



Newsletter No. 4

April 2024

From the President

Dear friends,

It's a pleasure to send you our annual EIFLE Newsletter with the invitation to our General Assembly!

We are very happy to announce that our next GA will be held in **Malta** from **October 4th to 6th 2024**.

Please save the date! We very much look forward to seeing you all!

On behalf of the board members, our best wishes to you, your families and associations.

Yolanda Fernandez, President

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In Remembrance

EIFLE mourns the death of Esperanza Coll Godó. Until her death she was a member of the EIFLE board.



Esperanza Coll Godó
(* 21.02.1950, † 19.05.2023)

Esperanza was one of those loving people who always welcomed you with a smile and was always willing to help. An amazing person, attentive and loved by everyone. Esperanza left us after a very rapid illness that took her life in less than a year.

She especially dedicated her life to what was most dear to her, her beloved husband, and her wonderful family.

Esperanza also dedicated herself to the Pro-Life Foundation. She spent 25 years helping pregnant mothers with difficulties. Esperanza had a very clear vision that every life has an intrinsic dignity, an infinite value. There are thousands of mothers and children grateful for her help.

Esperanza devoted herself to RENAFER and EIFLE where she was much loved.

We miss Esperanza dearly, but we are confident that she is interceding for us from heaven. We continue her legacy for the defense of life from the moment of its conception to its natural

death, the respect life deserves and the recognition of its dignity.

May she rest in peace.

EIFLE mourns the loss of Lucy Mary Winifred, daughter of Christopher and Paula Flynn, who generously support the work of EIFLE friends.

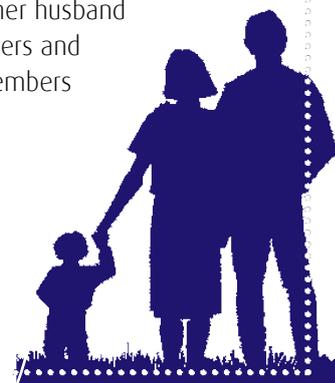


Lucy Mary Winifred
(* 7.10.1970, † 19.09.2023)

Lucy Mary Winifred Lucy died peacefully in the Royal Berkshire Hospital, Reading, aged 52, at the end of a long illness courageously borne. Lucy is missed by her loving husband Toby and her four children.

Her life was marked by joyful and selfless giving to very many people and worthy causes. She will be forever loved, remembered, and very sadly missed by her husband and sons, her parents, her 6 brothers and sisters, and many other family members and countless friends all over the world.

May she rest in peace and rise in glory.





Portrait of new board members

New Board 2022-2025

During the 2022 General Assembly held in Bilbao, Spain, a new Board of directors was elected with Dr. Yolanda Fernandez as the new President. The new Board members come from different member organizations with different experiences and natural methods. The first Board meeting was held in Bilbao to discuss the way forward. Thanks go to the outgoing Board led by Sigrun Ohme Peters, for the sterling work during the previous years.

The new members are:

- Dr. Yolanda Fernandez, President,
- Monica Obermuller, Vice President,
- Emmanuel Crosnier, Treasurer,
- Dr. Lothar Eck, Assistant Treasurer,
- Elena Shabanova, PR and Editor, IEEF Newsletter
- Pauline Tufigno, Secretary.

The new Board has been meeting online for the past year and had the opportunity, now that COVID pandemic is over, to meet physically in Barcelona in June 2023 and in Grafing near Munich in January 2024. The following are short bios of the new Board members:

Yolanda Fernandez

Organization: RENAFAER, Spain
Hometown: Barcelona, Spain
Education: Medical Doctor
Profession: Medical Doctor. NaProTechnology Medical Consultant

PhD Cum Laude in Cervical Mucus. She has published two scientific papers in the field of Fertility and Cervical Mucus. Yolanda is a Lecturer at two Universities on the topic of Human Sexuality and Fertility.

NFP Background: She is a teacher of the Creighton Model System, Billings and Sympto-thermal Method (Renafer). She enjoys accompanying couples in the recognition of fertility and especially in the discovery of the beauty of human sexuality. Has successfully treated couples with infertility and other reproductive health issues.

She is passionate about her family.

Monica Obermüller

Organization: PERLE, Germany
Hometown: Germering, Germany
Education: Physiotherapist
Profession: Medical assistant, pneumology

NFP background: Teachers training certificate acquired in 1993. NFP counselling & teaching, In the FEDRA project she translated many of the original chapters into German for revision. She has been on the PERLE board for two terms.

Lothar Eck

Organization: Institut für natürliche Empfängnisregelung Prof Dr. Rötzer e.V. (INER)
Hometown: Passau, Germany
Education: Lawyer
Profession: is a German and Czech lawyer

NFP background: Board member of INER e.V. for the past 15 years, He was also one of the founders and Board member of the Catholic youth group "Youth 2000" in the Passau diocese.

As an IEEF Board member, Lothar focuses on Life Protection law including its significance for the sympto-thermal method. He is also the IEEF Assistant Treasurer.

