

SAN DIEGO, CALIFORNIA

CEFERINA "CEF" P. RUIZ, M.D.

Colonel (Ret.) US-ARMY

A Community Leader At Heart

Ceferina "Cef" Pulgar Ruiz, M.D., Colonel (Ret.) U. S. Army Reserve, Medical Corps from 1984 to present, held Commanding Officer billet with 987th Medical Detachment Unit, U. S. Army Reserve, USARC, San Diego, California. Currently the Chief of Professional Services - 4211th U. S. Army Hospital, San Diego, CA. She has recently completed an active duty tour at Fort Jackson, South Carolina and now holds the rank of a Full Colonel. Having rendered thirty years of military service, Dr. Ruiz has retired on March 1st of 2007.

Ceferina Pulgar Ruiz was born on February 3, 1942. She attended the Calauag Elementary School in Calauag, Quezon. She graduated as the Salutatorian from elementary and later on as high school Valedictorian from Calauag Central College.

With her ambition to be in the medical field, Ceferina went to Manila to attend one of the best medical schools in the Philippines. She earned her Doctor of Medicine degree from the University of Santo Tomas, College of Medicine. She later went on a specialty training at the Mount Vernon Hospital in New York as an intern and at the Camp Pendleton Naval Medical Center in California.

She has served in the military and has been assigned in various military medical centers here in the United States and other countries as well. This would include the Balboa Naval Regional Medical Centers in San Diego, California; the Naval Medical Center in the Naval Air Station in Miramar; Naval Training Center; Anti - Submarine Warfare & Submarine Base in San Diego, California; Camp Pendleton Naval Medical Center and Out-Patient Clinics of the U.S. Public Health Services; and with the 129th Evacuation Hospital where she was deployed to Germany for the Operation Joint Endeavor in Bosnia. She served as the Commanding Officer of the 987th Medical Detachment Unit and as Chief of Professional Services of the 4211th US Army Hospital. She went to Guatemala, Haiti and El Salvador for the Humanitarian Medical Missions.

Dr. Ruiz has been and still is very active with numerous cause-oriented organizations. She had been Past President for the Pilipino Medical Association of San Diego, California where she is a Charter and a Lifetime Member. She also



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served as Past President fo the San Diego Majestic Club, District 4-L6, Lions Club International. Dr. Ruiz has served as Board Director for the American Diabetes Society, San Diego Chapter, the Pilipino Medical Association of San Diego, the Quezonians of San Diego, the Calauagenians of San Diego and also for the Fil-Am Community of San Diego as well as the Filipino American Chamber of Commerce.

She is a Core Team Member for One Vision One Voice, A Filipino American Movement in San Diego and a Lifetime Member of the Association of Philippine Physicians in America. She is an active member of the American Academy of Family Physicians and the American Geriatrics Academy.

Dr. Ruiz is an expert in her field. Her medical experience is outstanding as she has been affiliated with a number of hospitals including the Balboa Regional Medical Center in San Diego; Camp Pendleton Naval Hospital in

Camp Pendleton, California; Landstuhl Army Medical Center in Weisbaden, Germany; Moncrief Hospital, USA Community Hospital, Fort Jackson, Columbia, SC; Bassett US Army Hospital, Fort Weinwright, Fairbanks, Alaska; Paradise Valley Hospital, National City, California; the UCSD Hospital, Scripps Hospital and Sharp Hospital in Chula Vista.

Dr. Ceferina P. Ruiz has received numerous awards and citations not only for her medical excellence but also because of her being a cause-oriented person. She was awarded twice as Physician of the Year by the Paradise Valley Hospital. She was also given the American Medical Association Recognition Award, and was awarded thrice the Plaque of Appreciation and Recognition of Chief of FP/GP Department, Paradise Valley. She also received the Plaque of Appreciation and Recognition given by the Pilipino Medical Association of San Diego County and also for outstanding service with the Maria Clara Sorority. Aside from that, the Maria Clara Sorority also award her as Mother of the Year, the Golden Lady and the Hall of Famer. The Puso Philippines, Inc. commended her with a Plaque of Appreciation and Recognition and thrice by the Filipino Chamber of Commerce for Outstanding Business of the Year.

Dr. Ceferina Ruiz was chosen as the Most Outstanding Graduate during the Seventy Years Anniversary and Alumni Homecoming of the Calauag Central College. She got the

Leadership Award from the Lions Club International and Special Recognition for Women's Initiative and Development from the Lions Club International. She was heralded for Outstanding Community Service as Medical Mission Director, Missions to Africa, India, Mexico and the Philippines.

Other recognitions would include five US Army Commendation Medals, two US Army Achievement Medals, the US Public Health Service Unit Commendation Medal, and certificates of recognition from California State Governor Barbara Boxer, California Governor Arnold Schwarzenegger, San Diego County Supervisor Ron Roberts, San Diego City Council President Pro-temp Anthony Young and by San Diego City Council member Benjamin Hugo.

She was chosen Grand Marshal for the National City Maytime Band Review and the San Diego County Philippine Fair and Independence Day Celebration.

Dr. Ruiz was also lauded by her own *kababayans* in the Philippines for the community service that she has rendered in Calauag, Quezon; Olongapo, Subic, Iba and Castillejos, Zambales; Capas and Dolores, Tarlac; Orion, Bataan; Munoz, Nueva Ecija; Valenzuela, Bulacan; Kabankalan, Negros Occidental; and Tapaz, Capiz.

Dr. Ceferina P. Cruz is indeed recognized globally!