



FIFTH FREEDOM FOUNDATION NEWSLETTER

Affiliated with Arizonans for Death with Dignity

Spring 2003

The Statewide Chapter Of The Hemlock Society

P.O. Box 12126 • Tucson, AZ 85732 • Toll Free 1-877-535-3600 • E-mail: info@hemlockarizona.org • Web: www.hemlockarizona.org

**HEMLOCK SEEKS TO LEGALIZE ALL
THE OPTIONS FOR A DIGNIFIED
DEATH, INCLUDING VOLUNTARY
PHYSICIAN-AID-IN-DYING
FOR ALL MENTALLY COMPETENT,
CRITICALLY ILL PEOPLE.**

AzDD Marches on State Capital!!!

There were 48 of us there. Packed into the Health Committee hearing room on February 27 to present our case on Physician Aid In Dying.

The bill was nearly identical to the Oregon law that has been so successful since 1997. The law there has *not* been abused, there has *not* been an inflow of old people to use the bill, nor has there been a “slippery slope.” But it has helped about 100 terminally ill people, fighting pain and indignity, end their lives just a little sooner, with the comfort of being in control of their own death.

We had found a champion in **Gabrielle Giffords**, a state senator for District 29 who wrote the bill, but it was too late to enter it into the state Senate. She in turn found our next champion, **Linda Lopez**, a district 26 representative. Linda found a dozen other sponsors and convinced her friend **Debra Gullett**, head of the Health Committee to hear the bill before the full committee. Gullett is from District 11 in Phoenix.

AZDD’s new “politics only” role does great

Our political action arm—Arizonans for Death With Dignity—arranged for a bus to bring 38 people from Green Valley and Tucson for the occasion.

Our advocates were all decked out in their best coats and dresses. Some people, who “never” wear ties, wore a tie.

Our speakers went first, which turned out to be a problem, because we never got to rebut the outrageous lies the opposition (who followed us) got to tell.

We had some good speakers. **Earl Wettstein**, as president of the Fifth Freedom Foundation, went first, setting the scene of who we are and what we want to accomplish. He was followed by retired doctor **Monte DuVal** (he who was the founding dean of the UA medical school, **Vickie Fischer** (president of AzDD), retired colonel **Walter Urbach** (leader of the Sun Cities chapter, **Ila DeLuca** (advisor to the AzDD/FFF boards), retired minister

(continued on page 2)

Annual State Conference Scheduled for Scottsdale, November 22!!!

This is going to be a good one! You’ll want to be there. Our Sixth Annual. First of all, it’s scheduled right in the middle of the state - Scottsdale - so everyone can get there the same day and home again.

Second of all, it’s going to again be at the luxe Radisson Resort on Scottsdale Road right across from Fashion Square.

Come the night before, stay at the Radisson on our special room rate, have a shopping spree across the street, and then roll out of bed in the AM, and downstairs to our 10 o’clock kickoff meeting.

Legislators invited

We have invited a slew (more than one, less than a mob) of Arizona state legislators to be our guests for the entire program. Some will come for the day, some for lunch and to be acknowledged, but all are to be

(continued on page 3)

AzDD Marches *(continued)*

Marshall Lindsay (leader of the Scottsdale chapter), retired educator **Karen Tyner** (leader of the Tucson chapter), and retired minister **John Abraham** who called God again (as he did in 1997), much to the enjoyment of the health committee. John ended his call with “Nice talking to you, Ma’am,” which brought a wave of laughter and applause (see photo below).

Our opposition tells big lies

The first opposition speaker was a neurologist, **Dr. Michael Powers**, who described people fighting for their last breathes from ALS and Alzheimer’s and how he treats them so they do not need to think about ending their lives. My reaction was that I am glad he is not my doctor. I saw little sympathy for pain or death in his remarks. He had a lot of B.S. words such as “slippery slope” and “depression” and “Hippocrates Oath.” I wish I had taped his remarks as it was teeming with med school jargon he knew the committee would buy.

Has Susan Goldwater mellowed?

Susan Goldwater, community outreach advocate for Hospice of The Valley spoke next, and we felt she has mellowed her rhetoric since we last confronted her in 1997. She spoke about our need to let people have a choice in dying and to die with dignity. Wait a minute ... isn’t that our line?

Nevertheless, next time we’ll bring our own hospice expert.

Goldwater said that dying people have options now. She described them dying in one day simply by refusing water. Yes, I know this can be done, and it’s an okay death, but one day? We need to hear from other experts on that.

Then a Dr Meyer spoke. He referred to us as “agents of death.” Sweet man.

A person from Arizona Right To Life organization (phonetic spelling Rica Riteci) spoke next and had nothing interesting or new to say.

