



THE MAKATI ZONTIAN



Official publication of the Zonta Club of Makati & Environs



From the President's Desk: a Yearend Report

By Rosie D. Go

In May 2014, together with other club presidents, I participated in a training session called Leadership and Education in Action and Development (LEAD) for Empowerment, where we focused on the objects of Zonta International as enunciated by our District Governor, Lalivan Karnchanachari. DG Lalivan's biennium slogan is "**Purpose**--to uphold our Zonta Goals; **Pledge**--to advance the status of women worldwide; **Proactive**--to be proactive in achieving our objectives."

On July 28, 2014, our club officers and board had their formal installation at the Shangrila-Makati Hotel. Deviating from the usual formal evening affair, we had *An Afternoon in Paris* theme with

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ZCME launches the Bravo Awards

Chaired by Mita Rufino, ZCME launched in July 2014 the first nationwide search for eight outstanding women who have demonstrated an unwavering commitment to leadership and service toward nation building. Dubbed "Bravo Awards," the club partnered with Security Bank because of its commitment to empowering women, and also because of its nationwide network. The Bravo Awards focused on the important role of women in promoting diversity, rendering service, and demonstrating leadership toward nation building. It recognized inspiring women, honoring those who have made a difference in other people's lives; highlighting the success of great women leaders in order to inspire and motivate other women.

Eight empowered women were chosen by a panel of judges led by Dr. Purissima "Petty" Benitez

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The eight Bravo empowered women, awarded for their excellence in their respective fields, are: Ruth Callanta—Social Services; Dr. Jacqueline Dominguez—Science & Technology; Carmen Lourdes Valdes—Education; Jaymie Pizarro—Sports; Chona Gosiaoco—Media; Maribel Ongpin—Arts, Culture & Heritage; Chef Jessie Sincioco—Culinary Arts; and Raquel Choa—Business. Awards ceremony on June 9, 2015 was held at the Jonathan Y. Dy Auditorium of the Security Bank Centre in Makati City. The winners were chosen after a stringent search process that drew nominations from all over the country.



Dr. Petty Benitez Johannot, chairman of the board of judges for the Bravo awards, reads the citations. The other two judges were Past ZI President Olivia A. Ferry and Belen Lim, Sr. Vice-President of Security Bank

inspiring guest of honor and speaker Marixi Prieto, Chairman of Philippine Daily Inquirer. Other Zonta clubs followed our lead by creating a theme for their own installation. Three outstanding women were inducted as new members: Susana C. Fong, a lawyer specializing in commercial law, property, taxation and estate matters; Pamela Rose N. Banlaoi, Account Manager of GMA 7 and GMA News TV; and Majella Villaroman, Senior EAP, Wellness and Business Consultant for PPC Worldwide/OPTUM. During our August meeting, we added Casey Kierulf Marty to our membership roster. Casey has an IT consulting firm in the US. She is also exclusive distributor of Seychelles shoes in the Philippines. Two more members were inducted in the next few months: Charming Baldemor—artist—sculptor; and Socorro Fernandez—Freelance Director/Producer, for a total of six new members for this



Bravo awardee for Culinary Arts—Chef Jessie Sincioco



Maribel G. Ongpin receives her award for Arts, Culture and Cultural Heritage as pres. Rosie looks on

biennium to date. Unfortunately, Majella is leaving the club because of another commitment, hence our net membership gain to date is five.

Bravo Awards. Kudos to Mita Rufino, Awards Committee Chair, for a job well done on conceptualizing and implementing a nationwide search for eight outstanding women in various categories in partnership with Security Bank. The women were chosen not only for being outstanding in what they do but also because of their advocacy in their particular field of endeavor, and for serving as role models for other women. (See separate article in this newsletter.)



Carmen Lourdes Valdes, Bravo awardee for Education with Ma. Concepcion Cruz, SBC Sr. VP & Rosie Go

FilipinaZ Art & Fashion Fair. Congratulations to Maritess Pineda for her creative and indefatigable efforts toward our club's staging of a hugely successful fundraising event for three days in September last year. (See separate article.) We are hoping to meet with success again on Sep-

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ZCME ANSWERS CALL TO PREVENT TEEN PREGNANCY AND EARLY MARRIAGE THRU EDUCATION



One of the participants at the ZCME-SAMPI workshop on teenage pregnancy presents her insights on the perils and disadvantages of teenage pregnancy

On June 16, 2015, the Zonta Club of Makati and Environs (ZCME), in partnership with the Society of Adolescent Medicine of the Philippines Foundation, Inc. (SAMPI), held the first of a series of workshops focused on teen sexuality. The workshop effectively addresses a major thrust of Zonta International’s initiative: the prevention of early teen pregnancy and marriage.

