e-Deliverance A peaceful death is everybody's right

Sept - Dec 2017

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NU-TECH 2017 'The Sarco' has arrived

Described by Newsweek (2 Dec 2017) as the 'Elon Musk' of the right to die movement, Exit Director Philip Nitschke launched his most recent (and ambitious) invention - the Sarco - at the recent Nu-Tech conference in Toronto.

The Sarco is a 3D printable capsule that allows the user a peaceful and reliable death at a time of their choosing.

The Sarco is the result of more than two years Research and

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Development work. The work has been funded by bequests that Exit has been fortunate to receive. Philip believes that the Sarco is the way of the future. The death will be peaceful, reliable and 100% legal regardless of country.

On the technical side, the Sarco provides a hypoxic death. The mechanism floods an invisible floor with liquid nitrogen. The nitrogen displaces the air in the capsule, allowing the person to become quickly and quietly unconscious and to die a few minutes later. This is the same process as when a plane depressurizes. This is also the process that brings about death when a plastic bag and an inert gas is used.

The revolutionary aspect of the Sarco is that it does away with the plastic bag and the 'yuk factor' that surrounds current methods of a hypoxic death.

Other pluses of the Sarco is that the upper section detaches to double as a coffin. And before you ask, yes the Sarco will be printed



The 3D printed Sarco Euthanasia Machine



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THE 3D PRINTED SARCO

from materials that are 100% biodegradable so the environment is protected. Another Sarco plus, is that it is entirely portable. This means that one's final view can be deliberately chosen; be that sunset on the beach or a mountain sunrise.



Exit anticipates that the 3D print plans for the Sarco will be freely available on open source on the Internet. The only costs involved will be that of printing the device. However, with 3D technology changing by the week, it will not be long until large-scale 3D printers are available everywhere. Exit estimates that a Sarco will be printable for less than \$2000.

A person who intends to have a Sarco made, will then need only to source a small thermos of liquid nitrogen. Given that nitrogen makes up ~80% of the air we breathe, it will never be regulated.

One important feature that all Sarcos will have is the security pad that enables entry. Anyone seeking to enter the Sarco will need to key-in a 4-digit code. The Sarco will only open with the code. The code will only become available after an online capacity test is completed. This procedure is designed to ensure that a person seeking to use the Sarco is full aware and is legally equipped to go ahead with this most important of life and death decisions.

The Sarco was launched internationally at the 2017 NuTech Conference in Toronto Canada, and since

this time has attracted significant global media. The Sarco is already changing the conversation on death and dying in the 21st Century. By designing an intriguing yet beautiful means to die, Philip Nitschke has continued his work of the past two decades.

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In 1996, Philip designed the Deliverance Machine which was a basic laptop computer (and program), linked to syringe driver and canula that enabled the four people who used Darwin's *Rights of the Terminally Ill Act* to press the button themselves. Philip designed the Deliverance Machine a) so it was the dying person, and not him, who was administering the lethal dose of drugs and b) so he did not intrude upon the intimate space of the dying person and their family. This machine can be viewed in the British Science Museum in London.

Since that time, Philip has invented such devices as the CoGen (carbon monoxide generator), the Destiny Machine (which uses carbon monoxide but which suffers from legal problems) and now the Sarco. Philip's partner in developing the Sarco has been Dutch industrial engineer Alex Bannink.

It is expected that the open source plans for the Sarco will become available in 2019 as there is more R&D to be done. News reports about Sarco can be found at: *https://exitinternational.net/news/*



Philip Nitschke with Alex Bannink & the 1/7th 3D Printed Model of Sarco at NuTech in Toronto, 28 October 2017

e-Deliverance PHILIP'S BIRTHDAY FLASHMOB

On 8 August, Exit International's founder, Philip Nitschke turned 70! To celebrate this momentous achievement, Exit staged a Flash Mob in the Gold Coast in Queensland.

