



41st Annual Spring Luncheon

Join your fellow BMA members and guests for culinary demonstrations and a delightful lunch offered by the students and instructor-chefs at Renton Technical College. You will be in for a treat as you take part in the latest food preparation techniques and provide students with opportunities to feature their skills while you enjoy rosemary lemon chicken or flank steak with tomato basil sauce and herb wild rice, rolls and butter, and decadent chocolate mousse.

Chardonnay or Merlot will be available by the glass with pre-purchase via the coupon below or from the event coordinator at the sign-in table the day of the event. Confirmation, driving instructions, and drink tickets will be mailed at least one week before the event.

Invited: Gold Card members and guests

Date: Thursday, June 12

Time: 11:30 a.m. to 1:30 p.m.

Lunch Cost: \$16 per person **Wine Cost:** \$3 per glass

Location: Renton Technical College, building H, 3000 N.E. 4th, Renton, WA

Event Coordinator: Lanette Keri, 11618 S.E. 188th St., Renton, WA 98058, (425) 255-9935, e-mail lkeril@comcast.net

Deadline: Friday, June 6, 2008

Instructions: Complete the coupon below and send your check, payable to BMA, with a self-addressed, stamped envelope, to the event coordinator. ❖

41st Annual Spring Luncheon			
<i>Mail coupon and check to the event coordinator.</i>			
Name	_____		
Guest name	_____		
Address	_____		
City/State/ZIP	_____		
Phone	_____		
e-mail	_____		
Entrée selection (check one block each for member and guest):			
Member:	_____ Beef	Guest:	_____ Beef
	_____ Chicken		_____ Chicken
	_____ Chardonnay		_____ Chardonnay
	_____ Merlot		_____ Merlot

Tacoma Children's Museum Playhouse

Gold Card is considering building a playhouse for the Tacoma Children's Museum. This project is roughly a six- to eight-week commitment. We estimate the project will begin in April and needs to be complete in early June. If you are interested in being the project manager or just helping out, please contact Marlene Taylor at (425) 644-8799. ❖



Ride the Ducks of Seattle

See the Emerald City by land and sea on a fun-filled tour aboard a fully restored WWII amphibious landing craft. Coast Guard-certified captains will "quack" you up with historical information, local folklore, and just plain fun. This 90-minute adventure shows you the Seattle waterfront, historic Pioneer Square, Safeco and Qwest stadiums, Pike Place Market, and the downtown shopping district. Next, your duck splashes into Lake Union to see Gasworks Park, the famous houseboats, and a great view of the city!

For more information visit www.ridetheducksofseattle.com.

Invited: Gold Card members and guests (kids included)

Date: Tuesday, May 20

Time: 10:00 a.m. (first come/first start)

Costs: Adults—\$18 (\$23 value, parking not included)

Children 12 and under—\$10 (\$13 value)

Location: Corner of 5th Avenue and Broad Street (across from EMP and the Space Needle)

Parking: \$5 for up to 10 hours. See the website at <http://www.seattlecenter.com/transportation/parking.asp> for details.

Deadline: Friday, May 9

Event Coordinator: Bob Harris, (206) 935-7613, 4032 S.W. Myrtle Street, Seattle, WA 98136; e-mail robhar@comcast.net

Instructions: Fill out coupon, indicate number of adults/kids, send check payable to BMA to event coordinator in a self-addressed, stamped envelope. ❖

Ride the Ducks	
<i>Mail coupon and check to the event coordinator.</i>	
Number of Adults	_____
Number of Children	_____
Name	_____
Guest name	_____
Address	_____
City/State/ZIP	_____
Phone	_____
e-mail	_____

Gold Card Caps for Sale

The Gold Card has great any-occasion caps in either black, white, or khaki with the BMA Gold Card logo. The price is \$10 plus \$2 shipping each. Send a check payable to BMA to Bob Keller, 17116 163rd Place S.E., Renton, WA 98058. Be sure to specify your **color** choice. ❖

Social and Family



Cirque du Soleil Presents *Corteo*

Corteo, which means “cortege” in Italian, is a joyous procession, a festive parade imagined by a clown. The show brings together the passion of the actor with the grace and power of the acrobat to plunge the audience into a theatrical world of fun, comedy, and spontaneity situated in a mysterious space between heaven and Earth.