The workshop was composed of 30 residents of Marillac Hills, the club’s Psychological Center for Sexually Abused Girls. The participants, aged 13-20 yrs., are survivors of sexual abuse, rape, trafficking or are juveniles in conflict with the law. The workshop started off with a few lectures on teen sexuality, and the changes commonly experienced both physically and mentally during puberty. Also discussed were friendships with the same or opposite sex, peer pressure and proper hygiene. The girls were divided into five groups, each with a physician-facilitator. In both the breakout groups and during the lectures, the girls were encouraged to ask questions. The opportunity to dispel myths on human sexuality was greeted with much enthusiasm from the young participants. Several sensitive questions were answered in a frank and medically-supported perspective.

At the end of the workshop, hygiene kits donated by Unilever Phils. through Makati Zontian Vicky

Wieneke, were distributed to each participant. Psychological Center project head Joanne Zapanta-Andrada hosted the event.

Also present were ZCME President Rosie Go, past presidents Georgitta Puyat, Linda Panlilio and Chona Lopez. Facilitating the workshop were SAMPI members: Drs. Macky Galvez, Emma Llanto, Angga Quidlat, Karen Santos and Josephine Cruz.

The second installment of the workshop took place on June 30. In partnership with the Society of Adolescent Medicine, the club will replicate these workshops in several barangays of Makati.

Chair Joanne Z. Andrada has posted public-service announcements via YouTube on Teen Pregnancy Prevention.



from page 1 - Bravo Awards

Johannot, together with past Zonta International President Olivia Ferry and Security Bank Senior Vice-President Belen Lim. The awards pay tribute to eight special women who have exhibited excellence in their chosen fields. On June 9, 2015, the chosen women were honored at a late afternoon ceremony held in the auditorium of Security Bank. They were: Jayme Pizarro—Sports; Raquel Choa—Business; Ruth Callante--Social Services; Jacqueline Dominquez, M.D.--Science and Technology; Ma. Chona Gosiaoco--Media; Carmen “Pinky” Valdez—Education; Maribel Ongpin--Arts, Culture, Heritage; Jessica Sincio-co—Culinary Arts.

The event was covered by Philippine media and witnessed by Zontians of Area 5 clubs and District 17 leaders. The SBC choir sang several songs prior to the awarding. Analyn Bantug, who once performed in *Miss Saigon*, sang two numbers. Tessa Tordesillas, a young ballet dancer, did an interpretative dance. Emcee Joanne Zapanta Andrada ably hosted the elegant event.

This year’s awards are the first in what will be a continuing biennial project to search for outstanding women leaders with a cause. We were humbled by the quality of unsung heroines we found.

ZCME on the 16 Days of Activism against Gender Violence

Nov. 25, 2014—Start of the event. Makati Zontians led by pres. Rosie, PIP Livie Ferry, and past DG Beng Puyat participated in the march organized by Area 5 Director Bing Carrion from the Dusit Hotel to Glorietta 1, where a program was held to launch the activity. Everyone was in an orange tee shirt supplied by AD Bing.

Past president Maritess Pineda got the KASIBULAN group of women artists to exhibit their art works as their way of saying “NO to Violence Against Women.” The exhibit remained for the duration of the 16 Days of Activism. KASIBULAN (Kababaihan sa Sining at Bagong Sibol na Kamalayan)--Women in the Arts and Emerging Consciousness-- is a sisterhood of women artists in the visual, literary, and performing arts.

On **November 26, 2014** District Governor Lalivan Karnchanachari visited the club’s Psychological Center for sexually abused girls in Marillac Hills. She was impressed and touched to see so many young girls (as many as 250 are being rehabilitated) who had been traumatized by their experience. Afterwards, she joined the Makati Zontians at lunch in Brasserie, where she met the club’s EWSP scholars.

After lunch, Ada Mabilangan, EWSP (Empower-

ing Women Scholars Program) Chair, held a forum for the club’s women scholars in Engineering titled “Break the Silence--NO to Violence Against Women, NO to teenage pregnancy, NO to early marriage.” Carmen “Pinky” Valdes, Assumption College dean, was speaker-facilitator. Dr. Valdes talked on understanding the root causes of violence against women in an effort to find effective mechanisms to ensure its eradication.