On 19 August around 50 Exit members, family & supporters came together to do a seeminglyimpromptu rendition of Bon Jovi's anthem song, 'It's My Life'. The venue was Cavill Ave, Surfers Paradise on a busy Saturday afternoon.

A special thank you to Elaine Arch-Rowe and Cath Henderson for organising rehearsals, testing the sound system and venue and, of course, recruiting the Mob. Exit is also grateful to Rochelle Carmichael of Liquid Skin Performing Arts Company who choreographed a terrific routine and to Jeff & friends who filmed and edited the Mob.

Philip's 70th Birthday Flashmob can be found on You Tube at: *https://youtu.be/wbu-wNyQMHc*



The film of the Flash Mob is now on Youtube.com



L2R: Rachel (Qld), Val (NSW), Kay (Tas), Kerri (Qld) & Choreographer Rochelle (Vic) after the Mob



As reported on Channel 7 TV News



Those who didn't dance waved the Exit Flag



The dancing doctor ...



Flashmob Coordinator Tasha Russell with Chief 'Handbag Minder' Mick

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e-Deliverance VICTORIAN LEGISLATION GOES AHEAD

In late November, the Australian state of Victoria passed the *Voluntary Assisted Dying Act 2017*. This is the first time in 21 years that Australia has had legislation that enables a terminally ill person to get medical help to die.

As readers will know, in 1996, the Northern Territory of Australia enacted the *Rights of the Terminally Ill Act*. Under this law, four of Philip Nitschke's terminally ill patients were able to get help to die. The ROTI Act lasted only nine months before it was overturned by the Federal Parliament when the Liberal Party's Kevin Andrews and the Labor Party's Tony Bourke equally argued for its abolition.

There is much to be pleased about with the new Victorian law. For example, it will be presumed that a person who wants to use the law will have decision-making capacity unless there is evidence to the contrary. This is different to the current situation where a person who wants to die is often presumed to be depressed (and therefore lacking capacity)!

However, the Act does have significant drawbacks. These can be best understood if one looks firstly at the stringent qualification criteria and secondly the so-called 'safeguards', all 68 of them.

Firstly, because the Act will not take effect until June/ July 2019, anyone who is sick and wants to use the law now, can't. It is cruel to mandate that a person must have less than six months to live (or 12 months if a neurological condition like MND is involved) to qualify to use the law. It seems that if you are going to get a terminal illness you'll need to time your run?

Other qualification criteria include being 18 years or over and living in Victoria for at least 12 months. It is no good living in Albury and trying to get help in Wodonga, as it won't work.



Continuing, to get the 'permit' to die, the person will need to do the following:

- make a request for help;
- get assessed as eligible by a 'coordinating medical practitioner';
- get assessed as eligible by a 'consulting medical practitioner';
- make a written declaration;
- make another request to the 'coordinating medical practitioner';
- appoint a 'contact person'; &
- then the coordinating doctor can apply for the person's permit after the final review.

Many people who are terminally ill with less than six months to live will likely find this qualification process as onerous as it sounds. But this is how this model of law works. The medical profession is the gate-keeper. The patient must beg permission to die (well). Anyone can die badly (and often do) but to die well, this is the process you must go through.

That said, most of us we will take comfort in knowing that there is a safety net, if things start looking really grim. But this is not to be confused with Exit's main game; self-determination to control when and how we die. A peaceful death is <u>everybody's</u> right', not just that of the terminally ill.

The ultimate benefit of the Victorian law may be the domino effect that will occur around the country. With more laws will come better, more progressive, more humanising laws. At least we hope so.

The Act can be found at: http://www.legislation.vic.gov.au/

EXITORIAL

THE SARCO: FACT OR FICTION?

It has been a great pleasure for me this year to collaborate with industrial engineer, Alex Bannink, on a project I've long had in mind; the Sarco. While I've always been interested in devices that might assist a person to have a legal, peaceful death at a time of their choosing, this year I've found myself taken well out of my comfort zone as I've needed to investigate the possibilities of 3D printing.

