

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

March - May 2016

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

## EXIT CONFERENCE FROM VOLUNTARY EUTHANASIA TO RATIONAL SUICIDE

*Bob Dent Day 2016 (22 September) marks the 20th anniversary of the Rights of the Terminally Ill Act of the Northern Territory. On this day in 1996, Darwin man Bob Dent, suffering of prostate cancer, became the first person in the world to receive a legal, lethal, voluntary injection. The person who helped Bob (and three others) to die was Exit Founder, Dr Philip Nitschke.*

*To celebrate Exit's 20th year of praxis, Exit will be holding a special anniversary conference at the State Library of Victoria.*

The Exit team has assembled the most exciting and intellectually challenging

array speakers ever to come together on the issue of Voluntary Euthanasia/ Assisted Dying in Australia. Exit's conferences are legendary, in terms of both ideas and fun. Being amongst folk of like mind who share a passion for this last bastion of human rights, is a reward in itself. Bearing witness to an historic conference of this nature is an experience not to be missed.

In addition to outstanding speakers, the conference will include a gala dinner at Melbourne's Old Melbourne Gaol (complete with the 'lock-up' experience). We have also scheduled a street march and protest at Flinders St Station. All supporters of Voluntary Euthanasia will be welcome to join in.

Exit is currently sourcing unused walking frames and walking sticks. If you have any to loan to Exit for the day, and if you live in Melbourne, please give us a call and make your offer known.

The conference will commence at the State Library Auditorium at 9am on Thursday 22 September and run to the afternoon of Friday 23 September.

**Early online registrations are now open.** While membership of Exit is not compulsory in order to come along, Exit members will be prioritised. Delegates will be limited to 200.

**See p. 4 for bookings.**

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State Library of Victoria

# 20TH ANNIVERSARY CONFERENCE

## KEYNOTE SPEAKERS

### **Professor Susan Stefan (USA)**

Susan Stefan is a disability rights advocate whose most recent book focuses on the rights of those who are suicidal or perceived as being suicidal, and who consequently are threatened with deprivation of liberty, loss of custody of their children, infringement of the right to make medical decisions, and intrusions on their bodily autonomy.

A graduate of Stanford Law School, Professor Stefan received a Master's Degree from Cambridge University in England, and graduated magna cum laude from Princeton University. Professor Stefan is the author of four books, numerous textbook and treatise chapters, and articles on the rights of people with psychiatric disabilities.

Professor Stefan has worked as an expert consultant for Amnesty International in Ireland, the President's New Freedom Commission on Mental Health, the Institute of

Medicine of the National Academies of Science, and the Substances and Mental Health Services Administration.

Until her retirement in 2015, Susan Stefan was a law professor at the University of Miami School of Law, where she taught among key subject areas, mental health law.

Professor Stefan's new book was published by Oxford University Press in March 2016 and is titled: *Rational Suicide: Irrational Laws: Examining Current Approaches to Suicide in Policy and Law*. At the Melbourne Conference, Professor Stefan will be asking if rational suicide is a civil right or a medical treatment?



*Professor Susan Stefan*

### **Dr Lieve Thienpont (Belgium)**

Dr Lieve Thienpont is a psychiatrist and psychotherapist working in the area of end of life choices with the non-terminally ill elderly (as well as with the psychiatrically impaired).



*Dr Lieve Thienpont*

A graduate of the University of Ghent, since 2011 when she was a founding member of the Life Ending Information Forum at the Free University of Brussels Dr Thienpont has focused her work on researching and

publishing in the area of euthanasia decisions for those with psychic (existential) suffering.

With Wim Distelmans, Lieve is co-author of *A Good Death* (published in Dutch, 2012). Her new book *Libera Me* was published in Dutch in 2015 and in English and French in 2016.

Dr Thienpont came to prominence in the English speaking world after her 2015 retrospective and descriptive study of 100 euthanasia requests by the mentally ill as performed under Belgium's euthanasia law. This controversial paper was recently published in the *British Medical Journal*.

At the Melbourne Conference, Dr Thienpont will be discussing how the non-terminally ill elderly, including those who are tired of life, are accommodated under Belgium's euthanasia laws.