December 1, 2014 – Visit of the SHOM--Spouses of Heads of Mission--to Marillac Hills. They are the club’s principal benefactors, who help pay for the psychologists and nurses, and the materials needed in the Psychological Center.

December 3, 2014 – ZCME’s activity day at Glorietta. Maritess Pineda staged “Live Arts” by Urban Sketchers, a group of street artists, who conducted on-the-spot paintings in the Glorietta activity center. Maritess’s committee included Melissa S. Romualdez and Maribelle B. Espino.

From 2-4 p.m.: Women’s Forum led by Commissioner Leonida “Baby” Ortiz of the National Commission on Women, who talked on “Silence No More..a promise is a promise...End violence against women.” Her talk was backed up by an impressive powerpoint. Joanne Z. Andrada emceed. At the end of her talk, Zontians imprinted their palms on a white board.



Makati Zontians say “NO to Violence against Women” during the 16 Days of Activism against Gender Violence, following the seminar led by Carmen “Pinky” Valdes (kneeling at center) for the club’s EWSP scholars at the Brasserie on Nov. 26, 2015. DG Lalivan is to the right of the white board with the girls’ palm prints. PIP Livie and District Chair for Advocacy Beng Puyat are beside DG Lalivan. To the left of the board is AD5 Bing Carrion

At 5pm: Maritess Pineda, chair of the 2014 FILIPINAZ Arts & Fashion Fair, awarded certificates of appreciation to the sponsors and donors of

the club's highly successful fund-raising fair held last September.



Past president Carol Llanillo imprints her palm on the white board during the club's assigned day—Dec. 3—at the Glorietta Activity Center



Commissioner Leonida "Baby" Ortiz (3rd from left) joined Makati Zontians in a gesture to "Say NO: STOP Violence against Women" on Dec. 3, 2014. (L-R): Treasurer Vivian Uy (chair of the activity), Joanne Z. Andrada, PIP Livie Ferry, past DG Beng Puyat, pres. Rosie, and Ada Mabilangan



A group of artists called "Urban Sketchers" in an activity called "Live Arts"—on-the-spot drawing and painting—at the Glorietta Activity Center on Dec. 3, ZCME's assigned day

December 10, 2014—Human Rights Day--Culmination of 16 Days of Activism, marked by speeches led by Area Director Bing and a candlelight ceremony. Pres. Rosie and all her co-Area 5 presidents came in orange Filipiniana gowns.



from page 2 - Pres. message

tember 25 to 27, 2015 so we can continue our projects that empower our women beneficiaries.

Kudos to Joanne for Marillac Hills! For 18 years Joanne has singlehandedly taken care of our Marillac project. Recently, she was on the air in a TV feature, "Ikons in Circles," to showcase what our club does in Marillac in response to ZI's advocacy of "No to early pregnancy." Joanne organized a workshop for the girls with lectures and discussions on topics surrounding teenage pregnancy conducted by physicians in the Society of Adolescent Medicine. The issues surrounding early marriage were also discussed. A big THANK YOU to SHOM (Spouses of Heads of Mission) for their donations in the past four years, which sustain our services in Marillac, and to PP Olga Martel, who also donated through her Johann Strauss Society PhP100,000 toward the much-needed renovation of our psychological center.

EWSP (Empowering Women Scholarship Program). Chair Ada Mabilangan has reported that this school year we have the highest number of young women as scholars—24—three in Architecture, three in Chemistry, and 18 in various areas of Engineering specialization. I wish to thank our partners-- Unilever, DSWD, Polytechnic University of the Philippines, *Woman Today*—and my fellow Makati Zontians who have sponsored the girls' scholarships. We have graduated 74 scholars in the five years that we have had this program of empowering women through education. All had passed the government exams and are now gainfully employed and empowered!

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Makati Zontians show their support for Mita Rufino, Bravo Awards project chair. (From left to right): Chona Lopez, pres. Rosie Go, past DG Beng Puyat, PIP Livie Ferry, SBC Sr. VP Belen Lim, SBC Exec. VP Cristina Tingson, Mita Rufino, Jeannie C. Abaya, Maritess Pineda, Linda E. Panlilio, Ada Mabilangan, Vivian Uy and Melissa S. Romualdez

HNH (Health, Nutrition, Hygiene). My thanks go to ever-helpful Vicky Wieneke for yet another initiative in the area of women's health. She has developed a program, "HNH" (Health, Nutrition and Hygiene), using women power to address health issues in communities nationwide, producing excellent results that have tremendously advanced Zonta's advocacy on women's health. The result has been awesome with a high 98% of substantial weight gain for children and a high 80% of full recovery to normal health of the women beneficiaries.