Our final opponent — a woman doctor

The final opposing speaker was a woman doctor (I almost typed lady), a **Carolyn Gershler**. She mentioned that there were two suicides in the Bible. I can’t remember her point, but next time we should have one of our ministers discuss this from a Bible POV.

She said that in 35 years of practice she had never had a patient ask to die. What is she, a dermatologist? Or could they tell what the answer would be before they asked? However, Doctor Gershler did admit that four of her patients had committed suicide, and many were depressed..

She said we advocate “killing” and she mentioned our recent national conference in San Diego, our admiration for Dr. Nitschke, his suicide machine, and his desire to have “poison pills” in every supermarket.

She also got in an allusion to the Weimar Republic, a not very veiled suggestion of the Hitlerian gas chambers, etc.

These people will say anything to stop us! Next time we need to state our rebuttals to their words at the beginning of the meeting. ■

Yuma Chapter Being Revitalized!!!

We are very excited that the Yuma chapter, which started strong in 1997 and then lost it’s momentum, is back at it, stimulated by that state wide tour we staged last December starring **Faye Girsh**, our national Hemlock spokesperson.

Yuma leader **Ron Martin** has some leadership help in this archly conservative city, and they are committed to two meetings this coming Fall (September and November), and we hope several more next Spring. Four a year is enough to keep your corporate memory going, and to educate new people about what’s happening in the movement.

And now that we have legislation popping , there will be a lot to talk about.

The subject of the first program is to be announced, but the November one will be a debate. **Marshall Lindsay**, leader of the Scottsdale chapter will be taking our side. His opponent is yet to be named. ■



Retired Minister John Abraham dials up “God”. She answered.

Sixth State Conference *(continued)*

welcomed, no matter what their politics)

The program isn't totally firm yet but here's what we have pencilled in so far. **What's firm is in bold type.**

NOVEMBER 22ND THE PROGRAM

10A Earl Wettstein, President Fifth Freedom Foundation - Welcome and state of our educational work.

10:07 Vickie Fischer, President Arizonans for Death With Dignity - State of our legislative efforts and what we accomplished last year.

10:15 Linda Lopez, Arizona State Representative, District 29 - Keynote address. Why she introduced House Bill 2454 in February, and why she plans to do it again.

10:30 Introduction of "Patient's Control & Comfort Act" (PCCA) - This idea, created by Fred Richardson, President of the national Hemlock Board, is a new Advanced Directive. It's planned as an alternative to the Oregon bill. Speaker to be confirmed, but he/she will be XLNT.

11:10 Debate: "Why WE are Right About a Hastened Death!" Paul Spiers, incoming President of the Hemlock Society Board vs. to-be-announced. The opposing speaker will be a strong and respected advocate of *not* hastening a death. This is not a pushover. No hissing or booing allowed. Really.

12-1 Sit-Down Gourmet Lunch (included in the ticket price)

1:00 Julian Rush, Administrator of the successful Caring Friends death bed service program. He will tell us how it's gone, plans for the future, where the action is, and what he foresees for the future.

1:45 Author of famous new book about dying. Still to be confirmed.

2:28-2:30 Close. Fischer and Wettstein.

Flagstaff Chapter Reborn

The Flagstaff chapter had a very good first year back in 1997-98, but then the leadership faded and no one stepped forward to assume the mantle.

But now in 2003, some ladies have stepped forward! **Severy Partridge** and **Judy Jung**, both stimulated by **Faye Girsh's** visit last December, have stepped up and are working on a plan.

There will be an meeting Tuesday, May 27, 2-4P at The Legion Hall in Flagstaff. **Earl Wettstein**, the state president of Fifth Freedom, our educational division, will present the program "Do You Want a Bad Death or a Good Death?"

The program is free and open to the public. ■

Ayn Rand Speaker at Tucson Chapter

Tucson FFF was pleased to hear **Tom Bowden** speak on "Suicide without Guilt" at its March first meeting. Mr. Bowden is a Baltimore attorney for the Ayn Rand Institute. He enumerated 13 arguments given by church and state on why suicide is immoral. He then gave cogent arguments defeating these 13 points. Rebuttals came in three categories: 1. On the basis of faith based religion, the objectivist viewpoint says there is no proof of an afterlife; 2. On the social arguments, he rejects the notion that society has influence on self. Society is for the individual, not the other way around; 3. The personal argument says that suicide is being true to one's self and an act of courage.

He quoted several philosophers, among them, **Hume**, who strips away all religion, social and personal arguments and says simply that there is no reason not to end your life if that is your choice. He also observed that **John Ashcroft** is against suicide but pro death penalty. Go figure!

—Karen Tyner

Learn the Differences in Tucson's Assisted Living Facilities - May 17th!!!

President **Karen Tyner** personally went out and visited many assisted living "homes" and selected five of the best for this unusual and informative program. Each facility will present their case ... and their different styles.