Why is this new type of manufacturing process important you might ask? Because it has the potential to provide an accessible, easy and economical way for any one of us to have control and autonomy over when and how we die. No need to break the law. No need to import hard to get drugs over the Internet. No doctor required.

As 3D printing is spreading around the world and within our local neighbourhoods, its possibilities are endless. Yes, the Sarco is a glimpse of the future, but that future is not too far off. The Sarco story is just beginning and will be a driving focus of work for me well into 2018.

VICTORIOUS IN VICTORIA

Australia has finally brought itself into the 21st Century with Victoria passing the *Voluntary Assisted Dying Act*. About time too! While the Victorian law is cautious to the extent that it may be unworkable, the brightest ray of light in my opinion is that it will compel other Australian states to follow suit.

It is beyond logic that a person in Mildura will be able to get help to die but if you live over the Murray in Wentworth, you will be sentenced to suffer. Is this discrimination under s177 of the *Australian Constitution*? I have no doubt that the legal profession is mulling this question over, just as they did in Darwin 20 years ago. Only this time, there will be more time for consideration because Victoria is a state not a Territory and rabid christian politicans like Kevin Andrews are finally powerless to act.

REMEMBERING JAY

Jay Franklin will be remembered as a brave, outspoken and committed young man. Dealt a raw hand in life by being born with Hirschsprungs Disease, Jay was acutely aware of the pros and cons of modern medicine. On the one hand, medicine was able to help Jay, and extend his life considerably. Increasingly

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however, he was frustrated at the pain he saw himself being forced to endure because of the reluctance of doctors to give him the drugs he needed. And then there is the ultimate irony. Jay was not terminally ill. Jay was never going to qualify for the new law, despite being born and bred in Melbourne. Jay fell between the cracks. Not sick enough to want to die at Dignitas and not the right type of sick to die well at home. Long live the memory of Jay Franklin, 30.12.76 - 1.11.17.



With Jay Franklin at the Melbourne Comedy Festival, 2 April 2016

SOME THOUGHTS ABOUT 2017

Come the end of each year I am grateful to be alive and to have had another year of living and working for Exit. Part of my enjoyment in directing Exit is the wonderful staff and volunteer team I have around me and the incredible members who I meet. I know I've said this before but I will say it again: Exit is the result of many people's labors.

There are the Chapter Coordinators who form the grass roots network of the organisation. And then there is the core staff of Kerri, Tasha, Rachel, Sarah and Tom. There are the many people upon whose expertise I call regularly (you know who you are). And, finally, there is Fiona whose daily support and input makes it all worthwhile.

With Fiona, I have settled well into the Netherlands. The politics are easy, the weather less so, but we hope to stay here, at least for the present. Trips home for Exit punctuate our year in a lifeaffirming way. Thank you to everyone for 2017. See you in 2018! *Philip Nitschke*

e-Deliverance NU-TECH 2017 CONFERENCE REPORT

After many months of planning, NuTech 2017 was held in Toronto on the weekend of 28 - 29 October. For the first time, the conference was open to more participants than simply those who attended in person in the studio.

Living up to its name NuTech used live-streaming technology to hold a truly international conference across the world's time zones. Presenters came from the US, Lithuania, Australia, the UK, the Netherlands and Canada. Those attending were exposed to exciting new ideas and paradigms for 'self-deliverance'.

The program was opened by *Final Exit* author and Hemlock Society founder Derek Humphry. Derek presented from his home in Eugene Oregon. The remainder of the program alternated between presentations of inventions that were in competition for the inaugural NuTech Innovation Award (USD5000) and guest speakers.

Presentations in Competition:

- Life Quality Monitor (David Jones, UK)
- Ranking DIY Methods (Ted Ballou, US)
- GULPS Generator (John Todd, Aus)
- Revisiting Compression (Neal Nicol, US)
- Frequency Testing of Helium Purity (Hugh Wynne, UK)
- Revisiting the Re-Breather ('Bob', US)

The judging panel comprised Derek Humphry (US), Tom Curran (Ireland) and Miriam de Bontridder (NL).