Children's Health. A big thank you to our Pediatrician-member, Dr. Lourraine D. Co, for her initiatives addressing children's health at our Zonta Center. During the summer, Lourraine undertook a de-worming of children, and gave them Vitamin A for the protection of their eyesight. Our Center's dentist, Dr. Aisle Badillo-Nalda demonstrated the proper way of brushing teeth, and applied flouride varnish to protect their teeth.

Zonta-Makati in the 16 Days of Activism on Gender Equality. Our club participated in Area Director Bing Carrion's marking of 16 Days of Activism against Gender Violence. We are happy to have done our part by having women artists exhibit their paintings for the 16 days' duration at the Glorietta Activity Center. Thanks to Joanne,

we had a successful forum on December 3, our club's assigned day, with guest speaker Baby Ortiz, Commissioner of the National Commission on Women, on the theme of "Silence no more.... End Violence against Women." She backed up her talk with an awesome PowerPoint.

Fellowship chair Maribelle Espino conducted a Health forum late last year at Society Lounge with visiting Dr. Peter Chin of the UCSF Medical Center, who discussed the implications and effects of the environment on health and wellness. Maribelle also staged our annual Christmas party with ballroom dancing for fun and health in the same venue.

Women's Month at our Zonta Center. Please read the brief write up in this newsletter on our activities last March—Women's Month. I thank past DG Beng Puyat for her support.

Our program of empowering women economically continues apace at our Center through a forum on how to start a small business, and training our women beneficiaries in the "Kababaihan" group livelihood skills such as reflexology, rag and potholder making, and cooking *kakanin*. The skills learned enable them to start their own micro-business.

ZONTA-MAKATI'S EWSP

By Ada L. Mabilangan, Program Chair



The club's 24 EWSP scholars for School Year 2014-2015 with ZCME's partners and Makati Zontians-- Chair Ada Mabilangan (in blue top at center) followed by past pres. Maritess Pine-da, Tessie Tumangan, past pres. Monica Aveo (representing media partner Woman Today). Other Zontians in photo are Vicky Wieneke (standing 2nd from left), Melanie de Leon, past presidents Mita Rufino and Cora Tan. ZCME partners in photo are Lavin Gonzaga and Liza Vengco of Unilever Phils.; Arnel Bautista and Tess Bao of DSWD- NCR; Dr. Manuel M. Muhi, Dr. Armando Torres and Cristalina Ramos Piers of PUP.

Empowering Women Scholarship Program (EWSP) was launched on March 30, 2009 by Zonta Club of Makati & Environs Foundation, Inc. (ZCME) on the rationale that through education the root causes of violence against women and girls can be prevented.

From an initial 10 scholars, EWSP has graduated a total of 74 scholars from the Polytechnic Institute of the Philippines during a five-year period from 2010 to 2015. All had passed the board exams and are now gainfully employed.

As part of its advocacy, ZCME sponsored a seminar for 24 EWSP scholars conducted by Prof.

to understand the cultural and psychological root causes of violence against women, coupled with finding effective mechanisms to ensure their eradication. Prof. Valdes also talked on teenage sexuality and the pitfalls of early marriage, which are the current thrusts of Zonta International toward the empowerment of women.

By choosing careers in male-dominated fields, EWSP scholars are showing the way towards gender equality. Since they are often the major breadwinners of their families, EWSP has had a direct impact not only on their lives but on those of their families as well.

Carmen "Pinky" Valdes entitled "Break the Silence: NO to violence against women; NO to teenage pregnancy, NO to early marriage." The seminar aimed to equip these young women with the knowledge of their rights, especially when confronted by domestic and other forms of violence against them. They were made



The club's EWSP scholars after their seminar on "Say NO to Violence, NO to Teen pregnancy" facilitated by Dr. Carmen "Pinky Valdes (left, squatting on the floor). Flanking the white board of the scholars' palm prints are past DG Beng Puyat and DG Lalivan Karnchanachari, who was in Manila to witness the club's and Area 5's marking of the 16 Days of Activism Against Gender Violence

HNH Program for Women's health

by Victoria V. Wieneke

Health, nutrition and hygiene are the basic foundations for human development and a primary concern in every stage of human life. Zonta-Makati has developed a program, "HNH" (Health, Nutrition and Hygiene), using women power to address these health issues in communities nationwide, producing excellent results that have tremendously advanced Zonta's advocacy on women's health.