This is the chapter's annual sit-down luncheon meeting, Viscount Hotel, 4855 E. Broadway, 10AM. The lunch is only \$12. Call for reservations at 577-2857. Send your check (made out to Fifth Freedom) to Karen Tyner, 6419 N. Burro Creek, Tucson 85719. Or you can pay at the door—but *do* reserve.

Reverend Marshall Lindsay's Controversial Remarks on HB2454

I have been a minister in the United Methodist Church for 45 years. I have seen the terminally ill asking for help, and I would like to see Oregon's law enacted here in Arizona."

"I became active in Arizonans for Death with Dignity because I saw a need and I was asked. Just a short while ago, a lady called my home asking for help. 'My husband has ALS (Lou Gerhig's disease), and our minister can not help. We don't know what to do! Can you help us, please!' I told them I would see them in my home. They came. The wife was holding up her husband as he barely was able to shuffle. 'He has lost the use of his legs, as you can see, and his voice is going too—all in one year!' she said. 'Will you help us?' she asked again. 'He does not want to drown in his own juices,' she said."

"After more consultation, I referred them to the Hemlock Society, Caring Friends—"They will help you," I said. We prayed together, and as they left, I realized how glad I was to be able to help. Before AzDD, I didn't know what to do."



Marshall Lindsay

Marshall gets controversial. Go Marshall, Go!

"Let me say a word about the economics of Death with Dignity. Last year our new governor began offering Advanced Directives workshops. Studies show that where Advanced Directives are utilized, cost of death averages

\$30,000, whereas without, costs average \$90,000."

"In the book, 'The Unspoken Argument', the economics of dying are laid out. This country can not afford to continue warehousing terminally ill aged in nursing homes. We will bankrupt our economy if we continue. Planning ahead for death could save billions—'substantial savings'—in anyone's calculator."

"This is a difficult issue. HB2454 begins to address the issue of the cost of dying. I ask you to think about it." ■

Why We Keep Working to Change the Law

(Excerpt from a letter to Ann Landers)

"Mom, 84, was in a nursing home and needed round-the-clock care. It was the best we could find, but not where anyone would want to be.

Mom begged me daily to kill her. Once, she tried to do it herself.

Our last conversation went like this: "Please help me. You can do it. We've always loved each other and promised to help each other. I need you now.

And I said "Mom, I can't do it. They'll put me in jail."

Her bright blue eyes burned holes in my soul. She replied, "Then go to jail." Three days later she died, not having said another word.

I loved my mother dearly, and we were very close. I ache with sorrow and shame that I could not do the one last thing she asked of me."

—Anonymous

"My name is Walter Urbach ...

... and I am the President of the Sun Cities Chapter of Arizonans for Death with Dignity. My chapter has over 200 active members and many more with an abiding interest in the outcome of this bill."

"We do not advocate or encourage suicide. We believe that life is precious and should be preserved as long as it has any quality or potential quality. We believe that this must be an individual choice made by a mentally competent person in the context of what he/she values. Surveys consistently report that the majority of our population supports choice at the end-of-life and one of those choices is physician aid-in-dying (similar to what currently exists in Oregon). Invariably, people do not support a choice that is dictated by others. Those who wish to eke out every last breath of life should have that choice. On the other hand, for those who are faced with prolonged suffering, and want a hastened death, the means must be available to accomplish that in a dignified, fail-safe manner—to include physician aid-in-dying."

"We believe strongly in individual responsibility and the right of self-determination so long as no one else is harmed. Those are fundamental tenets of our nation and providing us the ability to exercise them is what we are asking for from your committee."

"Thank you!"



Walter Urbach at Legislature ...

FFF President's Opening Comments to Health Committee

“**G**ood morning. My name is Earl Wettstein, I am from District 26, and I am the president of the Fifth Freedom Foundation. I represent over 2000 members statewide.”

“It took my aunt Gladys two miserable years to die. She was in a nursing home. Every time I’d go to see Gladys she would say, “Oh Earl, can’t you help me die? I just want to die.” Finally, Gladys did die, but it was not a good death.”

“There are good deaths. A good death is in your home, in your own bed, with your family around you. Seventy percent of Arizonans surveyed said they would prefer to die at home. Yet only 25% get to do that. The bill you are considering would allow more Arizonans to do just that—to die in their own beds in their own homes.”

“All of us here are volunteers and we are from all over the state, Scottsdale, Phoenix, Sun Lakes, Peoria, Tucson, and Green Valley.”

“It is important to know that we are against suicide. We love life. To us, suicide is the ending of a life that still has the potential for much quality left. When someone who is young kills themselves it is a tragedy. But when someone who is dying in pain and who is suffering wants to hasten that imminent death, we want them to be able to get a prescription for a medication that they can take that will aid their approaching death. This bill—aid in dying—is well named. It is NOT assisted suicide. It IS aid in dying.”

