



2009 Husky Football Season Tickets

This could be a very exciting season. The Huskies have a new head coach in Steve Sarkisian and are looking for a marked improvement in the offense. This year, with the addition of our new defensive head coach Nick Holt, we're expecting big things from the defense.

Get your tickets now for 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 schedule is as follows:

September 5—**LSU** (7:30 p.m.)

September 12—**Idaho**

September 19—**USC**

October 10—**Arizona**

October 24—**Oregon**

November 28—**Washington State**

December 5th—**California**

Time: Kick-off is at 12:30 p.m. (or as revised to accommodate TV broadcasts) with the exception of the Sept. 5 LSU game at 7:30 p.m.

Cost: \$375 per person (Regularly \$390)

Location: Husky Stadium, Seattle (Level 3, section 44)

Event Coordinator: Charlie Rogers, (425) 266-2857, M/C 06-LK

Deadline: Tuesday, August 25

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



Everett AquaSox Baseball

Come and watch the Everett Aquasox play the Vancouver Canadians. Along with a great game you will also receive \$10 in Aquasox dollars valid for food, beverage, or merchandise in the gift shop. Plus stay to enjoy the

post-game fireworks!

Date: Thursday, September 3 **Time:** 7:05 p.m.

Cost: \$19 per person

Location: Everett Memorial Stadium

Event Coordinator: Cynthia Wood, (425) 446-1491, M/C 0U-14

Deadline: Thursday, August 20

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Cynthia Wood, M/C 0U-14, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖

Diamond Knot Brewery Tour



Back by popular demand! Get up close and personal with the brewing process, as we offer another tour of the Diamond Knot brewery's B2 Production Facility, the second brewing facility of this local favorite. We'll follow that up with a quick trip down the hill to the brewpub or the new family restaurant in Old Town, for some sampling. Members will take home a "growler"

filled with their favorite Diamond Knot microbrew.

Light snacks provided to cleanse our palates between beers!

Date: Thursday, August, 20

Time: 5:00 p.m.

Cost: \$20 per person

Location: 4602 Chenault Beach Road in Mukilteo, WA, Ste B2

Event Coordinator: Steve Murphy, (425) 717-7170, M/C 0R-CE

Deadline: Monday, August 10

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Steve Murphy, M/C 0R-CE, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. The event coordinator will either mail you a confirmation letter or call to confirm. ❖

LeMay Car Collection Tour

Join the LeMay Museum staff as they guide an exclusive BMA tour of the 400 cars in the Harold LeMay collection, housed at the Marymount academy.



Harold and Nancy LeMay amassed the largest privately owned collection in the world of automobiles, motorcycles, trucks, and related memorabilia. At its peak, the LeMay Collection numbered in excess of 3,000 vehicles and thousands of artifacts and was listed in the *Guinness Book of World Records* as the largest privately owned collection in the world.

The LeMay Museum was chartered in 1998 to secure, preserve, and interpret the valuable LeMay Collection, along with additional vehicles and artifacts that it may acquire, in order to explore the broad themes of American mobility and lifestyle in an instructive and entertaining manner. A tour of the LeMay Collection at Marymount, an interim facility, is guided by trained docents. Directions will be mailed on receipt of reservation.

Date: Saturday, September 12 **Time:** 1:00 p.m.

Cost: \$10 per person

Location: Spanaway, WA

Event Coordinator: Richard Ranch, (253) 887-4504, M/C 52-08

Deadline: Tuesday, September 8

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Richard Ranch, M/C 52-08, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖

Social and Family

Wild Waves Theme Park



Join BMA as we bring back our Wild Waves event for 2009! Make a memorable day for your family and friends as we celebrate the summer at Wild Waves Theme Park.

This year the cost includes admission and a catered buffet by Porters BBQ! Parking is not included. The park will be open to the general public, however, we will have exclusive use of the picnic grove. Season passes cannot be used for our event.

Date: Saturday, September 12 **Time:** 10:00 a.m.

Costs: \$27.32 per person (Over a \$39 value.)

Includes admission, tax, and BBQ lunch. Children two and under are free. Parking is \$10 per vehicle.

Location: Wild Waves Theme Park, Federal Way

Event Coordinator: Tracy Jones, (425) 965-3080, M/C 63-25

Deadline: Thursday, September 3

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Tracy Jones, M/C 63-25, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖

Travel

Gold Card has identified several trips with Alki Tours for a special 10% discount. The discount only applies to the events listed below. Discount excludes airfare. To participate, call Alki Tours at 1-800-895-2554 for availability. Mention your BMA discount, book the tour, and mail your check and coupon, located at www.bmagoldcard.org, to Alki Tours at 6417-A Fauntleroy Way S.W., Seattle, WA 98136. For more information visit www.alkitours.com.