The clown pictures his own funeral taking place in a carnival atmosphere, watched over by quietly caring angels. Juxtaposing the large with the small, the ridiculous with the tragic and the magic of perfection with the charm of imperfection, the show highlights the strength and fragility of the clown, as well as his wisdom and kindness, to illustrate the portion of humanity that is within each of us.

Experience all Cirque has to offer in the Tapis Rouge. Those who purchase Tapis Rouge seating will enjoy preferred seating (within the first eight rows), reserved parking, exclusive entrance one hour before the show and during intermission, an array of mouthwatering hors d'oeuvres, fine wines, and refreshments followed by desserts during intermission, a gift, souvenir program, and private restrooms, terrace, and coat-check service.

Invited: Gold Card members and guests

Date: Saturday, May 31 **Time:** 8:00 p.m.

Costs: **Adult**—\$90 **Children**—\$63

VIP Tapis Rouge—\$210

Location: Marymoor Park, 6046 W. Lake Sammamish Parkway N.E., Redmond, WA

Event Coordinator: Jesse Maciel, (206) 852-1686, M/C 5X-09

Deadline: Monday, April 28

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Jesse Maciel, M/C 5X-09, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖

Bowling News

In the month of February we averaged eight bowlers per session. For men high honors went to Bob Lenoard with high scratch game 194 and high series to Billy Davis, 549. For women high game and series went to Joan Martin, 160 and 436, good bowling.

Bowling starts at 10 a.m. at Secoma Bowl in Federal Way. We bowl the second and fourth Tuesday through April 22 (dates are Apr. 8 and 22). Remember, bowling is open to all Boeing employees and friends. For more information contact Larry Pickett at (360) 915-8416 or e-mail lpickett65@comcast.net. ❖

Boeing Day at Emerald Downs

The Boeing Management Association hosts Boeing Day at Emerald Downs! The Boeing Handicap is a stakes race for 3-year-old and older fillies and mares and dates back to the first running at Longacres in 1954. Admission again this year is only \$1.00. The ticket has three parts, which includes access to the first five levels of the stadium, paddock, and park;



a raceday program; and a coupon to purchase a hot dog and Pepsi for only \$2.00, an \$8.50 value. Children 17 and under are free; you won't need a ticket for them; however, you will need to request the coupon for the \$2 hot dog and Pepsi. Other activities include

- Backstretch tours (participants must make their own reservations with Emerald Downs at (253) 288-7711; tour starts at 10:00 a.m.).
- Emerald Downs Newcomer Center.
- Family activities in the park, which run from 1:00 to 5:00 p.m.
- Mention BMA and receive a 10 percent gift shop discount (good July 27 only).
- General parking and shuttles to the stadium entrance at no charge.

Emerald Room Buffet—This year the buffet will feature carved sirloin of beef au jus with horseradish sauce, chicken with mushrooms and bacon mashed potatoes, seasonal buttered steamed vegetables, and Emerald Greens salad with choice of dressing. Fresh fruit tray, assorted rolls and butter, and apple crisp with whipped cream. Price includes the meal, coffee or tea, tax, gratuity, and all-day reserved seating in the Emerald Room and Clubhouse. Buffet starts at 3:00 p. m.

Invited: Gold Card members and guests

Date: Sunday, July 27 **Time:** 1:00 p.m.

Location: Emerald Downs, Auburn, WA, www.emerald downs.com

General Admission—\$1 per person (children 17 and under are free)

Emerald Room Buffet Adults—\$27 per person

Emerald Room Buffet Children 10 and under—\$13.50 per person (Note: children 4 and under are free)

Event Coordinator: Tracy J. Jones, (425) 965-3080, M/C 5A-29

Deadline: Friday, July 11 (No tickets will be sold after this date).