“As Arizona’s population ages, this issue will become more and more important to the voters of your districts. National polls show that 62% believe a doctor should be allowed to assist if a person with a painful, incurable

disease wants aid in dying.”

“This is an issue that is not going away. Our membership keeps growing. We are going to ask our members to stay in touch with you, and keep you educated on the importance of this legislation. Who knows, perhaps someday someone you know might wish to use its benefits.” ■

Ila DeLuca’s Words to Arizona Legislature

“**W**e did not come here today asking for money. We did not come asking for demands on an already-challenged state budget. Rather, we come as members of a vast majority of voters who understand from our own experience that fear of the future can poison the present. We come as representatives of that vast majority who believe that we—and you—should have choices in all aspects of our lives, including the right to exercise control at the end of our lives so that we need not fear the future but anticipate it in serenity.”

“We come here today asking fair consideration from you, the legislators we elected to represent us in this democratic society. We are asking for your consideration of a new, totally benign law. A law that could be taken advantage of or ignored, according to individual choice, based on individual assessment of the quality of life—something only the individual can discern.”



Ila DeLuca

“We ask that you not sidestep this issue of such deep concern to such a vast majority of the voters in this state and this nation.” ■



YES, I want to join the Hemlock Society USA!

I understand this automatically includes state membership privileges in The Fifth Freedom Foundation and Arizonans for Death With Dignity (AzDD), and most local chapters as well! Make check payable to Fifth Freedom Foundation.

ANNUAL CONTRIBUTION

\$35 Single \$43 Couple Single Life Member \$350 Couple Life Member \$430

You folks are doing a great job! Here's an extra \$_____ contribution to help the cause.

This is a yearly membership, renewable annually. Please send my newsletters (national and state) to:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

Mail to: Fifth Freedom Foundation, P.O. Box 12126, Tucson, AZ 85732



Fifth Freedom Foundation Asks Your Opinion on These 3 Logos



Which Do You Prefer?



PLEASE CHECK YOUR NEAREST CHAPTER . . .

You are automatically a local chapter member (in addition to nat'l and state) in these communities.

- Phoenix/Scottsdale/Tempe Tucson Green Valley
- Sun Cities/Glendale/Peoria/Cave Creek/Carefree Sedona
- Casa Grande Valley Sierra Vista/Tombstone
- Sun Lakes Prescott Yuma Flagstaff
- I WOULD LIKE TO HELP START A CHAPTER IN _____.

Phone: _____

Questions? Call our statewide answering service: 1-877-535-3600

Information? Our website is <http://www.hemlockarizona.org> ■ Our email is info@hemlockarizona.org

Are You Confused About Our Names?

Well, if you are, you are NOT alone. We have been getting calls and comments. Here's the glossary in it's simplest terms, so even I can understand it. ALL are non-profit corporations.

Hemlock Society is the national organization. When you "join", this is what you join.

Our state organization is composed of two organizations - AzDD and FFF.

(AzDD) **Arizonans for Death With Dignity** is our political action arm. We all belong to that, too. Your membership is a gift because you have joined national. This is the organization that stages the rallies when we march on the Phoenix legislature. Donations not deductible.

(FFF) **The Fifth Freedom Foundation** is our educational arm. We all belong to that, too. Your membership here is also a gift because you have joined national. Your donations here *are* tax-deductible. This is the organization that prints the newsletters, plans the annual meeting, and co-ordinates the statewide chapter meetings.

The two corporations are necessary because of federal income-tax laws about donations and political activity. If you want to be more confused, we could explain that. Anyone? ■

What the Heck Is The Fifth Freedom?

The Fifth Freedom is the freedom to die with dignity at a time of your own choosing.

Where does the Idea of the Previous Four Freedoms Come from?

In the Fall of 1941, President Roosevelt and Prime Minister Churchill met aboard the USS Augusta. They drafted a charter which endorsed the rights of free peoples. There were a number of rights named (see *Rendezvous With Destiny: 1932-1941*, page 234), but the ones that caught the interest of the public were the freedom from want, freedom from fear, freedom of speech, and freedom of worship.

There was no formal document, but there was an understanding that these were the things that allies stood for.

(Thanks to **Jay Kittle** for his historical research)



Arizona Stars This Winter!

★ **BOB WALLACE & JACK LANDER**

Sun Lakes

for getting 16 volunteers to spend 5 hours collating 500 new Advance Directives packages (we'll get all their names next issue).

★ **NANCY URBACH**

Sun City West

for planning and continuing to push their unique and successful "Advocates to the End" programs.

★ **WALTER URBACH**

Sun City West

for making the most quotable remarks at our legislative appearance. He was quoted in the AZ Republic as well as The Oregon Report's latest fundraiser.