Bob's Winning (dual) De-Breather Device



An awards lunch was held on the Sunday at the Intercontinental Hotel where the joint winners of John Todd and Bob from the US were announced. Ironically, perhaps, the live-stream nature of the conference meant that neither winner was present in person to accept their certificate and cash reward. A speaker conference call took the news to Brisbane in Australia and Las Vegas in the US respectively.

In addition to the innovation competition, this year's NuTech invited a number of guest speakers. Chief among these were the inventor of the 'art concept' Euthanasia Rollercoaster, Julijonas Urbonas from Lithuania.

Conceived in 2010, the Euthanasia Rollercoaster has attracted global media as it has conflated art and death in a new unique way. Urbonas was an especially engaging and thought-provoking speaker, living up to the expectation that comes from a stint as 'artist in residence' at Accelerate@Cern in Switzerland.

A second invited speaker was feminist / abortion rights activist, Francine Coeytaux of the US. A founder of the 'Plan C' action group which enables women to access medication abortion drugs at home (in a non-medicalised

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NU-TECH 2017 CONFERENCE REPORT

environment), it was envisaged that Coeytaux would be able to draw parallels between the demedicalisation of abortion and dying. It was clear on the day that Francine had much to say and not enough time to say it in. However, the parallel is clear. There is more work to be done.

As convenor of this year's NuTech, Philip Nitschke used the occasion to launch the Sarco, as well as presenting on the new Dutch Salts. To this end Philip presented a scientific analysis and comparison between the Nitrite and Azide salts.

It is expected that NuTech will continue its new livestream format in 2018 and will coincide with the biennial conference of the World Federation of Right to Die Societies in Cape Town, South Africa in September.

The NuTech gathering remains an important focal point for inventors and activists, not only in the right to die area but, as this year showed, in the arts and parallel social action movements such as feminism.



Julijonas Urbonas explaining his Euthanasia Rollercoaster

Differences	
Technologies for a peaceful death	New abortion technologies • Effects primarily women
Younger movement Not as politicized (yet?) Challenge of death penalty	More entrenched opposition Working on human rights indicators Easier access to drug/pills

Parallels between DIY Abortion & End of Life Choices



John Todd's Winning (dual) GULPS CO Generator



Coffee Break in the Studio



Ruth von Fuchs & Neal Nicol during Compression Revisited



NuTech 2017 Toronto

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On 8 November, Dr Philip Nitschke was very pleased to accept an invitation to speak at the conference of European right to die groups at the European Parliament in Brussels. Speakers came from all over the EU including the Netherlands, Italy, France, Luxembourg, Spain, Portugal, Germany, Belgium, Poland and Switzerland. These countries harbor a variety of laws when it comes to a person's right to die with dignity.

The day was divided into three streams for discussion:

- 1. Clandestine Death in Germany, France, Italy, Spain, Portugal and Poland;
- 2. Legal Euthanasia: Admitting foreigners who come to die, the risks and challenges; and
- 3. Fundamental Rights & Discrimination in Europe. What are citizens doing? From Cyberactivists to Militants.

Philip spoke in the third session about the potential of the new technologies to change the face of right to die activism.

The discussion varied greatly according to the country involved. In France, for example, it remains illegal not to prevent a person from suiciding. While the Netherlands is actively debating the right of older people to take their own lives (zelfdoding), irrespective of whether they are sick or not.

With a program that had something for everyone, it was especially interesting to hear first hand of the intensely conservative political environment in a country such as Poland. Particularly, the degree of difficulty associated with any advancement of a person's human rights at the end of life.

In the alternative were the delegation from Antwerp who were keen that the activists from Lisbon learn from the mistakes of the past, rather than risk repeating them in their efforts to draft their country's first right to die law. For example, what should be the role of the medical profession in the end of life choices debate? On this point the Portuguese were honest in acknowledging the fact that they had not considered the decriminalisation of Nembutal in the same way that their country has decriminalised the possession of small amounts of drugs such as heroin and cocaine for personal use.