Instructions: Complete the coupon below and send a check payable to BMA and a self-addressed, stamped envelope to Tracy Jones, M/C 5A-29, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. **Note:** Two stamps required for orders of 10 or more tickets. ❖

Emerald Downs 2008

Name _____

Address _____

City/State/ZIP _____

e-mail _____

Number of adult general-admission tickets x \$1 = _____

Number of children tickets (hot dog coupon only) = _____

Number of adult buffet tickets x \$28 = _____
(admission ticket included)

Number of children buffet tickets x \$18 = _____

Social and Family

2008 Husky Football Season Tickets

This could be a very exciting season. We play at home, three teams ranked in the top 20 in the Associated Press final rankings.

Under coach Willingham we've seen marked improvements in both offense and defense. This was a good recruiting season for the Huskies, along with a solid set of returning players. The 2008 season should mark the continued return of the Dawgs!

Don't miss another great season with Husky Stadium's famous view of Lake Washington and the mountains, the excitement of 70,000 plus fans, the (usually) good weather, BMA's covered seat locations, and the camaraderie of fellow BMA Dawg fans.

This year's home schedule is as follows and includes seven games.

Brigham Young—September 6 **Oklahoma**—September 13
Stanford—September 27 **Oregon State**—October 18
Notre Dame—October 25 **Arizona State**—November 8
UCLA—November 15

Note: This year BMA will only be receiving 24 tickets and will be sold on a first come, first served basis. Games start at 12:30 p.m. or as changed to accommodate TV broadcasts.

Invited: Gold Card members and guests

Cost: \$390 per person (checks will be processed when received)

Location: Husky Stadium, University of Washington, Seattle

Deadline: Friday, May 2

Event Coordinator: Charlie Rogers, (425) 266.2857, M/C 06-08

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Charlie Rogers, M/C 06-08, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖

Health and Welfare

Can You Live to Be 90?

By George Gey, MD, and Jeanette Dunn, EdD, RN

What does it take to live to be 90 and to do so in good health and function? The Physician's Health Study may supply us with some answers. Researchers followed 2,357 men from 1981 to 2006. They looked at lifestyle and coexisting medical conditions to determine which factors made the difference. The mean age at baseline was 72; blood pressure was 134/80; 45% had hypertension; 5% had coronary heart disease; 4% had chronic obstructive lung disease. Of the lifestyle factors, 40% were never smokers, 36% had one or more alcoholic drinks per day, and 50% exercised two or more times a week.

A total of 970 men lived to at least age 90, a 41% survival rate. The probability of a 90-year lifespan at age 70 was 54% in the absence of smoking, diabetes, obesity, hypertension, or sedentary lifestyle. Of these men who survived, 68% showed a lower incidence of chronic diseases and had a healthier lifestyle.

Regular exercise was associated with a 30% reduction in mortality risk. Naysayers complain that the number of years of life extension approximates the time spent exercising and that those years won't be very pleasant. On the contrary, in the study more than two-thirds of the 90-plus-year-olds reported excellent or very good physical health, functioning and mental well-being. Healthier lifestyle, especially exercise, makes a difference. Just do it! ❖

Performing Arts

Pacific Northwest Ballet—*All Robbins*

Fancy Free—Music by Leonard Bernstein, choreography by Jerome Robbins.

With *Fancy Free*, a comic ballet about three sailors on leave, Jerome Robbins burst upon the dance scene with a clear and confident choreographic voice. Writing of *Fancy Free*'s 1944 premiere, critic Edwin Denby reported on the smash hit, "The whole number is as sound as a superb vaudeville turn; in ballet terminology it is perfect American character ballet."

Fancy Free's concentration of gesture, energy, and humor was so evocative that one year later Robbins and composer Leonard Bernstein, along with the librettists Comden and Green, turned the 20-minute work into the Broadway musical *On The Town*.