★ **EARL WETTSTEIN**

Tucson

for speaking to a local Kiwanis club where he got two new members, and for manning a booth at a local Health Fair for 3 hours.

★ **HERB SCHAPIRO**

Tucson

for manning a booth at a local Health Fair for 3 hours where he helped pass out 150 membership applications to anyone coming near our booth.

★ **JOHN WESTOVER**

Tucson

for getting a terrific article in Tucson's #1 newspaper by Tucson's #1 columnist about his plans for self-determination.

★ **JOAN BROWNING**

Green Valley

I can't remember why, but I know it was good.

★ *Sun Lakes Members*

BOB BURTON, RACHEL NELSON, BOB WALLACE, JACK LANDER, & JIM SANFORD;

★ *Green Valley Members*

CRYSTAL AUGL, ARLENE ANDERSON, JEANETTE BLANK, ILA DELUCA, VICKIE FISCHER, MARGE LLOYD, CONNIE GREEN, ROSE KEPHART, JOE LETUBS, GRACE MARTIN, CAROLYN MCGOWAN, KENDRA LOKEN, & ELINOR ROSE;

★ *Tucson Members*

JOHN ABRAHAM, HERB SCHAPIRO, KAREN TYNER, EARL WETTSTEIN, STANLEY STEINBERG, & RUTHE STEINBERG;

★ *Sun City's Members*

WALTER URBACH, & PAUL SACHS;

★ *Scottsdale Members*

MARSHALL LINDSAY, JOHN DELVENTHAL, CYNTHIA SILVER, & HARVEY SILVER

for taking the time to be at the hearing of HB 2454 (I know several people were there who are not named here, and I apologize right now. Please let me know so you can be honored in our next issue).

★ **HARRY LIEN**

Green Valley

for setting up and taking down and manning our fabulous traveling booth at the village Health Fair again.

★ **NANCY &**

MARSHALL LINDSAY

for making the terrific hot 4" yellow badges that read "YES HB 2454 AID IN DYING" (that was the name of the bill) that all our people wore that day at the state legislature!

★ **GENE GIERMANN**

leader of the Prescott chapter and a Caring Friend, for being named Yavapai County Chair of the Democratic party

★ **V.J. PLUMMER**

Sierra Vista

for making soup and hosting a wonderful private event before Faye Girsh's speech in their town last December.

★ **KATHERINE BORN**

for proof-reading the new Advanced Directives Package before it was printed.

★ **VICKIE FISCHER**

Green Valley

for a wonderful contribution to our cause.

★ **ELINOR ROSE**

for arranging for the bus that carried Green Valley & Tucson "marchers" to Phoenix.



Some of the bus riders who "marched" on the legislature.



President's ~~Corner~~ Page

Why We Need to Change the Hemlock Name

Earl Wettstein

Member of the National Hemlock Board of Directors

What we're trying to do here, folks, is make it easier for our members and our lobbyists to get meetings with legislators, so we can explain what it is we want for the terminally ill. But as it stands right now, our representatives say "We're with The Hemlock Society," and suddenly the congressman is busy. They think they know our agenda. And they think it won't sell back home. If you can't get in to see them you can't talk to them, and if you can't talk to them, you can't win their votes.

Lessee, let's say your parents had named you Adolf Hitler (add your last name here) Jones. How would your life be? Well, I think people would look at you sort of funny, and I'd guess the big jobs, the big opportunities - would somehow go to some one else.

Sort of like that Johnny Cash' song "A Boy Named Sue." Sue got in a lot of fights, but it made him one tough hombre. No thank you.

Derek Humphry did a great thing when he created the Hemlock Society in 1980. Derek is a fabulous writer, a very creative and honorable man, and I think the world of him. They talk about national treasures... he is one for sure.

But Derek is never going to win the Marketing Person of the Century award for the name he hung on his creation. Why he didn't go with Socrates Society, or Socrates something, I don't know. We all honor Socrates for his wisdom, but no one honors the poisonous weed that killed

him. And some would have us go back to showing the weed on our logo.

Let's look at some other organizations people love to hate.

There's the National Rifle Association with over a 1,000,000 members nationwide. How do you think they'd have done under the name of the Saturday Night Special Club. Oh, yeah, that's a group the US Congress would embrace. Not. And would they have a smoking gun as their logo? No.

Or Planned Parenthood, a solid national organization with over 500,000 annual donors. How do you think they'd have done if they had been called The Vacuum Cleaner Abortion Society? Oh, wouldn't their congressmen have been pleased to see them in the hallowed halls of the Senate? Not. Imagine your own bad logo here.

The point is, controversial organizations like ours—both the gun lobby and the abortion lobby—use benign names that don't (put) people off. And if we are going to win the hearts and minds—and votes—of a state legislature, or of our national congress, we have to not be in-their-face with our name.

They have to be able to go back home and explain their vote for the (put our new name here).