## 20TH ANNIVERSARY CONFERENCE CONT

### **Dr Deb Campbell (Australia) (opening address)**

Born and educated in Melbourne, Dr Deb Campbell spent 25 years working operationally and as a research and policy analyst in intelligence, industrial relations and indigenous affairs in the private and public sectors, and in universities in Victoria, Western Australia and the Northern Territory. She holds a PhD in industrial relations history.



*Dr Debora Campbell*

Deb sea-changed to Lorne (before Sea Change) and established 'Sam's Place': Homestay for Dogs. Now in Deans Marsh she is active in community affairs.

Deb has written business book reviews for the mainstream press, contributed to local newspapers and self-published a history of local community enterprise. Her new book is titled *Doing Us Slowly: What's Happened to the Australian Voluntary Euthanasia Debate?*

*Doing Us Slowly* is the first socio-political analysis of the failure of the past 20 years of praxis of voluntary euthanasia advocacy. Quoting Noam Chomsky Dr Campbell writes: '[t]he smart way to keep people passive and obedient is to strictly limit the spectrum of acceptable opinion, but allow very lively debate within that spectrum', Dr Campbell concludes 'It's time for the chosen death debate to become a real and open one in which we all have a say. No more doing us slowly. We will act on our own account'.

Deb will be speaking to the political aspects of 'chosen death' in the Conference's opening keynote address.

### **Ms Anny Shaw (Australia/ Germany)**

Anny Shaw was born in Melbourne as the second of Pat and Peter Shaw's three daughters. She grew up with classical music, the Shaws being extremely knowledgeable opera and concert goers, as well as reasonably accomplished pianists. When her grandmother, who was a very fine amateur violinist, handed down her violins Ann's career path was set. She started learning at the age of 9.

After studying at the Victorian College of the Arts, and then the Elder Conservatorium, Adelaide Uni, she went to London to take further lessons. From there she took auditions in Germany.

Her first job was as a first violinist in the Staedtischen Orchester Solingen at the age of 21. Some years later followed a position as fourth principal violinist in the Augsburg Philharmonic, a large opera orchestra with affiliated ballet troupe and acting company.

Anny took early retirement in 2015 because of violin-related health issues and is now active in refugee help programmes. She is president of the Augsburg branch of Bund Naturschutz, a national environmental group.

Anny's parents Peter and Pat Shaw died in rational suicide pact in Melbourne in October 2015. Their deaths were written up in *The Age* newspaper under the title *The Big Sleep*. Their choice in death was fully supported and respected by their three daughters.

At the Melbourne conference Anny will be speaking about her experience of her parents' deaths.



*Anny Shaw*

## 20TH ANNIVERSARY CONFERENCE CONT

### Dr Philip Nitschke (closing address)

Dr Philip Nitschke (born 8 August 1947) is Australia's leading voluntary euthanasia advocate. In 1996, Dr Nitschke made world history when he became the first doctor to administer a legal, lethal, voluntary injection under the *Rights of the Terminally Ill Act* (NT).

A graduate of Sydney Medical School, Dr Nitschke also holds a PhD in applied physics from Flinders University. Prior to studying medicine, Philip worked in a range of jobs. In the early 1970s, he travelled to the Northern Territory where he worked as assistant to Aboriginal rights activist, and Gurindji elder, Vincent Lingiari during the Wave Hill walk off. Philip has also worked as a wild life ranger in Central Australia, a tram conductor in Melbourne and a lighthouse keeper in South Australia.

In November 2015, Dr Nitschke burned his medical license in response to restrictions placed upon him by the Medical Board of Australia. Today, he continues to head Exit International, one of the world's leading pro end of life choices advocacy groups.

## EXIT CONFERENCE EARLY REGISTRATION & COSTS

As with all Exit Conferences, the organisers have aimed to keep the costs down to allow members from all walks of life to attend. Exit has recently received significant bequests. These have been used to underwrite the true cost of the conference. Early Registrations are Now Open!