Va Va Vegas—October 26 to 29; \$599 per person/d.o. Includes round-trip airfare. Alki picks you up at home (in Seattle Area) to SeaTac Airport for a quick flight to Vegas. Spend three action-packed nights at the Excalibur hotel, located right on the Strip.

Coast Starlight Rail and Sail—October 30 to November 10; \$1,999 per person/do. This fun trip combines Amtrak's famous Coast Starlight train, with a Baja California cruise and lots of fun surprises! Amtrak will pamper you by providing all meals and a wine tasting. Arrive on the second day in LA with a pre-cruise aboard the Queen Mary overnight and breakfast. Then board the Royal Caribbean's Mariner of the Seas and sail to Cabo San Lucas, Mazatlan, and Puerto Vallarta. After the cruise, highlights of Hollywood, dinner, and a restful night before boarding the Coast Starlight home.

Thanksgiving at Sun Mountain Lodge—November 26 to 28; \$369 per person/do. Sun Mountain Lodge has a commanding view of the North Cascades, Winthrop and surrounding valleys. Its restaurant and lodge have been mentioned in *Best Places*. Enjoy two nights with lots to do. Go to the spa, swim, and sightsee. Stop in Leavenworth for a *Chriskindlemarkt*—a traditional Bavarian Christmas Festival. ❖

Toy Making Party!

Gold Card volunteers are invited to join in the fun of making wooden toys for kids. Don and Laurel Crabbs have donated their well-equipped shop and expertise for many years and want to continue this activity. All equipment, lumber, and training will be provided. No experience needed. Partial shifts are available. We'll have a morning and afternoon break and enjoy a great lunch.

This year our special wooden toys will be donated to Childhaven's four branches: Broadway Center Branch, Seattle; Eli Creekmore Memorial Branch, Burien; Patrick L. Gogerty Branch, Auburn; and Lake City Branch. The children will personalize the toys with colorful paint as a classroom project. Childhaven is a nonprofit organization "caring for children since 1909."

Dates: Saturday, August 22 and Saturday, September 19

Time: 9:00 to 4:00 p.m.

Location: Don and Laurel Crabbs: 31906 190th Ave. S.E., Auburn 98092 (maps available)

Event Coordinators: Don and Laurel Crabbs, (253) 630-6483

Instructions: Contact Don and Laurel Crabbs at (253) 630-6483, or Marlene Taylor at (425) 644-8799 to volunteer. ❖

Golf News

Golf League News—In July, 73 Golf League members played at Auburn Golf Course. Division winner are as follows:

Division—1 Low-net winner was Gary Zielke. Terry Underwood won Special Competition.

Division—2 Low-net winner was Larry Stuart. Al Mitzel and Doug Nyberg tied for winning the Special Competition.

Division 3—Low-net winners Fritz Gilbreth and Harold Williams tied. Harold also won the Special Competition.

In August we will have an 8:30 a.m. shotgun start at Hi Cedars in Orting. In September, we will be playing at The Classic Golf Course in Spanaway. Remember to check the website at www.bmagoldcard.org for all the latest golf league information. ❖

Bowling News

Gold Card Bowling Leagues begin August 24th. The North League bowls on the second and fourth Monday of each month, at Glacier Lanes in South Everett at 9:00 a.m. Contact Denny Carpenter at (425) 337-1265.

The South League bowls on the second and fourth Tuesday of each month, beginning in September, at Seacoma Lanes in Federal Way at 10:00 a.m. Contact Larry Pickett at (360) 915-8416.

Gold Card members and friends are eligible. The fee is \$10. ❖

Spotlight

Spotlight a Member articles are back! This month, catch up on what's happening with **John Quinlivan** during his retirement. The articles can be found on the Gold Card website at www.bmagoldcard.org. Just select *Spotlight*. ❖

Performing Arts

Village Theatre Season Tickets in Issaquah and Everett

Village Theatre brings its season of shows for 2009-2010, four musicals and a comedy. As season ticket subscribers, we'll enjoy group sales prices, reserved choice seating, free covered parking (in Everett), 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 *Chasing Nicolette*, *Meet Me in St. Louis*, *Lost In Yonkers*, *The Gypsy King*, and *42nd Street*.