ZCME has partnered with a proven non-profit organization with a wide resource-access link-up with the country's corporate sector. It also has a tie-up with national government agencies and Local Government Units all the way to the barangay grassroots level. Establishing HNH has proved to be a strategic move.

The two main components are:

1. Women Empowerment thru social preparation, organization and team building of mothers to run a Supplemental Feeding Program for their malnourished children in marginalized communities. The mothers are taught how to manage the 6-month daily program for their enrolled children; how to do the work counterpart and run the program. They are taught how to budget and use the banking system. They are required to attend civic-values formation--to take care of the environment, solve problems and prepare inexpensive but nutritious meals for their families. They monitor and report the results of the program, a copy of which is submitted to DSWD and becomes part of the national figures to meet the UN Millennium Goal. The result has been awesome with a high 98% of substantial weight gain for the children and high 80% of full recovery to normal health status. The women also become more responsible and active in the community.

2. Providing Warehouse Facility for donations. Donations in kind include milk, canned goods, vitamins and food packs etc. for health and nutrition. Personal and household products like soap, shampoo, cleaning fluid etc. are in constant flow from donor companies. They are distributed to beneficiaries nationwide, covering 16 regions and all provinces in the Philippines. They are picked up from the Zonta Center, thus

making Zonta a familiar household name. We process and distribute more than a million pesos worth of resources monthly, thus benefitting thousands of families nationwide. This is Zonta's contribution to nation building.

To level up health, nutrition and hygiene of residents and/or recipients, Zonta also donated products to the following:

- Kababaihan women's program at the Zonta Center
- Marillac Hills Psychological Center for Sexually abused Girls
- Haven for the Elderly

In pioneering this program, Zonta-Makati hopes that it expands and becomes a major Zonta program so that more women and their families can benefit from it.



Mothers become empowered when they learn to run a Supplemental Feeding Program for their children in marginalized communities



Feeding the elderly under Zonta-Makati's HNH program



Distributing milk to beneficiaries in different municipalities from stocks warehoused at our Center

ZCME Photo Board



Makati Zontians hold up a banner designed by club artist Jenny Leviste portraying the STOP VAW message during the club's November 2014 membership meeting. Seated: Mita Rufino, pres. Rosie Go and Newsletter Editor Linda E. Panlilio. Behind are Melanie de Leon, Jenny Leviste, Vivian Uy, Maribelle Espino and Maritess Pineda



At the opening of the FilipinaZ Arts & Fashion Fair in Sept. 2014 at Rockwell Tent: Carol Llanillo, Mita Rufino (behind), pres. Rosie Go, Linda E. Panlilio, Sen. Cynthia Villar (behind Linda), Congresswoman Monique Lagdameo, and Ada Mabilangan



Rimowa luggage that had been painted on by well-known artists. These were all auctioned off during the fair. (L to R): Maritess Pineda, Linda E. Panlilio, pres. Rosie Go, Makati Congresswoman Monique Lagdameo, Sen. Cynthia Villar, Weng Domingo and Maribelle B. Espino.

Addressing women's economic empowerment

The club's Center for Women Empowerment was the site of livelihood-training workshops in 2015 to help empower women economically. The club's beneficiaries are the "Kababaihan" group of women who are being helped by alumnae of the TESDA Women's Center. On Feb. 21, TESDA trainor Janet Morales conducted a seminar on "How to start a Small Business." Thereafter, TESDA trainor Bernardita Escaño taught the Kababaihan women how to make rags and pot holders as a livelihood activity. She came back to the Zonta Center on Feb. 28 to teach the same women how to make beads as another source of livelihood. Finally, on March 6, Teresita de la Cruz, a Kababaihan member, conducted a hands-on training of the women on Reflexology, a much-in-demand occupation.



The "Kababaihan" women beneficiaries of ZCME avail themselves of livelihood training workshops on Reflexology, Beads making, and Rag and Pot-Holder making.



Training on reflexology.

Women's Month at the Zonta-Makati Center

The club marked March 2015, Women's month, with a series of seminars to apprise its women beneficiaries of their rights and privileges. Participants were the Kababaihan women's group and the TESDA Women Center Alumni Association. The seminar theme was "Juana, Desisyon mo ay mahalaga sa kinabukasan ng bawat isa, ikaw na!" (Jane, your decision is important for the future of each one. Make up your mind.)

