



## Night on the Slopes

BMA has for the 20th year reserved the Summit West ski area at Snoqualmie for a private night of skiing with family and friends. We will have at least five chair lifts operating and the full services of the day lodge, restaurant, and lounge. Ski and snowboard equipment rentals will be available, plus lessons. This is a great opportunity for families to ski together and to also get reduced rentals and lessons!

**Invited:** Gold Card members and guests

**Date:** Monday, February 11

**Time:** Lifts run 4:30 to 10:00 p.m.; rental shop opens at 4:00 p.m.

**Location:** Snoqualmie Summit Ski Area

**Costs:** (Prices increase the night of the event)

\$10—chair lift ticket only (6 and under ride chair lift free)

\$25—ski and snowboard equipment rental only

\$22—lesson only (ski or snowboard)

\$37—beginners ski/snowboard special (lift ticket, equipment rental, and lesson)

**Event Coordinator:** Eldee Bitseff, (206) 655-4020, M/C 4C-74

**Deadline:** Tuesday, February 5; **Note:** No refunds after February 10

**Instructions:** Send a check payable to BMA and a self-addressed, stamped envelope to Eldee Bitseff, M/C 4C-74, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖



## Blue Man Group

With their How to Be a Megastar Tour 2.1, Blue Man Group embraces the rules, rituals, and raw excitement of the arena rock concert.

After obtaining a tongue-and-cheek “How to Be a Megastar” video manual, Blue Man Group is joined by a blistering eight-piece band and takes the audience through a step-by-step, song-by-song, head-bobbing, fist-pumping rock concert journey. Mix in some blue paint and you’ve got the idea of what you will see.

The result? A uniquely clever interactive show. Regardless of tastes, it delivers an enthralling entertainment for every generation!

**Invited:** Gold Card members and guests

**Date:** Friday, January 25

**Time:** 8:00 p.m.

**Costs: Club section—\$85**

**Section 103—\$49.50**

**Note:** Tickets will be available at will-call. If someone other than the person who signed up is picking up the tickets please provide their name to the event coordinator. Only the name provided will be able to pick up the tickets.

**Location:** Comcast Arena (Everett Events Center)

**Event Coordinator:** Beth Anderson, (425) 717-5290, M/C 06-AK

**Deadline:** Friday, January 11

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

## Flight Simulator Tour and Lunch

Gold Card has rescheduled a tour of the Boeing flight simulator. There will be two tour times with both groups enjoying a buffet lunch in the cafeteria at noon.

Participants will see the fiber-optic networking systems and the full flight simulators, which duplicate airframe configurations. You will also enjoy a hands-on experience using the learning center’s computer-based training facility. No 787 data are available. No actual flight show will be available.

**Invited:** Gold Card members and one guest

**Date:** Tuesday, March 11

**Tour/Lunch Times: First tour—11:00 a.m. Second tour—1 p.m. Lunch—12:00 noon**

**Location:** Boeing Training Center, Longacres

**Cost:** \$12 per person (all participants must indicate citizenship)

**Event Coordinator:** Bob Harris, 4032 S.W. Myrtle St., Seattle, WA 98136, (206) 935-7613, [robhar@comcast.net](mailto:robhar@comcast.net)

**Deadline:** Thursday March 6

**Instructions:** Mail completed coupon with your check payable to BMA and a self-addressed, stamped envelope to the event coordinator. **Note:** Directions, confirmation letter with assigned tour time will be sent before the event. You must include the names of all those attending; badges are required. ❖

## Flight Simulator Tour

Mail coupon and check to the event coordinator.

Preferred time a.m. \_\_\_\_\_ p.m. \_\_\_\_\_

Name \_\_\_\_\_

Guest name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

U.S. Citizen \_\_\_\_\_ U.S. Citizen \_\_\_\_\_

## 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. ❖

## Visit the Gold Card Website

The Gold Card website, [www.bmagoldcard.org](http://www.bmagoldcard.org), is up and running! Be sure to review it and use it as a communications tool for BMA and Gold Card activities. Special features such as photographs, reports on events, links to key functions, and historical data will be updated regularly. ❖

## Social and Family



### Professional Bull Riders Built Ford Tough Series

The Professional Bull Riders are bringing their Built Ford Tough series to Tacoma. Watch as the best bull riders in the world try to hang onto these massive beasts for an eight-second thrill ride.

With the average bull weighing between 1,700 and 1,800 pounds, and some pushing as much as a ton and capable of jumping four to five feet in the air, they're sure to jar anything or anyone who tries to tame them. To the average person eight seconds seems like the blink of an eye, but to these cowboys eight seconds on the back of one of these fierce animals must feel like an eternity.