Philip Nitschke & Fiona Stewart with Isabel Alfonso (DMD Barcelona)



Morning Plenary Session with instantaneous translation



Philip before speaking in the afternoon plenary session

Exit would like to thank DMD (Derecho a Morir Dignamente) Spain (& Catalonia) for their kind invitation. The invitation came at the height of the Catalan crisis so it was welcoming to see Spanish and Catalan DMD colleagues working side by side to advance the right to die issue.

The DMD were themselves sponsored by MEPs from the progressive Podemos Party.

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SUZY AUSTEN'S TRIAL

On Monday 12 February next year, Exit's former Wellington Chapter Coordinator, Suzy Austen, will go to court in New Zealand to defend herself against two charges of importing a Class C drug (Nembutal) and one charge of assisting a suicide.

The charges are the result of covert police surveillance known as 'Operation Painter'. The NZ Police used (likely) illegal tactics to mount a fake driver alcohol breath-test roadblock. However, the Sunday afternoon road block was not to catch drink drivers, but to gather the names and addresses of Exit members who had attended a pot-luck Sunday lunch at Suzy and Jolly Mike's Wellington home.

Immediately after Suzy was charged in April 2017, Exit launched a crowd funding campaign on the GoFundMe website. To date the campaign has raised \$44,515 but more is needed. Suzy's campaign is still open and welcomes readers' financial (and moral) support.



Suzy Austen

Philip Nitschke says he hopes to be in Wellington to support Suzy at her trial along with other Exit supporters.

To donate to Suzy's Legal Defence fund, please go to: https://www.gofundme.com/suzyausten

PEACEFUL PILL EHANDBOOK 2017 IN REVIEW

This year has been a huge one as far as the *Peaceful Pill eHandbook* is concerned with a range of languages about to be published for the first time. Since the PPeH and PPH joined Derek Humphy's *Final Exit* as the best-selling end of life choices book in the world, the e-version of Exit's book has gone from strength to strength.

As 2017 draws to a close, the *Peaceful Pill eHandbook* is shortly to become available in Dutch, Spanish, German, Italian and English. The 3-year old French edition is currently undergoing a professional upgrade and will be republished in early 2018 as 'La Pilule Douce'.

In addition to the multiple translations, the *Peaceful Pill eHandbook* was updated throughout 2017 to include issues such as: USA Lethal Mixtures (as used in California), home drug testing with the Scio sensor, professional drug testing in Barcelona, the Dutch Salts & Australian Pig Poisons, Nembutal Scammers, and at the very end of the year, the launch of Max Dog Nitrogen in Europe.



Subscribe at: https://www.peacefulpillhandbook.com

e-Deliverance EXIT LONDON MEETING - 25 JAN 2018

The next London Exit Chapter Meeting will be held at 1 - 3pm at Dragon Hall (17 Stukeley St, WC2B 5LT) on Thursday 25 January 2018 (not February as earlier advertised). All welcome. Afternoon tea will be served.

We can confirm our very special guest speaker will be Gail O'Rorke from Dublin.* In 2015, Gail was charged with attempting to assist a suicide when she purchased air tickets from Dublin to Zurich for herself and her seriously ill friend, Bernadette Forde. Bernadette was suffering from MS and had been accepted to go to Dignitas in Switzerland.

However, when Gail went to purchase the flights, the travel agent alerted the Irish Police and Gail ended up being charged with two counts of assisting a suicide and one count of attempting. Other charges included the aiding and abetting of a suicide by assisting in the procurement and administration of Nembutal and, 'procuring a suicide' by making funeral arrangements for Bernadette, two days before she died.