The 2016 Conference costs are as follows:

**Exit Members:** \$275 (inc gst) (inc morning/ aft tea, lunch)

**Non Exit Members:** \$385 (inc gst) (& Exit membership)

**Students:** may contact Exit for a reduced fee (limited places).

**Media:** a limited number of passes are also available.

**Conference Dinner:** \$150 per head (*additional to registration*) (includes 2 course meal, drinks & the 'lock up' experience)

Other speakers currently being confirmed include Dr Anne Summers who will participate in a conversation with other distinguished speakers about the lessons that the Voluntary Euthanasia movement can learn from the Second Wave Feminist Movement.



Exit is also very pleased and honoured to again have ABC's *Late Night Live*, Phillip Adams. Exit had great fun with Phillip at the 2007 'National Day of Shame Conference' in Canberra. We welcome his repeat participation in this year's conference.

Exit is currently finalising several other participants. The complete program will be officially announced in June 2016. Bob Dent Day 2016 is, without doubt, the most progressive and exciting Voluntary Euthanasia conference ever to be held in Australia. We strongly encourage the attendance of Exit Members from all over our nation for this once in a life time experience.

Registrations will be accepted on a first come first served basis. A maximum of 200 conference delegate are available. The conference dinner is limited to 120 places. Online registration is now open at the Exit International Website.

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

### Exit Member Registration

### Non Exit Member Registration

### Conference Dinner Booking

For those from out of town, we suggest the standard hotel booking websites of **Wotif** and **Expedia** are explored as it's hard to beat their prices. Booking directly with city hotels is also advised. For all conference enquiries, please call Amanda or Chelsey on 1300 10 3948 or email: [contact@exitinternational.net](mailto:contact@exitinternational.net)

### 20TH ANNIVERSARY CONFERENCE

It has been a very exciting few months preparing the program for our forthcoming 20th Anniversary Conference to be held 22 - 23 September at the State Library of Victoria in Melbourne. We have assembled an impressive array of speakers; each of whom bring a unique perspective and experience to the right to die debate.

I am delighted that a Victorian local, **Dr Deb Campbell**, has agreed to open the conference. Her new book *Doing Us Slowly* is a brilliant socio-political analysis of much that is wrong, and little that is right, with current voluntary euthanasia debate in Australia. After 20 years we should have moved on in our thinking and approach. Sadly, this has not been the case. Dr Campbell explains why, and how this can be rectified.

I am also especially pleased that **Dr Anne Summers** has agreed to participate in a session that combines as its theme the second wave feminist movement with the right to die movement. The focus will be upon what the former can teach the latter.

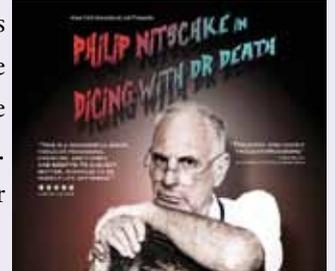
We again are excited to welcome back **Phillip Adams**. Phillip was with us in Canberra for the Day of Shame Conference of 2007 hosting our dinner at the National Museum. It will be fun and challenging to have his wit, intelligence and good humour back again at the dinner which will be held at the famous Old Melbourne Gaol.

In regard to our international speakers, we are honoured to have secured the attendance of two women of such expertise and experience. US Law **Professor Susan Stefan** is a world expert on suicide. Her new book *Rational Suicide Irrational Laws* applies a civil rights framework and analysis to suicide, especially as it applies to the non terminally ill. In speaking at the conference, Professor Stefan will offer a new conceptualisation of suicide, and how this is and can be addressed in law and policy.

Also from over the seas we have **Dr Lieve Thienpont**. Dr Thienpont (with her husband Professor Tony Van Loon who will also speak at the conference) is travelling downunder to discuss her work as a psychiatrist with the non terminally ill elderly in Belgium. Dr Thienpont will offer an in-depth analysis and reflections on Belgium's approach of allowing voluntary euthanasia for the elderly, regardless of their health status.

### DICING WITH DR DEATH @ MICF 2016

With the **Melbourne International Comedy Festival 2016** now behind us, I would like to thank everyone who came along and who made the night such a success. I must admit I was very nervous walking out on to the stage at Melbourne's Athenaeum Theatre on that infamous Sunday afternoon of 3 April. My worries were gladly unfounded. The sold out audience of 400+ were warm, generous and engaging. I had a ball! The crowd laughter suggested that I was not alone.