Don't miss out as these bulls and bull riders keep you on the edge of your seat. It's no wonder why many people consider this America's original extreme sport.

**Invited:** Gold Card members and guests

**Dates:** Saturday, March 15  
Sunday, March 16

**Times:** 8:00 p.m.  
2:00 p.m.

**Costs:** **Level 1**—\$81 (\$101 value)  
**Level 2**—\$41 (\$51 value)

**Location:** The Tacoma Dome, Tacoma, WA

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

**Deadline:** Monday, February 25

**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. Indicate the number of tickets and date you wish to attend. ❖



### Everett Silvertips Hockey

Join us for a faceoff at the Comcast Arena where BMA has excellent reserved seats at a great price.

The Western Hockey League has become one of the premier developmental hockey leagues in the world. Some of today's top NHL stars such as Joe Sakic, Theo Fleury, and Mike Modano honed their skills in the WHL.

**Invited:** Gold Card members and guests

**Date:** Saturday, January 19  
**Date:** Saturday, February 16  
**Date:** Saturday, March 1

**Team:** Spokane Chiefs  
**Team:** Seattle Thunderbirds  
**Team:** Portland Winter Hawks

**Time:** 7:05 p.m.  
**Cost:** \$14 per person

**Location:** Comcast Arena (Everett Events Center) Everett, WA

**Event Coordinator:** Dennis Honey, (425) 342-1753, M/C 08-44

**Deadline:** Thursday, January 10

**Instructions:** Send a check payable to BMA and a self-addressed, stamped envelope to Dennis Honey, M/C 08-44, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. ❖



### FMX Freestyle Motorcross

Come see the most extreme FMX riders perform gravity-defying tricks! The Tacoma Dome will be transformed into a high-flying FMX arena. There will be no dirt, but an all-metal stage with lighter bikes ready to perform unthinkable tricks. Watch these daredevil athletes perform mind-blowing stunts that keep you screaming for more.

**Invited:** Gold Card members and guests

**Date:** Saturday, February 9

**Time:** 7:30 p.m.

**Costs:**

**Level 1**—\$21 per person (\$26 value—no child pricing offered)

**Level 2—Adult**—\$16 per person (\$21 value)

**Level 2—Children 12 and under**—\$11 per person

**Location:** The Tacoma Dome, Tacoma

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

**Deadline:** Monday, January 21

**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. Be sure to indicate which section and ticket choices you wish to purchase. ❖



### Who's Ready for Monster Jam?

Who's ready for Monster Jam? See your favorite high-flying monster trucks like Grave Digger, Blue Thunder, and more crush everything in sight.

Those who purchase tickets for the Saturday matinee will receive free pit passes, a \$5 value. Meet the drivers, get autographs, take pictures, and see the trucks up close. The pit party runs from 9:30 to 12:30 p.m.

**Note:** Pit passes are good for Saturday only.

**Invited:** Gold Card members and guests

**Dates:** Saturday, January 19  
Sunday, January 20

**Times:** 2:00 p.m. (pit party from 9:30 to 12:30 p.m.)  
1:00 p.m.

**Cost: Adults**—\$18 per person (\$21 value)

**Children 12 and under**—\$11 per person

**Location:** The Tacoma Dome, Tacoma, WA

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

**Deadline:** Monday, January 7

**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. Be sure to indicate which date and ticket choices you wish to purchase. ❖

## Social and Family



### The Harlem Globetrotters Magic as Ever Tour at the Tacoma Dome

World-famous Harlem Globetrotters are bringing their 2008 **Magic as Ever world tour to the Tacoma Dome.**

The Magic As Ever world tour will carry on the Globetrotters' tradition of displaying amazing basketball skills and wizardry, with a focus on family entertainment.

The Globetrotters remain involved in the communities in which they play in by visiting local schools, hospitals, and other youth organizations.

**Invited:** Gold Card members and guests

**Dates:** Thursday, February 21

**Time:** 7:00 p.m

**Cost:** \$22 per person (no child ticket cost offered)

**Location:** The Tacoma Dome, Tacoma, WA

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

**Deadline:** Monday, January 21

**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. ❖

## Golf News

### 2008 North/South Golf Leagues Season Information

It's time to sign up for the 2008 golf season. The dues this season are \$40 for Gold Card members and \$50 for nonmembers. Dues should be paid by Friday, February 29, to participate in all the 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](mailto: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. A sign-up form will not be mailed to everyone this year; nor is a sign-up form required to sign up. However, you may obtain a sign-up form at the BMA Gold Card website at [www.bmagoldcard.org](http://www.bmagoldcard.org).