Here are The Names I Voted for...

They asked me to be on the committee to select a new name for the organization, a name to replace "Hemlock." During my marketing

career I helped name and re-name several dozen corporations, so they felt I would bring some expertise to the problem.

There are 13 on the committee, plus everyone at Denver headquarters is going to have a vote (after all, they DO have to say the name several hundred times a week). We have received and listed over 600 names, from AMEN to ZIPPITY DOODAH.

There are as many opinions as there are members on the committee. I see a lot of them leaning to the dreaded acronyms ... a string of words whose first letters hopefully spell out something meaningful. Like IBM, IRS, ACLU, NRA, etc. The problem I have with these is that it takes so much money and time to market the acronym to give it meaning. Why not just select a good NAME, and go with that? That's why "hemlock" has become so strong, it is a NAME.

As a National Board member, I got to vote on the 600+ names that members have submitted to replace "The Hemlock Society".

These are my 11 choices. Which do YOU prefer?

- EGRESS
- End-of-Life Choices
- Exit USA
- Fifth Freedom
- Final Freedom
- Final Rights
- Last Rights
- Oregon's Way
- Sunset Society
- Socrates Society
- Socrates Way

If you like any of my selections, please let me know at 520-299-1859 or by email at azwritr@oiloil.com

The national Board of Directors will make a decision at their summer meeting in Denver. ■

Arizona Pushes Oregon Bill at State Capital!!!

You would have been proud of us. Almost 50 members of Arizonans for Death With Dignity came to the state capital on February 27th to speak on behalf of an Oregon-like law. They came by bus and by car and on foot. The Green Valley chapter, thanks to **Elinor Rose**, co-ordinated a big old bus that started down at their end of the state with 23 members, and stopped en route in Tucson to pick up 15 more. They were met in Phoenix by other chapters from Sun City, Scottsdale, Phoenix, and Sun Lakes.

Jack Lander, Sun Lakes activist had made a poster sign on a stick promoting the bill, but they wouldn't let it in the chambers (he might hit someone with it was the thinking). Knowing Jack, that *could* happen.

Everyone got all dressed up for the occasion. Even some people who usually only wear Hawaiian shirts had on a tie and wore a sport coat.

Our speakers included **Dr. Monte DuVal** (founding Dean of the University of Arizona Medical School), chapter leaders **Walter Urbach**,

Marshall Lindsay, and **Karen Tyner**. **Vickie Fischer**, President of AzDD spoke for our cause, as did **Earl Wettstein**, President of the Fifth Freedom Foundation, and **Ila DeLuca**, advisor to the State Boards.

Our last speaker was a retired minister, **John Abraham** from Tucson, who appeared in his best pastoral black robe & collar. As he spoke, John's cell phone rang. He had it cued to ring at the right moment. Then he took a call from God, to the great amusement of the legislators and our crowd packing the hearing room. He discussed the proposed legislation with God, and God thought it was okay. In conclusion, John said, "Well, thank you, Ma'am, nice talking to you," Which got great applause. A very effective way to end our presentations...with humor.

As author and NBC reporter **Betty Rollins** said in San Diego, "...These death people are lots of fun."

The bad news is that we had all our speakers go first, so we didn't have a chance to rebut the lies the opposition then told the members of

the committee. Outrageous stuff. And lots of B.S. phrases like "slippery slope, and "agents of death."

One, a doctor, mentioned **Dr. Nitschke**, our admiration of him, his suicide machine, and his desire to have a "poison pill" in every supermarket. She also mentioned the Weimar Republic and their death squads. It got ugly.

At the end of the session, the committee decided to not vote on the bill. We could tell, however, from their remarks, that it probably wouldn't have passed. We have a lot of educational work to do.

Next time, we need to rebut at the top of the meeting all the garbage the committee is about to hear from our opponents. That way, if we go first, at least we can shoot down most of what they say.

And by the way, every one of the opposition was a profit making enterprise, either a hospice, or a doctor, or someone who makes a buck by keeping people alive as long as possible. And next time we should point that out.

There will be a "next time" too, because our champion in this effort was state Representative **Linda Lopez** from Tucson, whose father died a bad death. Linda has vowed to bring the Oregon-like bill back



Jack Lander (center) holds his [confiscated] sign at the State Capital.

Linda Lopez, the courageous state representative who introduced Arizona's House Bill 2454, will be the Keynote speaker at the Fifth Freedom Foundation's 6th Annual Conference scheduled for November 22nd at the Radisson Resort Hotel in Scottsdale.

every chance she gets. Maybe next time they'll pass it out of committee to the full house for a vote.

One step at a time. ■

Sun City's Program Idea a Winner!!!