Another seminar was for the purpose of increasing awareness on government policies and programs for women; specifically, the solo parent act, violence against women and their children. The resource person spoke on the Magna Carta for women, and on responsible parenthood.

President Rosie informed everyone that Zonta International's current thrust is to advocate on No to early marriage and teenage pregnancy. Past DG Beng Puyat, who was present, is the District Chair for Advocacy. She commented further on the issue.

Another seminar was held on an alternative health and wellness program for women.



On Oct. 22, 2014 President Rosie Go, along with past presidents Menchu Esteban and Cora Tan, and HNH project chair Vicky Wieneke, visited the club's Psychological Center in Marillac Hills, where Vicky turned over Unilever body and hair care products plus canned pork and beans and vitamins.

Marillac Project head Joanne Zapanta-Andrada gratefully accepted the donations. The visiting Zontians then attended an open forum led by Marillac administrator Clara de Guzman with Marillac's social workers/auxiliary staff.

Going Strong at 18: Zonta-Makati's Psychological Center for Sexually Abused Girls

On its 18th year of service, Zonta Club of Makati and Environs' Psychological Center for Sexually Abused Children at Marillac Hills in Muntinlupa continues its mission to provide individual and group therapy for girls (ages 7-18 years) who are survivors of rape, incest, sexual molestation, trafficking, or who had been engaged in the sex industry. There are an average of 250 girls in the club's Marillac Hills haven owned by the DSWD. Art workshops conducted by volunteers led by Joanne Z. Andrada address the psychological health of the sexually violated girls.

To increase the visibility of its program, in May 2015, Psychological Center project head Joanne Zapanta-Andrada guested in the cable TV program "Ikons in Circles." During the one-hour show, Zapanta-Andrada discussed the causes of sexual abuse, its effects on the individual, and



Past presidents accompanied current pres. Rosie Go on a visit to Marillac Hills. Photo shows: Joanne Zapanta-Andrada, Zonta-Makati's chair for its Psychological Center for the rehabilitation of sexually abused girls at Marillac Hills, with past club presidents Chona Lopez, Linda E. Panlilio, current president Rosie Go, and past District 17 Governor Georgitta "Beng" Puyat.



Young girls in the club's Psychological Center at Marillac Hills in a group therapy session to rid them of their trauma

its impact on society. She spoke in detail about ZCME's psychological center, its mission and its services.

Recently, ZCME partnered with SAMPI (Society of Adolescent Medicine of the Philippines Inc.) in a series of workshops focused on educating at-risk youth on sexual health, social relationships and family life. The lectures centered on addressing the prevalence of early teen pregnancy and marriage. SAMPI is a locally and internationally recognized organization committed to the holistic care of Filipino adolescents-- to promote

their physical and mental health. They are advocates for the Filipino youth by formulating guidelines on specific issues that affect their health, development, and wellbeing.

ZCME's psychological center has been the recipient of numerous citations from the national government and has been recognized as an integral partner of the government in mitigating the effects of child sexual abuse in the country.



Teenage girls in ZCME's Psychological Center at Marillac Hills are broken up into groups with a physician-facilitator in a workshop on teen sexuality

Attending to Children's health

Dr. Lourraine D. Co, a pediatrician and our club's long-time member (she's a Neonatologist in Makati Medical Center and Cardinal Santos Hospital), held a series of health activities for the children of our women beneficiaries in Taguig during the month of April, 2015. On April 11, Lourraine, chair of the Preventive Pediatric Program, together with Dr. Aisle Badillo Nalda, a dentist, conducted free Fluoride treatment for kids aged four to nine, while teaching them how to brush their teeth properly. They were assisted by Dr. Marietta Bustillo, our long-time Zonta Center volunteer, who specializes in Family Medicine. There were 51 participants on April 11 and 48 on May 9.

On April 15 and 29, Lourraine, following the footsteps of her pediatrician mother, Fe Canlas Dizon, a ZCME past president, conducted a De-worming of children aged two years and above. Dr. Fe used to conduct this activity during the summer months. Thereafter, Vitamin A was administered to the kids. Medicines for both projects were donated by generous Zontian, Ambassador Nida L. Vera.

Fluoride Dental Varnish for children aged 2-9 yrs. old



The ZCME Center's dentist, Dr. Aisle Badillo-Nalda demonstrated the procedure for applying fluoride, then parents gave the fluoride to their children. There were 51 participants on April 11, 2015, and 48 on May 9.