I would like particularly to thank **Derryn Hinch** for being brave enough to try out the new Destiny euthanasia machine. Thanks are also due to Exit staff and volunteers, especially Dr Jill Milner, Show Director Kevin Shepherd who came from London to help me out and Exit's European Coordinator Tom Curran who came from Dublin to perform a small, but significant cameo.

I was pleased that the *Herald Sun's* Jim Schrembi wrote a glowing review of the show. Not bad for a MICF debut.

### PROFESSOR AVRIL HENRY - RIP

A life member of Exit International, retired Emeritus Professor Avril Henry did not deserve to spend her final days being harassed by the UK Police (and others from the 'helping professions') simply because she intended to rational suicide. Yet that is how her final weekend unfolded.

An Interpol tip-off led to the Police smashing down Professor Henry's front door (to save her from herself). This led to a 6- hour questioning by a GP, psychiatrist and social worker in order to decide if she should be compulsorily sectioned as a psychiatrist patient. The ordeal began at 9pm and did not end until after 4am.

The treatment of Professor Henry says many things. Importantly, it highlights how society is utterly unable to cope with the idea that an elderly person whose quality of life is significantly compromised may wish to die in peace unassisted; in their own time and in their own home. Avril Henry was not mad. She was a strong, intelligent, caring woman who knew her own mind. I am tremendously proud to have known her. *Philip Nitschke*

## THE FINAL DAYS OF PROFESSOR AVRIL HENRY

It was never supposed to happen like this. A rational suicide was planned, your friends (lots of friends) were told along with your extended family. You thought you had your affairs in order. No one, but no one, could have predicted what happened next.

At around 9pm on Friday 15 April, Professor Avril Henry had her front door smashed in by the Police, who were followed closely by a GP, a psychiatrist and a government social worker. The 'crisis team' forcibly entered Avril's house for a 'welfare check'.



*Professor Avril Henry with Dr Philip Nitschke*

They said they had been informed by Interpol that Avril had imported Nembutal from Mexico. And they had heard she was planning to end her life. Their job, they said, was to snatch the drug from her and decide if she should be sectioned compulsorily as a psychiatric patient. To keep her from dying.

Avril's role in this drama? An elderly woman, living alone, in a small Devon village who, with a rapidly deteriorating quality of life, had decided the trip to Switzerland was too arduous. And besides why should she? Avril wanted to die at home and she wanted to be buried in her orchard. Being the highly organised person that she was, Avril took matters into her own hands. She got the Peaceful Pill eHandbook and she imported the same drug that she would have been given in Switzerland, sodium pentobarbital. That should have been the end of the matter but it wasn't. A victimless crime to be sure.

When the police were first asked by the media what they were doing in smashing Avril's front door down, without even ringing her front bell first, they denied they had ever been at her house. Only on formal questioning by Avril's lawyer was the

police visit report provided. The report proved the police had attended. It proved Avril was not lying. And yes there had been a forced entry. While Avril and her friend Emma said the police took the drugs away with them, the police report states the drugs could not be found. So what is going on?

One of the lessons from the circumstances surrounding Professor Henry's death is the vexed question of who should be told if you are planning a rational suicide. In her own words, Avril says she would 'talk the leg off a table'. She told anyone and everyone of her plans. Far from being ashamed of what she was planning, Avril thought the law an ass. And she thought it cruel. She wanted to make a last stand against it.

However, in telling everyone, including her internet provider company, Avril left herself open to intervention. When she told her ISP that she planned to die that night and would they please disconnect her phone and internet that day, they called for emergency help. This prompted her local GP surgery to call her with a view to dispatching immediate help to her home. Suicide prevention run amok!

As Avril said in a final email to Dr Philip Nitschke, 'I think I had better skip lunch and get on with it'. And so she did. Avril Henry had not handed over her full stash of Nembutal during the midnight visit several nights before. She had kept some aside. This other stash is what she took early Wednesday afternoon.