"Well, we just had our spring meeting and it went very well. We showed the **Bishop Spong** video and had 83 people in attendance. Everybody loved it and several people wanted to buy the video to show to family and friends (his delivery is much more powerful than reading it in *Choices*). I referred them to **Jane Sanders** at Hemlock. When that was over, I had a members-only session and demonstrated my helium self-delivery method (using 8-gal. garbage bags). It was done very casually with lots of questions during, and hands-on after the demo. After it was over, many came up to me and said that it was the first time they really understood what to do and how to do it. A number of our regular attendees told me that this was the best meeting they had ever been to."

"We also got 9 new members and collected \$157 when I passed the basket."

"Our social/discussion groups are still going quite well. Nancy [Mrs. Urbach] is much more involved with them than I am, and she is pleased with what she sees."

—Walter Urbach

Your Basha's Purchases Earned Us \$93

When you shopped at Basha's, a percentage of your purchases became a donation to the Fifth Freedom Foundation. Thank you for shopping there. And thank you, Bashes.

Let's try it one more year. We will let you know this Fall.

Fischer Named to Arizona "Silver Haired Legislators"

Vickie Fischer, President of Arizonans for Death With Dignity, has been selected to represent her legislative district in The Silver Haired Legislators, a national organization of mature citizens who are dedicated to "making a difference" in their home states.

Fischer was sworn in Phoenix on March 6.

We would love to have another AzDD member or two join Vickie in this organization. If you are interested, please call her at 520-625-6049 for more information.

What Do We Spend Your Donations on?

A complete explanation of all our expenses will be given out at the state conference in Scottsdale November 22 ... and subsequently in this newsletter. Your donations go to the Fifth Freedom Foundation go to printing this newsletter, printing Advanced Directives packages (we just did 500 more), and travel for speakers around the state. Your donations to our year-end fundraiser bring in about half the money we

need. We finish every year close to breakeven, without having to go to national and ask for help.

Your donations to Arizonans for Death With Dignity go primarily to political action activities such as the recent "march" on the Phoenix legislature (the bus to take 38 members to the state capitol and make an impression of our "army" cost us \$683.68. Although we didn't get the votes we needed, we feel it was a wise investment).

In the future, AzDD will also work on lobbying and other political-specific activities.

"Are We Avoiding Alzheimers?"

A Green Valley lady has a friend whose husband has advanced Alzheimers, and she wonders if Hemlock is doing enough to help.

Hemlock has helped patients diagnosed with Alzheimers disease through our Caring Friends program. So it can be done. But it has to be diagnosed—and help requested—early in the course of the illness.

This newsletter is published by
The Fifth Freedom Foundation.

Arizonans for Death with Dignity

BOARD OF DIRECTORS:

Vickie Fischer, Green Valley
President

Paul Sachs, Sun City West
Treasurer

Ron Martin, Yuma, Secretary

Fritz Hardt, Casa Grande

Lauretta Rapp, Peoria

Karen Tyner, Tucson

Bob Wallace, Sun Lakes

Fifth Freedom Foundation

BOARD OF DIRECTORS:

Earl Wettstein, Tucson
President

Stanley Steinberg, Tucson
Treasurer

Vickie Fischer, Green Valley

Gene Giermann, Prescott

Marshall Lindsay, Scottsdale

V.J. Plummer, Sierra Vista

John Westover, Tucson

ARIZONA HEMLOCK CHAPTERS AND CONTACTS (4/1/03)

CASA GRANDE

Francene Haskins • (520) 836-9272
Members attend Sun Lakes meetings.

FLAGSTAFF - New leaders needed.

GREEN VALLEY

Harry Lien • 142 E. Los Arcos
Green Valley, AZ 85614 • (520) 625-7469

LAKE HAVASU CITY - New leaders needed.

MESA - New leaders needed.

PHOENIX/SCOTTSDALE

Marshall Lindsay • 4233 E. Coolbrook
Phoenix, AZ 85032 • (602) 493-0266

PRESCOTT

Gene Giermann • HC 30 Box 933D, Prescott, AZ 86305
(928) 445-6772

New Website:

<http://pws.prserv.net/yavapai/Hemlock/>

SEDONA

Jack Baldwin • 55 Roundup Drive
Sedona, AZ 86336 • (928) 204-1197

SIERRA VISTA

V.J. Plummer • 4685 Paseo Arruza, Sierra Vista, AZ 85635
(520) 452-8232

SUN CITIES

Walter Urbach • 22832 N. Dusty Trail Blvd.
Sun City West, AZ 85375-2044 • (623) 546-1994

SUN LAKES

Bob Wallace • 9306 E. Crystal Dr., Sun Lakes, AZ 85248
(480) 802-4327

TUCSON

Karen Tyner • 6419 N. Burro Creek, Tucson, AZ 85718
(520) 577-2857

YUMA

Ron Martin • 1067 W. Palmcroft Dr., Yuma, AZ 85364
(520) 341-9260

LOAN LIBRARY COORDINATOR

Jack Lander • 9607 Calgary, Sun Lakes, AZ 85248
(480) 895-1806

FIFTH FREEDOM FOUNDATION

Earl Wettstein • 6132 N. Camino Esquina, Tucson, AZ 85718
(520) 299-1859

ARIZONANS FOR DEATH WITH DIGNITY

Vickie Fischer • 1860 Calle Montanosa
Green Valley, AZ 85614 • (520) 625-6049

Our State Loan Library is FREE!!!