Workshop on teen sexuality at Marillac to be replicated in several Makati barangays



ZCME marks AE Month

To mark Amelia Earhart month (every January), the club had for its guest speaker Capt. Gisela Zambrano Bendong-Boniel, Flight Commander of Air Asia Zest fleet, at its general membership meeting on the last Tuesday of January. Capt. Bendong-Boniel gave a most inspiring talk about how she is winning her battle against gender discrimination in a male-dominated field.



Addressing Women's Health at the Zonta Center

On October 17, 2014, Zonta Club of Makati & Environs had a joint project addressing women's health with Gift2Life headed by Dr. Cristina Santos. The services offered were Breast Screening with Risk Factor Assessment and on-site breast biopsy. Also Pain Clinic services with volunteer anesthesiologist Dr. Anita Lourdes Misajon-Tesoro, Lymphedema Clinic of Upper & Lower extremities with partner, GenAsia Biotech Phils., and free Complete Blood Count (CBC) determination. This health care project was chaired by PP Monica Aveo and cosponsored by Makati Zontian Ambassador Nida L. Vera, who supplied the medicines.

There were 110 patients in Breast Screening, 100 patients in Pain Management, 101 patients in Lymphedema, while 82 patients underwent Complete Blood Count Determination. Zontians present were club secretary Jenny Leviste, PP Menchu Esteban, pres. Rosie, and two prospective members.



On Aging

Dr. Hazel Paragua Zuellig was the Club's guest speaker at its April 21, 2015 membership meeting. Zontians appreciated her talk on Neurological



Problems Associated with Aging—typically, Senile dementia and Alzheimer's-- and her tips on preserving their mental health. Dr. Paragua is the Chairman of the Department of Neurosciences, San Beda College of Medicine; Founding Neurologist, Brain and Spine Tumor Center, Cardinal Santos Medical Center-Comprehensive Cancer Center; President, Philippine Alliance for Brain and Spine Tumors, Inc. Moreover, she has an MBA from San Beda College - Graduate School of Business, and is Program Director, Master in Development Management, Asian Institute of Management.



Pres. Rosie Go thanks Dr. Cristina L. Santos, president of Gift2Life, for conducting medical services for the club's women beneficiaries at the Zonta Center for Women Empowerment. Dr. Santos is a breast-cancer surgeon & Community BCA resource speaker



Co-District Historian Linda E. Panlilio, Past ZCME Pres. Olga S. Martel, VAD Cora J. Tan, Past AD Chona Lopez

Makati Zontians to make presence felt in BKK Discon

President Rosie Go is leading the contingent of Makati Zontians attending the 18th District Conference that will be held in Bangkok, Thailand from Sept. 18 to 20, 2015 at the Hotel Intercontinental in the heart of the city. Area 6 Thais are assuring one and all of a fruitful and most enjoyable Conference led by Chair Narudee Kiengsiri. Makati Zontians who have sent in their early-bird registrations are PIP Olivia Ferry, past DG Beng Puyat, who is also District Advocacy chair, past AD Chona Lopez, who is also District PR & Communications chair, Vice Area Director Cora J. Tan, who has been nominated as Area 5 Director, Erlinda E. Panlilio, co-District Historian and Member of the ZI Centennial Anniversary Committee, and Olga S. Martel, past UN Club Ambassador for ZIF and UN Committee chair.



Seated are the spouses of the Ambassadors of India, Ziki Ralte; Israel--Liza Lu; Chile--Toni Patchett, (charity coordinator), Norway--Sille Forner; past president Olga S. Martel; and Switzerland's Gracita Sieber. Behind are the psychologist and therapists with Makati Zontians Melanie de Leon, project chair Joanne Zapanta Andrada, president Rosie D. Go, and Vice Area Director Cora J. Tan



Posing for a photo during their December 1, 2014 visit to the club's Psychological Center for sexually abused girls in Marillac Hills are: ZCME Secretary Jenny Leviste, Margaret Ledoux (Head of Charity for 2014 and spouse of EU president), project chair Joanne Zapanta- Andrada, 2014 SHOM president Omolara Evelyn Farounbi, Toni Patchett (Head of Charity for 2015), past ZCME president Olga S. Martel, Isabelle Garochon. For 2015, the SHOM president is Agnes Roscigno, wife of the Italian Ambassador.