Play dates and courses are not yet finalized. Please watch the BMA Gold Card website for the latest golf information, pairings, results, forms, and more. ❖

## Performing Arts



### Seattle Opera Presents *Tosca*

*Tosca's* gut-wrenching tension and desperate beauty are electrifying. Famed opera diva Tosca wants Cavaradossi, an artist and political firebrand, to turn away from revolution for the sake of their love. Menacing chief of police Scarpia just wants Tosca. It's a larger-than-life battle of wills, and love may not be the only casualty.

Music by Giacomo Puccini, libretto by Luigi Illica and Giuseppe Giacosa. Sung in Italian with English captions. Approximate running time is 3 hours and 20 minutes, including two intermissions.

Featuring Michele Capalbo as Floria Tosca, Brandon Jovanovich as Mario Cavaradossi, Gary Simpson as Baron Scarpia, Steven Cole as Spoletta, and Jason Grant as Cesare Angelotti.

**Invited:** Gold Card members and guests

**Date:** Friday, February 29

**Time:** 7:30 p.m

**Cost:** \$73 per person (a \$103 value)

**Location:** McCaw Hall, Seattle

**Event Coordinator:** Tim Ellis, (425) 342-0081, M/C 06-LW

**Deadline:** Tuesday, February 12

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

### 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.

***The Diary of Anne Frank*** (Feb. 15, 2008)—The wonderfully detailed diary of 13-year-old Anne Frank takes us on an intimate journey of the particulars of living in hiding during the Nazi regime of WWII.

***You Can't Take It With You*** (Apr. 18, 2008) 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, 2008)—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

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

**Deadline:** Friday, November 16

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

## 2007 Fall Luncheon

A sold out crowd of over 200 retirees enjoyed a great lunch along with an informative talk by James (Jim) McNerney, Jr., chairman of the board, president and chief executive officer of The Boeing Company.



Gold Card board members Lanette Keri, VP of Activities, and Bob Keller, Treasurer, along with Bob's wife, Cory, stop for a quick photo during the 2007 Fall Luncheon featuring guest speaker Jim McNerney, Boeing president and chief executive officer.



Tom Edmonds and Joe Sutter at the 2007 Fall Luncheon.

## 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 listed travel events. Discount excludes airfares. To take advantage of these events, you must 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 on tours go to [www.alkitours.com](http://www.alkitours.com).

#### Cruise Specials—

**Cruise the Panama Canal to Seattle**—April 22 to May 11, \$2,599 pp/do. Airfare from Seattle to Fort Laderdale, transfers, 20 day cruise to Seattle on MS Westerdam. Fully escorted and narrated.

**Rail to San Francisco and cruise back to Vancouver B.C.**—May 9 to 12; \$699 pp/do. Take Coast Starlight train to San Francisco, dinner and overnight. Board Coral Princess for a three day cruise offering gourmet dining, Las Vegas shows, transfer back to Seattle.

**Overnight Cruise to Vancouver**—May 9 and 10, \$179 pp/do. If you have never taken a cruise, this would be a great start. Experience the Golden Princess with a night of pure fun. Coaches will take you back to your pick up location.

**Train to Chuckanut Manor and Skagit Valley Tulip Festival**—April 8 or 10, \$79 pp. Brunch and tour of Tulip Gardens. ❖

### Alki Tours



Call and book tour, then mail coupon and check payable to Alki Tours 6417-A Fauntleroy Way SW, Seattle, WA 98136

Event name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

### Bowling News

**Bowling** in the South League has gotten off to a very slow start. We are only averaging about six bowlers a week. High honors go to Bob Lenoard with a high scratch game of 204 and a series of 533. High game with handicap goes to Bob Lenoard with a 245 and a series of 656. Joan Martin also had a good day with a high game of 173 and a series of 447. Bowling starts at 10:00 a.m. at Secoma Bowl in Federal Way. We bowl the second and fourth Tuesdays (except for December 25) until April 22. Remember bowling is open to all Boeing employees and friends. For further information contact Larry Pickett at (360) 915-8416 or [lwpickett65@comcast.net](mailto:lwpickett65@comcast.net). ❖

## Health and Welfare

### Bones

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

Bone remodeling is an ongoing process that occurs throughout life. The bone quantity is replaced about every five years. As part of the aging process, bones begin to break down faster than they are formed. The result is called osteoporosis and its forerunner is osteopenia, with 30 percent of white women having osteoporosis and 54 percent having osteopenia.

Osteoporosis is a major threat for more than 28 million Americans, 80 percent women. One in two women and one in eight men over 50 years of age will have osteoporosis-related fractures. In the Americas yearly there are 300,000 hip fractures, 700,000 vertebral fractures, and 250,000 wrist fractures. The cost in 2001 was nearly \$17 billion dollars! A woman's risk of fracture is equal to the combined risk of breast, uterine, and ovarian cancer.