Elena Shabanova

Organization: Family World
Hometown: Tallin, Estonia
Education: BMA Business Administration, Psychologist/Sexologist

NFP background: She was trained as a NFP teacher in 2012 by Dr. Galina Maslennikova and received her certificate in 2013. Since 2018 she is an NFP tutor. She is Co-founder of the International NFP Centre «Family World»(Russia) and she trains NFP Russian-speaking teachers around the world online in the Sympto-thermal Method.

On the IEEF board she is responsible for Public Relations on the same Board.

Pauline Tufigno

Organization: CANA Movement, Malta
Home town: Valetta, Malta
Education: Youth Psychology and Sexuality
Profession: Youth Worker

NFP background: NFP teacher and Head of the NFP Team of teachers within the CANA Movement. She is also a member of the CANA Movement Council. She has been teaching the Sympto-thermal Method (Dr. Marshall - CMAC, London) to young couples, for the past 38 years and has previously served as Secretary to the IEEF Board during the period 2009-2015.



Board Meeting

In January 2024 a physical meeting was held in Grafing b. München, Germany at the house of Sigrun Ohme-Peters to discuss and organize the next General Assembly meeting.



From left to right: Lothar Eck, Yolanda Fernandez, Emmanuel Crosnier, Pauline Tufigno, Elena Shabanova (Back) Monica Obermüller, Sigrun Ohme-Peters (Front)



Congress "NFP, a new insight in recognition and taking care of human fertility"

Held at the University of Deusto in Bilbao, Spain from September 29 - October 1, 2022



The election of the new Board was held at the General Assembly in conjunction with a high-level and well-attended scientific conference. This was organised by the IEEF member organisation, BEITU, expertly led by Dr. Maria Pilar Ruiz. The programme included high level speakers, experts in their fields related to reproductive medicine and technology. Also, *Chapeau* to the translators who provided professional translations from Spanish to English and vice versa, rendering the sessions, although technical, easy to follow.

The congress organised by *BEITU! Reconoce tu Fertilidad*, in conjunction with Duesto University, started with a pre-congress session held at Santa Clara Cultural Institute and introduction of the natural methods was given by the various local speakers.

The congress that was held at the Duesto University of Bilbao, took off with the motivation behind the use of natural family planning methods and the training of the para medical educators who encourage young couples to use the natural methods of family planning.

Over the three days of the congress, various topics related to couple fertility, pathologies and regulation were presented and discussed among illustrious professors from the various medical fields. The presentations and the round table discussions treated the following topics:

- Psychology and Fertility
- Research and Development in Physiology and Fertility
- Clinical Research in Fertility
- Special Situations: Chronic diseases and Fertility
- Supporting fertility
- Male factor and fertility
- Preventive medicine and fertility.

On the last day a boat trip from Bilbao to Portugalete and a historic tour of Portugalete were organised. During the tour of Portugalete, the group of IEEF members was welcomed by the Mayor of Portugalete in the City Hall honouring the voluntary work they are doing.



General Assembly and Conference 2023, Sassone, Rome, Italy - October 2023

The scientific conference was very well-organized by ST CAMEN and the *Confederazione Italiana Centri Regolazione Naturale Fertilità*. The conference and the EIFLE General Assembly were held in Sassone Rome, in October 2023, from the 6th to the 8th. The conference was attended by over a hundred participants from around 20 IEEF member organisations and Italian associations working in the field of Natural Family Planning. The wide variety of topics covered during the conference included: Psychology, medical, pedagogical, and clinical cases. Workshops were held to share information on sexuality education and young people, chart interpretation and pathologies. If you are interested in the details of the presentations, please visit the EIFLE website and log in to the members' area. The program and presentations are available at: ieef.eu/internal/gain-index.php.



Human Being and Family Identity Today and Forever

Conference of the Latvian Christian Medical Association (CMA)

The conference was held in Riga from Feb. 23-24, 2024 and topics focused on human identity, the value of life and family values. On the first day, the lectures dealt with human identity and the value of life. They explored the question "Who is human?". The presentations on the second day focused on the influence of legislation, politics, and science and dealt with the question "What is the family?"

EIFLE board member Lothar Eck attended the conference and wrote a resume of a few talks. The report is available on the EIFLE homepage. You can also find more information on the conference website at <https://cmlatvia.com/notikums/human-being-and-family-identity-today-and-forever/>





EIFLE General Assembly and Meeting 2024

All EIFLE members and friends are invited to this year's General Assembly.

It will be held in Mosta, Malta (Rep.), from **Friday October 4th to Sunday October 6th**.

The venue will be at the Centre for Ignatian Spirituality, Mount St. Joseph Retreat house in Targa Gap, Mosta, Malta. (<https://cismalta.org/msj/>).

The official program begins on Friday evening after dinner and ends on Sunday with lunch.

Members who wish to come earlier to visit Malta, can contact the retreat house directly to make additional arrangements. Unfortunately, the retreat house does not have room availability for extended stays. **It will not be possible to extend your stay after Sunday lunch.** Website: <https://cismalta.org/msj/>

We also would like to make you aware of the fact that Malta has UK electricity plugs. Make sure to remember to bring an adapter for your electronic devices!