In 2015 after a 3-week trial in Dublin's Central Criminal Court, a jury acquitted Gail of all charges. Gail has now documented her experience of what it can mean to be a 'good friend' in a book titled *Crime or Compassion? One woman's story of a loving friendship that knew no bounds.*

VALE - JAY FRANKLIN

On 1 November, Exit was very sad to hear that our former Social Media Manager Jay Franklin had died. Jay, who was born with Hirschsprungs Disease, was involved with Exit for many years. In 2013, Exit helped Jay raise funds to travel to the Dignitas clinic in Switzerland, only to have Jay later return the money as he was not ready to die.

Jay told his story in the media many times over the years but at no time more poignantly than on the ABC's *4 Corners* program. Everyone at Exit sends their thoughts to Jay's mum, Bertha. *4 Corners* can be viewed at:



Gail O'Rorke

'I was torn. My best friend needed me. But little did I know then what the consequences of helping her would be...'

Gail will be speaking about her experience at the hands of the Irish justice system and will have copies of her book at this special London Chapter Meeting. Please come along.

Crime or Compassion is published by Hachette Books Ireland and is available at Amazon.co.uk

* Exit was not able to confirm Dutch journalist Leo Enthoven at the current time.



Jay & Bertha Franklin at the Old Melbourne Gaol 22 September 2016

http://www.abc.net.au/4corners/my-own-choice/4962448

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e-Deliverance AUSTRALIAN SUMMER 2018 TOUR

Exit will be welcoming the new year with 5 new Exit Workshops (3 in rural/ regional areas).

With the passing of Victoria's *Assisted Dying Act*, these workshops will focus upon the implications of this new law for the rest of the country with a particular view to clarifying the rights that the law does / does not promote, and what a person can do if they are not Victorian.

Lismore, NSW

1-4pm, Saturday 3 February 2018 Lismore Workers Club, 231 Keen St, Lismore

Bundaberg, QLD 1-4pm, Tuesday 6 February 2018 Bundaberg Multiplex Complex, 1 Civic Ave, Bundaberg

Sydney, NSW 1-4pm, Thursday 8 February 2018 Rex Centre, Macleay St, Potts Point (Enter from Fitzroy Gardens)

Mittagong, NSW 1-4pm, Saturday 10 February 2018 Colo Vale Community Centre, 28 Railway Ave, Colo Vale

Melbourne, VIC 1.30-4.30pm, Monday 26 February 2018 Phoenix Park Community Centre, 22 Rob Roy Rd, Malvern East



Exit last visited Bundaberg in 2012 when over 300 people attended the meeting & workshop

Registrations

To book, non-members need to use the registration form at: *https://exitinternational.net/docs/ExitWSSummer18.pdf*

Members may book by email: *register@exitinternational.net* or by phoning Rachel on: 1300 10 3948.

Members attend Exit Workshops - Free Others - \$110 (inc GST & 1 year's Exit Membership) Existing PPeH Subscribers \$55 (inc GST)

Attendees must be aged >50 years and of sound mind. Those falling outside these guidelines are welcome to email Exit to discuss their personal situation.

The first 20 minutes of all meetings is a free & open public meeting. This is followed by afternoon tea before the restricted attendance workshop.

MEET THE ELON MUSK OF ASSISTED SUICIDE?

If readers missed the Newsweek article on Philip Nitschke and the new 'Sarco' 3D printed euthanasia machine on 4 December, you can view it online at:

http://www.newsweek.com/elon-musk-assisted-suicide-machine-727874



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PEACEFULPILL.COM



The Peaceful Pill Handbook (2017 edition) US\$80 (ex shipping)



The Peaceful Pill eHandbook (online edition) 24 month subscription: US\$85 *Continuously Updated *



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



The Peaceful Pill Handbook <u>Black White 2016 Edition</u>: US\$40 (ex shipping) <u>Color 2016 Edition</u>: US\$50 (ex shipping)



Damned If I Do Autobiography by Philip Nitschke & Peter Corris Global: AUD\$45 (exc shipping)

EXITINTERNATIONALSTORE.COM



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)



DVDs: 35 Letters Mademoiselle & the Doctor AUD \$35 each (incl shipping globally)

*If not online, please all 1300 10 3948 to order.

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