In the Night—Music by Frederic Chopin, choreography by Jerome Robbins.

"...danced with such limpid beauty and flowing line, one could visualize the music... the second couple captured the quiet bravura and rhythmic impulse. The last... illuminated with clarity and passion." —R.M. Campbell, *Seattle Post-Intelligencer*

Jerome Robbins' rapturous *In the Night* features three couples, in varying stages of relationships, who eventually meet in a dance for six. Each couple's *pas de deux* possesses a distinctive character, and in the end, all drift offstage in each others' arms like stars fading at dawn.

The Concert—(or *The Perils of Everybody*) PNB premiere. Music by Frederic Chopin, choreography by Jerome Robbins.

"...balletic comedy at its outrageous best." —*Criticaldance.com*

Jerome Robbins is considered the master of detail and perfection in *The Concert*, a 20th-century comic masterpiece. The setting is an all-Chopin concert where the attendees allow their decidedly imaginative minds to wander. When the resulting images are danced, human foibles and recognizable insecurities are revealed as Robbins brings each fantasy comically and vividly to life. A genuine crowd-pleaser, *The Concert* illustrates Robbins' remarkable insight into the delightful imperfections of human relationships and, in the midst of the laughter, enlightens us all.

Invited: Gold Card members and guests

Date: Friday, June 6

Time: 7:30 p.m.

Cost: \$70 per person (\$99 value)

Location: McCaw Hall, Seattle

Event Coordinator: Tim Ellis, (425) 266-6361, M/C 04-JA

Deadline: Tuesday, May 20

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Tim Ellis, M/C 04-JA, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖

Performing Arts

Village Theatre at the Everett and Issaquah Performing Arts Centers

Village Theatre brings its season of shows for 2008-2009, four musicals and a comedy. As season ticket subscribers, we'll enjoy reserved choice seating, free covered parking, complimentary ticket exchanges between Everett and Issaquah locations, priority ticket ordering for friends, complimentary subscription to *Village Voices*, and a subscriber rewards card.

This seasons shows include *Saint Heaven*, *Beauty and the Beast*, *The Importance of Being Earnest*, *Stunt Girl*, and *Show Boat*.

Note: There are several ticket packages available. Please see the Gold Card website at www.bmagoldcard.org for dates, times, costs, and more. If you don't have Internet access or have further questions, contact the event coordinator.

Invited: Gold Card members and guests

Event Coordinator: John Rusch, (425) 266-9849, M/C 06-LX

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to John Rusch, M/C 06-LX, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. Indicate the number of tickets and package desired. You will receive confirmation by mail or e-mail. Your tickets will be sent by mail. Please include an e-mail address if you have one. ❖

BMA Exclusive Driftwood Players Shows

Each year BMA buys out the Wade James Theatre for a BMA exclusive showing to each of the season's shows. Socialize with old friends and meet new ones. Before each show and during intermission enjoy complimentary cheese, wine, and various hors d'oeuvres, all at a 13 percent saving over box office prices.

You Can't Take It With You (April 18)—The Sycamores live life to the fullest. When daughter Alice falls in love with Tony Kirby, who comes from an uptight, humorless Wall Street family, two worlds collide.

Exit the Body (June 20)—A famous writer and her secretary retreat to the countryside for rest and relaxation. Upon arriving they find a dead body. Throw in a band of jewel thieves, increasing dead bodies, and a killer, and this show reaches a comic frenzy.

Invited: Gold Card members and guests

Cost: \$18 per person

Location: Wade James Theater, Edmonds, WA

Event Coordinator: Leigh Ford, 8123 137th Ave. S.E., Snohomish, WA 98290, (425) 750-2781

Deadline: Friday, April 11

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to the event coordinator. ❖



Seattle Opera Presents *I Puritani*

Drift away on Bellini's rivers of endless melody. This Romeo and Juliet—Elvira and Arturo—are not just separated by a family feud, but by a civil war. When it looks like her fiance Arturo has abandoned her, Elvira goes mad. One of the greatest bel canto operas ever composed, *I Puritani* captures the volatile influences of young love, soaring heights, and unhinging lows.