*Avril's front door after the 'forced entry'*

In response, the police have said they are not treating the death as suspicious. A good thing since Avril did not want an autopsy. Her funeral and burial were pre-paid so she could be laid to rest soon after in her beloved orchard.

The of the most concerning issues to arise from Avril's death is the involvement of

(cont. p. 7)

## NORTH AMERICA WORKSHOP TOUR DATES

It has been a long time coming but Exit finally has confirmed meeting dates for Vancouver BC, Toronto ON and NYC in 2016 as follows:

### Vancouver BC

2 - 5pm, Thursday 14 July 2016  
Oak St Unitarians  
949, 49th Ave W, Vancouver BC

### Toronto ON

2 - 5pm, Thursday 21 July 2016  
First Unitarians (Workman Hall)  
175 St Clair Ave W, Toronto ON, M4V 1P7

### New York City

2 - 4.30pm, Sunday 24 July 2016  
The Gay Centre  
208 W 13th St, New York, NY 10011

For all meetings, registration must be made ahead of time via the Exit Website. Exit reserves the right to refuse entry. Photo ID will be required on the day.

Registrations online at:

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

Call 360 1 961 1333

*Exit Members attend free (but must register)*

*Peaceful Pill eHandbook Subscribers USD\$50*

*Public (aged 50 years or over / seriously ill) USD\$100*



*The Gay Center NYC*

**Australian Workshops** are confirmed for September - October 2016 and are listed on the Exit website.

## THE FINAL DAYS OF PROFESSOR AVRIL HENRY CONT

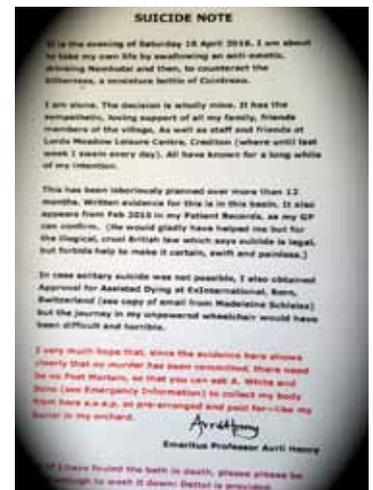
**Interpol** is tracing Nembutal shipped from Mexico. In the same week as Avril Henry experienced her police raid, another UK Exit Member (this time in Oxford) has found herself the subject of a police raid on her home, again in search of Mexican Nembutal. Again, the alleged tip-off has come from Interpol via the Manchester Police.

This leads Exit to believe that a supplier listed in *The Peaceful Pill eHandbook* is being investigated and has provided his/ her mailing list to the authorities in the UK. Or that Mexico is implementing new laws that make the export of Nembutal illegal. Or that in some way UK authorities have decided enough is enough.

It is a pity, indeed, that the authorities are not applying the same diligence to the scammers who are operating on the Internet.

Scammers who are ripping people off by offering Nembutal by next day delivery, while providing nothing and keeping the money that is sent via Western Union or Moneygram. These are the real criminals. These are the people Interpol and the Police should be out catching, rather than harassing the elderly and seriously ill who are simply trying to secure a basic end of life choice in the face of a wholly inadequate legal situation.

The April/ May 2016 Update to *The Peaceful Pill eHandbook* will contain a full discussion of these issues in Chapter 17.



*Avril's Suicide Note*

## PEACEFULPILLSTORE.COM



**The Peaceful Pill Handbook** (2016)

Black White

Within US: US\$63 (includes shipping)

Rest of World : US\$85 (excludes shipping)

Color

Within US: US\$70 (includes shipping)

Rest of World : US\$95 (excludes shipping)



**The Peaceful Pill eHandbook**

*(Updated: 1 May 2016 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)**

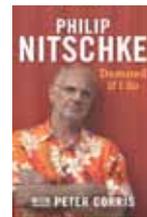
Price: AUD\$35 (incl shipping globally)



**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

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I am paying \$ \_\_\_\_\_ for \_\_\_\_\_

Payment Options: Visa /Mastercard \_\_\_\_\_

Credit Card No \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Expiry Date \_\_\_\_\_ / \_\_\_\_\_



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