandbook**  
(Updated: 1 April 2015 online)  
24 month subscription: US\$85  
- Updated 6x year



**Killing Me Softly: VE & the Road to the Peaceful Pill** by Dr Philip Nitschke  
Within US: US\$33 (includes shipping)  
Rest of World : US\$48 (includes shipping)

## EXITINTERNATIONALSTORE.COM



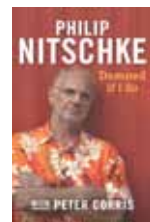
**Exit He Gas Flow Controls (with Plumbers Tape + Tube)**  
Price: AUD \$200  
(ships DHL express courier/ express mail)



**Exit Drug Test Kit (Qualitative)**  
Price: AUD\$35 (incl shipping globally)



**Max Bromson Quantitative Barbiturate Test Kit**  
Price: AUD \$275  
(ships DHL express courier/ express mail)



**Damned If I Do (autobiography)** by Dr Philip Nitschke & Peter Corris  
AUD \$45 (incl shipping globally)

## 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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