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

Event Coordinator: John Rusch, (425) 266-4496, M/C 06-LU

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to John Rusch, M/C 0W-47, 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. ❖

2009/2010 Driftwood Players Season

Join us for the Driftwood Players 2008-2009 season. Each year BMA buys out the Wade James Theatre in Edmonds for a BMA exclusive showing to each of the season's shows.



Complimentary refreshments, including wine, cheese, crackers, fruit, and cookies, will be provided before each show and during intermission. This is a great opportunity to socialize with old friends and meet new ones! Tickets are offered as a season package, a

14% savings over box office prices.

Shows this season include *The Secret Garden*—(September 18, 2009); *A Christmas Story*—(December 4, 2009); *Our Arcadia*—(February 12, 2010); *Love, Sex & the IRS*—(April 16, 2010) *And Then There Were None*—(June 18, 2010).

Time: 7:00 p.m. **Cost: Season Ticket**—\$90 per person

Location: Wade James Theatre, 950 Main St., Edmonds WA

Event Coordinator: Leigh Ford, (425) 750-2781, M/C 7A-UM

Deadline: Friday, September 11

Instructions: Send a check payable to BMA and a self-addressed, stamped business envelope to Leigh Ford, 8123 137th Ave. S.E., Snohomish, WA 98290 ❖

Tony n' Tina's Wedding

It's a wedding. It's a feast. It's a show! Actors exchange vows and the audience plays the parts of the family and friends.

One of the longest running shows in off-Broadway history, Tony n' Tina's Wedding engages audiences through the common threads all people share. You'll enjoy an array of embarrassing, bumbling, and colorful guests we all relate to.

Eat, drink, dance, converse, and get caught up in the festivities of this all-inclusive, interactive matrimonial experience. Ticket includes the ceremony, reception, Italian dinner (vegetable crudite, ziti with chunky vegetable marinara, meatballs marinara, salad, and foccacia bread), champagne toast, wedding cake, music, dancing, and much more!

Date: Friday, September 18

Time: 7:00 p.m.

Cost: \$71 per person

Location: Everett Events Center, 2825 Colby Ave., Everett WA

Event Coordinator: Dennis Honey, (425) 266-6519, M/C 05-HA

Deadline: Friday, September 11

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Dennis Honey, M/C 05-HA, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖

Health & Welfare

Snore No More!

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

There is nothing more annoying than trying to go to sleep when your sleeping partner is snoring. Sometime it is so loud that the whole household is kept awake. Snoring is caused by a blockage of the airway or nose, or soft palate or tongue displacement. A more serious cause is sleep apnea, a ten seconds or more absence of breathing during which time there is a pause in the snoring only to return with snoring of greater intensity.

Sleep apnea can be diagnosed by a special monitoring device that records the apneic periods and their length. There are special sleep clinics that can evaluate sleeping problems. There are three types of sleep apnea: obstructive, central, and mixed. Obstructive, the most frequent type is anatomical and physiologic in origin. Central sleep apnea occurs after a stroke or brain injury and is manifested by loss of breathing without snoring.

Several surgical procedures have been developed to unblock the airway but the most prevalent treatment modalities utilized today include mouth pieces, nasal sprays, and continuous positive airway pressure (CPAP). This device blows air into a mask or directly into the nostrils by means of little plastic cannulas. It is very quiet and will not disturb your sleep partner.

Sleep apnea is a risk factor for heart disease, including high blood pressure, heart failure and arrhythmia (skipped beats). Studies have shown that treating sleep apnea has a beneficial effect on cardiovascular disease. ❖

Boeing Management Association
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 www.bmagoldcard.org
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Golf League	Bob McKinney	(253)941-0650
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Bowling

South League	Larry Pickett	(360)915-8416
North League	Denny Carpenter	(425)337-1265

BMA Office

BMA Business Office	Jesse Maciel	(206)852-1686
BMA Business Manager	Shannon Russell	(206)852-1666

August 2009

Upcoming Events

August 20	Diamond Knot Brewery Tour
August 22	Toy Making Party
September 3	Everett AquaSox Baseball
September 12	LeMay Car Collection Tour
September 12	Wild Waves Theme Park
September 13	Summer Golf Tournament at Druids Glen
September 18	Tony n' Tina's Wedding
September 19	Toy Making Party
Various	2009/2010 Driftwood Players Season
Various	2009/2010 Village Theatre Season
Various	2009 Gold Card Golf Season
Various	2009 Husky Football Season Tickets
Various	Broadway at the Paramount— <i>Wicked</i>

Gold Card Event Coupon

Mail coupon and check payable to BMA to the event coordinator.

Event Name/Date: _____

Name _____

Guest name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Note _____