

AHEA Conference

14-17 April 2011

John Carroll University, University Hts. (Cleveland), Ohio USA

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**AHEA Concurrent Program:  
Dr. Piro Kramár: “The Lure of the Mountains”**

**LOCATION: Cleveland Hungarian Heritage Museum,  
2<sup>nd</sup> level of the Galleria building, 1301 East 9th St. in downtown Cleveland**

**TIME: 2:00 pm Saturday, April 16, 2011**

***ABOUT DR. PIRO KRAMÁR***

The story about the first American ascent of the Himalayas, to the top of one of its highest peaks called Annapurna is a dramatic one. A 55 km (34 mi)-long massif of which the highest point, Annapurna I, stands at 8091 m, making it the 10th-highest summit in the world. The American Women's Himalayan Expedition became the first American team to climb Annapurna I. The team reached the top on October 15, 1978. The team's physician, **Hungarian born Dr. Piro Kramár**, who is an eye-surgeon, was an integral part of the team and participated in this adventure, leaving her ophthalmology practice behind to participate in the climb.



Psychologists have adopted the term “**flow**” to characterize the mental state in which a person in an activity is fully immersed in a feeling of focus, engagement, and full involvement in the process of the activity. **The term was first used by Dr. Mihály Csíkszentmihályi**, and flow is complete focus on achieving a goal; it represents perhaps the ultimate in harnessing the emotions in the service of performance and learning. The hallmark of flow is a feeling of spontaneous joy, even rapture, while performing a task.

After studying numerous professions, mountain climbers and surgeons are known to experience flow most frequently. **Dr. Piro Kramár** is both. She will present reflections about her background and her development that enabled her to take on the ascent of Annapurna I.

The Museum has invited any interested AHEA Conference participants to attend this concurrent program. Please see the AHEA Registration form to indicate your interest.

**Late registrants can also call the Museum telephone number to inquire:**

**440-247-5144**

A \$10 donation to the work of the Museum for the lecture on Saturday is requested and is payable on site, at the Museum, at the door. Pre-registration is recommended, so that there is adequate seating and refreshments for the reception which will follow the lecture.

*See also the AHEA Conference website on “Co-Sponsors” for additional information about the **Cleveland Hungarian Heritage Museum and Society**.*

The Museum is on the 2<sup>nd</sup> level of the Galleria building, located at 1301 East 9th St. in downtown Cleveland, OH. This is about a ½ hour drive by car from the JCU campus. A covered parking garage is available underneath the Galleria building, and as of this writing, the cost is \$3 parking on Saturdays. Enter the garage off Lakeside Ave. Again, please indicate your participation on the AHEA Registration form.

Use MAPQUEST for “from here-to there” directions: <a href="http://www.mapquest.com/">http://www.mapquest.com/</a>	
Start point addresses:	
Fairfield Inn and Suites 3750 Orange Place Beachwood (Cleveland), Ohio 44122	John Carroll University 20700 North Park Blvd. University Hts. (Cleveland), Ohio 44118
End point address:	
For “Mapquest,” use “1309 East 9th Street, Cleveland, OH” as your “destination point.	

***During the AHEA Conference:***

Museum will be open during its regular **Thursday** hours: 11 am – 3 pm

**Friday** hours: 11 am - 5 pm.

**Saturday** the Museum will open at 11 am for any and all visitors.

The **Saturday lecture** will begin at 2 pm.

See the Museum website for additional days, times, and information: <http://www.jcu.edu/language/hunghemu/>