Approximate running time 3 hours and 30 minutes with two intermissions.

Music by Vincenzo Bellini Libretto by Count Carlo Pepoli, sung in Italian with English captions.

Featuring Eglise Gutierrez as Elvira, John Osborn as Arturo, Morgan Smith as Riccardo, Denis Sedov as Giorgio, and Fenlon Lamb as Enrichetta.

Invited: Gold Card members and guests

Date: Friday, May 16

Time: 7:30 p.m.

Cost: \$70 per person (\$99 value)

Location: McCaw Hall, Seattle

Event Coordinator: Tim Ellis, (425) 266-6361, M/C 04-JA

Deadline: Tuesday, April 29

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Tim Ellis, M/C 04-JA, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖



Seattle Opera Ring Cycle 2009

In August 2009, Wagner's epic *Ring des Nibelungen* returns to Seattle Opera.

Seattle Opera's productions of the Ring are immensely popular and eagerly anticipated by seasoned and new opera fans alike. In fact, the 2001 Ring sold out a year in advance.

BMA members have the group option of securing tickets and prices for the 2009 Ring Cycle. These presale discounted tickets are for the cycle III, four-night series of the opera. Cancellations after December 1, 2008, will incur a \$50 cancellation fee taken by Seattle Opera. No cancellations after March 15, 2009. Tickets will be mailed in April 2009.

Invited: Gold Card members and guests

Dates: August 25, 26, 28, and 30, 2009

Costs: \$536—Ring Series: Orchestra back

\$978—Ring series: Orchestra

\$978—Ring series: First tier

\$618—Ring series: First tier side

\$397—Ring series: Second tier

\$253—Ring Series: Second tier side

Location: McCaw Hall, Seattle

Event Coordinator: Tim Ellis, (425) 266-6361, M/C 04-JA

Deadline: Tuesday, August 28, 2008

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Tim Ellis, M/C 04-JA, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖

Golf News

**2008 North-South Golf Leagues
Season Information**

It's time to sign up for the 2008 golf season. You can sign up anytime and play in the remaining events of the season. Golf league participation is open to all Gold Card members and friends. Gold Card offers two leagues, North and South, with playing courses located north or south of Seattle. These are mixed leagues with divisions based on handicap and playing level. With the exception of the first and last tournaments, we generally play once a month, on the first Thursday, starting in April. The dues this season are \$40 for Gold Card members and \$50 for nonmembers. Dues should be paid by right away to participate in all remaining golf events. Send a check payable to BMA to Bob McKinney at 31221 1st Place S.W., Federal Way, WA 98023. For questions contact Bob at (253) 941-0650 or e-mail mckinneyr@aol.com. Please include your phone number, current e-mail address, North or South league preference, and your wishes regarding playing partner(s).

We use the Internet extensively, so be sure we have your current e-mail address. Please watch the website for the latest golf information, pairings, results, forms, and more. A signup form is not required; however, you can obtain one on the website.

For play dates, courses, and officers see the Gold Card website at www.bmagoldcard.org.

Please note that the North League course scheduled for April 10 has changed to Gleneagle.

2008 League Schedule

Date	North	South
April 10	Gleneagle*	Brookdale
May 1	Cedarcrest	Allenmore
June 5	Kyak	North Shore*
July 3	Camaloch	Auburn
August 7	Gleneagle	Horseshoe Lake
September 4	Mt. Si—North-South Tournament	
September 27	Snoqualmie Falls	Classic

* **Note:** Course change from last year.

