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**Dalai Lama Honours 'Unsung Heroes' in San Francisco – Anna Howe from The ISIS Foundation Receives Award for Compassionate Work**

SAN FRANCISCO, CA, November 3, 2005 – His Holiness the Dalai Lama was the honored guest at a luncheon at the Ritz Carlton Hotel in San Francisco, California on Sunday, November 6, 2005. His Holiness acknowledged and thanked forty-eight highly compassionate individuals – the honorees of the event 'Unsung Heroes of Compassion 2005.' One of these honorees was Anna Howe, the Kathmandu Projects Manager from the Bermudian Charity, The ISIS Foundation.

"These individuals were selected as representatives of the tens of thousands of people worldwide who quietly serve the disenfranchised and work to improve our communities through their personal efforts," says event chair Dick Grace, founder of Grace Family Vineyards and board chair of Wisdom in Action, the organization hosting the unique celebration. "We don't see them or hear about them in the daily news, but they exemplify a humanism and heroism to which we must each aspire."

Among the honorees to be blessed by the Dalai Lama are:

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<sum> Bogaletch Gebre, the founder of Women's Self-Help Center in Kembatta, Ethiopia which empowers women and their communities, and fights to eliminate harmful customary practices and other gender-based violence and abuse; <sum> Mary Kuriakose, a former nun born and raised in India whose work aids impoverished orphans; <sum> Cynthia Maung, a doctor who treats thousands of refugees each year at a clinic she founded on the border of Thailand and Burma; <sum> Donal Murphy, whose work has led to reconciliation between Irish Catholic and Protestant youth and adults in Ireland; <sum> Alejandra Olguin, a young woman from Napa California who discovered her passion and heritage by volunteering with Oaxaca Street Children Grassroots; <sum> Thuy Pham, whose return to Vietnam as a volunteer with the Catalyst Foundation's Aid Expedition helped her heal her soul and alleviate the suffering of others; <sum> Lotay Tshering, the only General Surgeon in a rural hospital that cares for nearly one third of the six hundred thousand citizens of Bhutan.

The 14th Dalai Lama, Tenzin Gyatso, is the exiled leader of the Tibetan people and a Buddhist teacher. The 1989 recipient of the Nobel Peace Prize, the Dalai Lama is an outspoken proponent of nonviolence and compassion who is loved and revered internationally.

Wisdom in Action (WIA) is a nonprofit organization dedicated to increasing awareness of the importance of compassion in action. WIA is hosting Unsung Heroes of Compassion 2005 to raise awareness that it is each individual's obligation to help the disenfranchised among us and to acknowledge that each act of compassion makes an important difference to the world.

Co-hosting the event with Dick Grace will be Matthieu Ricard, a Buddhist monk, interpreter for His Holiness the Dalai Lama, and co-author of *The Monk and The Philosopher*. Other presenters will be: actor Peter Coyote; Director of San Francisco's Network Ministries, Glenda Hope (recipient of an Unsung Heroes of Compassion 2001 award); Grammy winning singer/songwriter, Billy Dean; President and CEO of Global Fund for Women, Nandini Kavita Ramdas.

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HONORS UNSUNG HEROES OF COMPASSION FROM AROUND THE WORLD**

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