District Governor Lalivan Karnchanachari visited ZCME's Psychological Center at Marillac Hills on Nov. 26, 2015. In photo are: DG Post Editor Carol Balotro, ZCME treasurer Vivian Uy, Chona Lopez, PIP Livie Ferry, Marillac chair Joanne Z. Andrada, DG Lalivan, past DG Beng Puyat, AD Bing Carrion, PP Maritess Pineda, VAD Cora Tan, Area Secretary Mitzi Piad, Jenny Leviste and Phom (DG Lali's husband)

FilipinaZ Art & Fashion Fair

During the weekend of September 12 to 14, 2014, the club staged its usual charity bazaar to raise funds for its various projects at the Rockwell Tent. This time, the theme was centered on arts and fashion, as conceptualized by past president Maritess Pineda. Called "FilipinaZ" Arts and Fashion Fair, it was highlighted by a lively forum on art collecting, on who determines the price of art, led by popular TV personalities Karen Davila and Kim Atienza, and Art Studies Prof. Patrick D. Flores of the University of the Philippines (also Curator of the UP's Vargas Museum). They were joined by Salcedo Auctions curator Ricky Lerma, who handled the successful auction of paintings donated by renowned artists: Geraldine Javier, Jon Santos, Pam Yan Santos, Rodel Tapaya, Marina Cruz, Lydia Velasco, Betsy Westendorp. Four popular artists painted (or worked) on do-



At the Art Forum on "Who determines the price of art? Panelists were UP Art Studies Prof. Dr. Patrick Flores, TV weather newscaster Kim Atienza, who collects art, and Tony Godfrey. ex-Sotheby Institute of Art prof. ANC TV talk show host Karen Davila (at right) moderated.



Posing for a pic after the successful Art Forum are Makati Zontians Mita B. Rufino, Linda E. Panlilio, pres. Rosie Go, and FilipinaZ chair Maritess Pineda (at far right), with forum panelists Dr. Patrick Flores, Kim Atienza, Tony Godfrey and moderator Karen Davila

nated Rimowa luggage that were also successfully auctioned off. They were Rodel Tapaya, Alfredo Esquillo, Marina Cruz and MM Yu. BenCab donated 25 prints of an original painting in the collection of Jesus and Maritess Pineda, which were sold out quickly. Proceeds from the sale of 15 prints of Joy Mallari's painting titled Ligaw, went to the service projects of the Zonta Club of Makati & Environs.

This successful fundraising event will again be staged this year, from September 25 to 27, to be chaired by Maritess Pineda, with the following members on her team: Melissa S. Romualdez, Maribelle B. Espino, Casey K. Marty, Charming Baldemor. Mara Sebastian, a concessionaire, is assisting.



Maritess Pineda and Senator Cynthia Villar, who opened the FilipinaZ Art & Fashion Fair, admire a vendor's product, a mat of locally made material

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ZCME Board 2014-2016: VP Melissa S. Romualdez, Cora D. Tan (ex-officio and current Vice Area Director), pres. Rosie Go, secretary Jenny Leviste and treasurer Vivian Uy. Behind: Directors Lulu Fernando, Melanie de Leon, Chona Lopez and Jojo Zabarte. Not in photo, Maribelle B. Espino



PIP Livie Ferry informs the new ZCME officers of their respective duties as VAD Cora Tan pins them--pres. Rosie Go, VP Melissa Romualdez, secretary Jenny Leviste and treasurer Vivian Uy

PURPOSE

PLEDGE

PROACTIVE

Invitation to Zonta International 18th District 17 Conference



We would like to extend our warmest invitation for your participation in the most memorable conference, Zonta International 18th District 17 Conference. The venue will be at the exquisite InterContinental Hotel, right in the heart of Bangkok, Thailand.

Dear Sister Zontians,

- All the excitements are waiting for you:
- Shopping Paradise where you can shop till you drop.
 - Sun, Sea and Sand, stunning in beauty.
 - Palatable Thai Food, fast becoming very popular.
 - Throbbing City, a city that never sleeps because of the many events that take place both during the day and at night.
 - Land full of Culture, Pomp and Pageantry.

Please come and join us at this conference on 18-20 September 2015. Your visit will be such a rich experience and our sincere hospitality will be so warm that you simply cannot but be joyful and remember this Conference for years and years.

Don't hesitate to grasp this happy time planned especially for you. You are invited to register as soon as possible and be among the early birds. We will be so happy to see you at the Conference.

Dr. Lalivan Karnchanachari
Dr. Lalivan Karnchanachari
 District 17 Governor 2014-2016
 Zonta International

Dr. Narudee Kiengsiri
Dr. Narudee Kiengsiri
 Organizing Chairman
 Zonta International
 18th District 17 Conference 2015