Borrow whatever you want by calling
Jack Lander at 480-895-1806
Or email him at
jacklander@mycidco.com

1. Jack sends it to you, postage paid by Fifth Freedom Foundation.
2. You read/view it and return in 30 days.

The most popular BOOK titles are:

- ◆ **Final Exit**, Third Edition by Derek Humphry
- ◆ **Lawful Exit**, by Derek Humphry
- ◆ **The Right To Die**, by Humphry & Wickett
- ◆ **Assisted Dying as a Moral & Ethical Choice** by Cecil McIver, MD
- ◆ **Caring for the Patient at the End of Life** by Timothy Quill, MD
- ◆ **Two Victims: Caring for My Alzheimer's Stricken Husband** by Sylvia Schwartz
- ◆ **Last Wish** by Betty Rollins

The most popular VIDEOS are:

- ◆ **Final Exit** - the Hemlock Society
- ◆ **ABC's of Self-Deliverance** - Dr. Cooperman
- ◆ **The Hemlock Story (NEW)** - The Hemlock Society
- ◆ **Caring Friends (NEW)** The Hemlock Society

The most popular PAMPHLETS/BROCHURES are:

- ◆ **The End of Life; Dealing With The System** - Sidney Wanzer, MD
- ◆ **A Time to Die** - Hemlock
- ◆ **Patient's Rights, Physicians Obligations** - Faye Girsh
- ◆ **Choice in Dying; Artificial Nutrition & Hydration at the End Of Life**



"Personally, I prefer cremation."

Dr. DuVal, Wettstein to Participate in AZ Town Hall in Prescott!!!

This is a big deal. DuVal has been involved before. This is the 82nd Arizona Town Hall. It's in Prescott and will begin Sunday evening, May 18, through noon on Wednesday, May 21st. And the delegates WORK!

This Spring's topic is "Health Care Choices: Healthy Aging-Later Life Decision." Right up our alley. Although **Monte DuVal** will also be focusing on the insurance aspects of aging, **Earl Wettstein** will try to bring the focus as often as possible to our cause.

While the Town Hall's decisions aren't legislatively binding, they are paid attention to by the state legislators. In fact, there may be some legislators participating.

You will receive a full report in the FFF summer newsletter.

POLL RESULTS:

70% of Arizonans would prefer to die at home.

People Die from Medical Mistakes?

You're Kidding.

The Institute of Medicine published a report they called "To Err is Human." It said that 44,000 to 98,000 people die every year from medical mistakes.

The new director of the Agency for Healthcare Research & Quality, which is working to reduce medical mistakes says, "There's more double-checking and systematic avoidance of mistakes at Burger King than at most health care institutions."

Sierra Vista Exit Bag Maker Has "Puncture" ...

.....and opts out.

When **Faye Girsh** was here, and we visited Sierra Vista, and one of the ladies there offered her services to help make the now hard to get Canadian Exit bags. We were very excited. And proud. One of our own was going to be a major part of this important service!

But she changed her mind after the excitement died down.

Nertz.

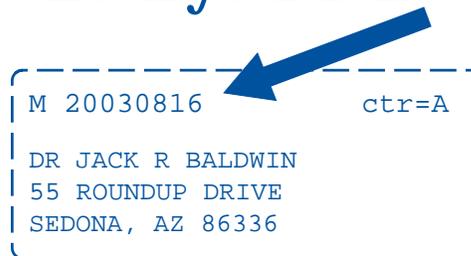
Compare Nursing Homes ...

We haven't tried this yet, but if you do, let us know what you think.

Health Secretary **Tommy Thompson** said nursing homes will have to compete in the quality area.

The AARP bulletin reports that we can compare them at www.medicare.gov or by calling Medicare at 800-633-4227.

Check your renewal date



If you are a member of The Hemlock Society, your mailing label on this newsletter will say "M" or "L" (Life member), and show when your membership expires (year/month/day). Your chapter cluster code is at the right side.



P.O. Box 12126
Tucson, AZ 85732

ADDRESS SERVICE REQUESTED



IS YOUR MEMBERSHIP ABOUT TO EXPIRE?



If it is, please renew soon.
Check the date on your label here ...

NONPROFIT ORG
US POSTAGE
PAID
TUCSON AZ
PERMIT NO 792