Bone mass is measured by a test called the DEXA. All menopausal and post menopausal women who have had a fracture or a familial history of osteoporosis or fractures should have a DEXA. Your scan is then compared to that of a 30-year-old (T-score) or an age-matched person (Z-score).

Not all persons at risk may need treatment. A new approach to whom should be treated is to predict who may have a fracture in the next 10 years. By using the DEXA information, the age of the person and the familial history (mother/father with osteoporosis or fractures) one can identify high risk persons who need the treatment.

Calcium and vitamin D, weight-bearing exercise, and proper diet are not only extremely important but are necessary for bone remodeling. Hormones, estrogen, testosterone, and the new medications Evista, Boniva, Actonel, and Fosamax help prevent bone loss. Now, a new intravenous infusion of Reclast once a year may prove to be another choice. A study reported in the *New England Journal of Medicine* on 2,100 patients showed that the treated group had 35 percent fewer fractures than the control group. The cost of one Reclast infusion is near \$1,000. However, as with all of the medications, Reclast is not without side effects—irregular heartbeats may be one of them.

What's right for you?❖

## Financial Seminars

**Financial Seminars**—See the BMA website for details on some great financial seminars being offered. Key topics this month are Retirement Planning, Investment Planning and Portfolio Construction, and the Complete Retirement Experience.❖

### The Wisdom of Warren Buffet

**Rule 1**—Don't Lose Money

**Rule 2**—Don't Violate Rule 1

#### Market Outlook

Domestic and Global

Investing in an Election Year

#### Managing Investment Risk

Risk vs. Volatility

The Role of Cash in Managing Risk

#### Uncovering Hidden Expenses

Taxes

Credit

Presented by Harvest Capital Advisors, Inc., a registered investment advisor.

Harvest Capital Advisors, Inc., is a Bellevue-based fee-only (no commissions) financial planning firm. They specialize in retirement, estate and tax planning in addition to asset management. They are highly regarded among the professional community and have presented numerous educational forums and workshops on various subjects involving personal financial planning. Their client base consists of many current and retired Boeing employees.

**Invited:** Gold Card members and guests

**Date:** Thursday, February 21

**Time:** 1:00 to 3:00 p.m.

**Cost:** \$5 per person

**Location:** Harvest Capital Advisors, 11000 NE 33rd Pl., Suite 301, Bellevue (for directions contact the event coordinator)

**Event Coordinator:** David Hirano, 1904 Academy St., Sumner, WA. 98390, (253) 863-4106, [djhirano@comcast.net](mailto:djhirano@comcast.net)

**Instructions:** Mail completed coupon and check payable to BMA to the event coordinator.❖

### Gold Card Financial Seminar Coupon

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

\_\_\_\_\_ February 21: **The Wisdom of Warren Buffet**

Name \_\_\_\_\_

Guest name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

Boeing Management Association  
 P.O. Box 3707 M/C 5X-09  
 Seattle WA 98124-2207  
[www.bmagoldcard.org](http://www.bmagoldcard.org)

**January 2008**  
**Gold Card Newsletter**  
 (206) 852-1686

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## Gold Card Directory

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Administrative Services	Kiku Hayashi	(206) 325-3120
Webmaster	Pete Stobart	(253) 839-5129
Health and Welfare	Dr. George Gey	(206) 463-9266
Recognition	Vicki Lee	(425) 255-0606
Travel	Bob Harris	(206) 935-7613
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Everett Tour Center	Bill Lloyd	(425) 643-3151
Publicist	Kathy Fenster	(206) 459-4030

### Golf

North League	Lyle McMahan	(425) 778-1573
South League	Bob McKinney	(253) 941-0650
Platinum League	Craig Petre	(425) 746-0215

### Bowling

South League	Bob McKinney	(253) 941-0650
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### BMA Office

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

January 2008

## Upcoming Events

Various	Alki Tours
Various	Driftwood Players
January 13	Teatro ZinZanni—Hearts on Fire
January 19	Everett Silvertips
January 19	Who's Ready for Monster Jam
January 20	Who's Ready for Monster Jam
January 25	The Blue Man Group
February 8	PNB— <i>Roméo et Juliette</i>
February 9	FMX Motocross
February 11	20th Annual Night on the Slopes
February 16	Everett Silvertips
February 21	2008 Harlem Globetrotters Tacoma Dome
February 21	The Wisdom of Warren Buffet
February 21	Seattle Opera Presents <i>Tosca</i>
February 29	Everett Silvertips
March 1	Flight Simulator Tour and Lunch
March 11	Professional Bull Riders
March 15 and 16	