Please refer to the attached page with information to help make your arrival and visit more pleasant.

Tentative Program

Friday, October 4, 2024

- 19:00 Dinner
- 20:15 Welcome & Presentation of the activities of member associations

Saturday October 5, 2024

- 08:00 Breakfast
- 09:00 *Scientific session*
- 10:30 Coffee Break
- 10:45 *Workshops*
 - Workshop 1: Client Cases and definition of Queries to the Database - *IEEF Chart Collection Team*
 - Workshop 2: Method Comparison Workshop
- 12:30 Lunch
- 14:00 Departure Cultural Tour of the capital city of Valletta
- 19:00 Dinner

If your association has published any **Scientific Paper** in a **Scientific Journal** over the last year related to NFP, Fertility or Reproductive Health, please let us know! We would love you, to present your work during the GA. Please contact us at: board@ieef.eu

Meeting registration: Registration is now open. Please register for the meeting on the EIFLE website (<https://ieef.eu/ga/>).

Prices for accommodation and the cultural visit

Prices at the retreat house are:

Full board Friday dinner to Sunday lunch:

- 130 EUR full board (Fr-Sun) in a single room
- 120 EUR full board (Fr-Sun) in a double room
- 25 EUR meals only for 1 day (1 meal + 1 coffee break)
- 40 EUR meals only for 2 days (2 meals + 2 coffee breaks)

Guided cultural tour of Valetta and visit to St. John's Co-Cathedral: 15 EUR.

Depending on members' departure schedules on Sunday and the number of members interested in a scientific program on Sunday the scientific session may not be scheduled.

Please register as soon as possible. Late registrations and late payments are subject to a surcharge. In particular, payments after June 15th are subject to a surcharge of 10%.

Cancellations are not reimbursable after September 15th.

- 20:00 *General Assembly*
 - President's report
 - Treasurer's report
 - Other IEEF Activity Reports

- 21:00 Workshops
 - Workshop 3: FLEET Workshop

Sunday October 6, 2024

- 08:00 Breakfast
- 09:30 Presentations & *Scientific session*
- 12:00 Holy Mass
- 13:00 Lunch

On Saturday we may have the possibility to attend Holy Mass on premises of the retreat house (To be advised)



Important notes for the GA and Conference

Travelling from Malta International Airport to Mount St. Joseph Retreat House, Mosta

Public transport: One can take Bus X3 direction Bugibba, from the airport and alight at the Bistra bus stop. It is right next to Mount St. Joseph Retreat House. Buses run from 05:15 to 22:15 daily every hour. Bistra is the 25th stop from the airport. <https://www.publictransport.com.mt/en/route/X3>. The route has many stops and the trip from the airport takes around 1hr. + (depending on traffic). Tickets may be bought on the bus. Check the Malta Transport Authority website on: <https://www.publictransport.com.mt/en/bus-card-and-ticketing>

Taxi:

ECabs is a local cab company with the following website: (https://www.ecabs.com.mt/?gad_source=1&gclid=CjwKCAjw_LOwBhBFEiwAmSEQATYcNkX8IRGU5wAxa-eofdhY8wI2QfF-oSE-iiSzYEnzorDKtY7MSxoC-QkQAVD_BwE)

Canamovement has made special arrangements with ECabs and these are the rates Airport to Mosta:

All rates are inclusive of tax but excluding if there will be any waiting time charges.

Assure Cab (1 to 4 pax): €19.00

Van (1 to 8 pax): €28.00

Van (16 seater): €55.00.

You may book your taxi, giving name, flight details and phone number by sending email and quoting rates for Canamovement to: lukespiteri@ecabs.com.mt.

Phone number: +356 21383838.

Trip airport to Mosta takes around 30 minutes (depending on traffic).

You may also use the White Taxis waiting at the airport. There is a ticket booth in the arrivals lounge from where you can check the cost and buy your pre-paid ticket to present to the taxi driver.

You may also use Bolt using APP <https://bolt.eu/en-mt/cities/malta/>

Uber using APP <https://apps.apple.com/us/app/uber-request-a-ride/id368677368?uclid=d71ef1fb-0f5d-4944-8e52-5253145831b8>.

Driving in Malta

As Malta was a British colony for over 200 years, driving is on the left side of the road, unlike the rest of European countries.

Telephone

Area code for Malta: +356.

Electricity in Malta

Malta adopts the British electricity devices, where plugs have 3 rectangular pins in a triangular pattern. You will need to bring your own international adaptors.



Language

Maltese and English are the two official languages. Maltese is the national language. English is spoken across the country and most signs are bi-lingual. Italian is also widely understood by most of the population.

Emergency number

112 – For any emergency.

Medical emergency

Please bring your European Health Insurance Card (EHIC) with you to use in case of a medical emergency.

Currency: Euro.

Weather

The weather in October will still be warm (mid-20s C) and humid. In September/October the first stormy rains are also expected after the long hot summer months. Check local weather forecast on: <https://www.maltairport.com/weather/detailed-forecast/>.

More information about Malta

For more information about Malta please check the Malta Tourism Authority website: <https://www.mta.com.mt/en/home>