Your 2008 League Officers—

North League Chairman—Lyle McMahan, (425) 778-1573; lyleandsharlee@msn.com

North League Scheduler—Jack Mathwig, (425) 269-7350; spitefire@msn.com

South League Chairman—Bob McKinney, (253) 941-0650; mckinneyr@aol.com

South League Scheduler—Fritz Gilbreth, (253) 852-4188; fgilbreth@clearwire.net. ❖

Travel

Alki Tours

Gold Card has identified several trips with Alki Tours, where a special 10 percent discount has been arranged. The discount is only available on the following travel events. Discount excludes airfare. To participate first call Alki Tours at 1-800-895-2554 to check for availability. If available, then mention your BMA discount, book the tour, and mail your check and coupon to Alki Tours. For more information visit www.alkitours.com.

Cruise London, Ireland, Scotland, Brussels, and Amsterdam—July 12 to 28; \$3,599 pp/do. Travel on Norwegian Cruise Line Jade. Three-country tour, roundtrip air, and fully escorted.

Rail to Crater Lake and Ashland Plays—July 17 to 21; \$699 pp/do. Visit Eugene, OR, ride a boat on the Rogue River, sight-see in Medford, watch a Shakespearian play. Roundtrip rail.

Indian Arm Lunch Cruise (Vancouver Inner Harbour)—May 28 \$99 pp. Board MV *Harbour Princess* in Seattle for a 4-hour lunch cruise.

Jet Boat Ride through Deception Pass and lunch at Mad Crab—June 19; \$79 pp. Roundtrip bus from Seattle. ❖

Alki Tours



Call and book tour, then mail coupon and check payable to Alki Tours 6417-A Fautleroy Way S.W., Seattle, WA 98136

Event name _____

Name _____

Address _____

City/State/ZIP _____

Phone _____

e-mail _____

AAA Travel Seminars

Gold Card Travel has contacted AAA Travel and has offered our members an opportunity to attend free seminars.

Costa Rica—(Thursday, April 17, 6:00 to 7:00 p.m.) Destination Costa Rica is one of the most popular destinations in Latin America. You can hike through a rainforest, unwind in a hot springs spa, see a volcano, scuba dive, whitewater raft, or just relax on beautiful beaches. Seminar presented by Avanti Destinations.

Autumn in New England—(Tuesday, May 20, 6:00 to 7:00 p.m.) Discover the beauty of traveling through charming New England in the fall, as well as other destinations around the United States and Canada on a premium escorted vacation. The seminar is presented by Brennan Vacations.

Location: AAA Bellevue, 14404 NE 20th St. Bellevue, WA 98007
Instructions: RSVP with Tracy Duncan, STC, at (425) 637-9215 or e-mail tracyduncan@aaawin.com. Availability may be limited. These events are not BMA sponsored, but free to our members. ❖

Boeing Management Association
 P.O. Box 3707 M/C 5X-09
 Seattle WA 98124-2207
www.bmagoldcard.org

April 2008
Gold Card Newsletter
 (206) 852-1686

Presorted
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 The Boeing Company

Gold Card Directory

President	Fred Whitney	(253) 631-5547
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South League	Bob McKinney	(253) 941-0650
Platinum League	Craig Petre	(425) 493-9681
Bowling		
South League	Bob McKinney	(253) 941-0650
BMA Office		
BMA Business Office	Jesse Maciel	(206) 852-1686

April 2008

Upcoming Events

Various	Alki Tours
Various	2008 Golf Season
Various	2008 Husky Football Season Tickets
Various	2009 Ring Cycle
Various	Village Theatre Season
April 1	National Geographic Live!
April 11	PNB— <i>A Midsummer Night's Dream</i>
April 17	AAA—Costa Rica Seminar
April 18	Driftwood Players— <i>You Can't Take It With You</i>
May 11	National Geographic Live!
May 16	Seattle Opera— <i>I Puritani</i>
May 20	AAA—Autumn in New England
May 20	Ride the Ducks of Seattle
May 31	Cirque du Soleil— <i>Corteo</i>
June 6	Pacific Northwest Ballet— <i>All Robbins</i>
June 12	41st Annual Spring Luncheon
June 20	Driftwood Players— <i>Exit the Body</i>
July 27	Boeing Day at Emerald Downs