



National Geographic Live!

National Geographic Live! brings you entertaining and visually dynamic presentations by fascinating explorers, scientists, filmmakers, and photographers.

Seattle is one of only a few cities in the country to host this prestigious series and share in the unique experiences of these world-renowned explorers.

Dangerous Encounters—(Tuesday, April 1) Reptile expert Brady Barr will share his life's work of studying and protecting some of the world's most dangerous land animals, alligators and crocodiles. Recently Barr became the first person ever to capture and study all 23 species of wild crocodilians. Barr will share highlights from his research and adventures in more than 50 countries, working to better understand and conserve these gravely endangered species.

A Camera, Two Kids, and a Camel—(Sunday, May 11)

Over her 25-year National Geographic career, Annie Griffiths Belt has worked on every continent except Antarctica. One of the first female staff photographers hired at National Geographic, she has enjoyed assignments that have included stories about Jerusalem, the spectacular ancient ruins of Petra in Jordan, England's Lake District, Lawrence of Arabia, and the Badlands region of South Dakota. During many of her assignments she has brought her daughter, Lily, and son, Charlie, with her. Join her as she chronicles three decades of international travel, a moveable family, and the art she created along the way. Enjoy Belt's discussion as she relates intimate moments and touching stories, along with her portfolio of emotionally rich photographs.

Invited: Gold Card members and guests

Dates: Tuesday, April 1 and Sunday, May 11

Time: 7:30 p.m.

Cost: \$36 per person (limit 4)

Location: Benaroya Hall, Seattle

Event Coordinator: Matthew Hill, (253) 657-6022, M/C 4F-50

Deadlines: Monday, March 17, and Monday, April 28

Instructions: Send a check payable to BMA and a self-addressed, stamped envelope to Matt Hill, M/C 4F-50, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. Be sure to indicate which show you wish to attend.❖



PNB—A Midsummer Night's Dream

“Step by step, gesture by gesture, phrase by phrase, the movement and mime are set just as Balanchine created them, but somehow Francia Russell has succeeded in allowing the dancers to loosen up, to take chances, and to perform far more freely than I've ever seen them.”
—Martha Ullman West, *Dance Magazine*.

A complete delight for all ages, *A Midsummer Night's Dream* is based on William Shakespeare's comedy about the romantic adventures, quarrels, and reunions of two pairs of mortal lovers and the king and queen of the fairies. George Balanchine's *Midsummer*, which premiered in 1962, was the first original evening-length ballet he choreographed in America.

PNB's production is an enchanted landscape where misunderstandings and mayhem weave tangled paths through the opulent layers of Martin Pakledinaz's designs and Balanchine's marvelously crafted partnerings.

In 1999, PNB toured *Midsummer* to England, where the full-length production was performed and filmed by the BBC in high definition before a live audience at London's Sadler's Wells Theatre.

Invited: Gold Card members and guests

Date: Friday, April 11

Time: 7:30 p.m

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

Location: McCaw Hall, Seattle

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

Deadline: Tuesday, March 25

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.❖

Meet The Gold Card Board



BMA Gold Card Board—(Front row, left to right) Bob Keller, Bob Harris, Vicki Lee, Sherm Bigelow, Bob McKinney, Fred Whitney. (Back row, left to right) Kathy Fenster, Pete Stobart, Marlene Taylor, Lanette Keri, Kathy Scarce. Not pictured—Dr. George Gey, Bill Lloyd, Kenneth Kossman.

Tacoma Children 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.❖

Performing Arts

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

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. ❖

The BMA Klown Klub Wants You!

Have you ever have the desire to do something for your fellow man? Would you like to have fun doing it? Wouldn't it be wonderful to give of yourself just to make a child smile? And surprise, surprise, you end up being the biggest winner.

Consider joining the BMA Klown Klub. Never thought of clowning before? No worries, we will train you. The Klowns have been serving BMA and Boeing for more than 50 years.

If you would like to check us out, come join us on one of our events. We will be traveling to Children's Hospital March 20 and April 15.

For further information or to join the Klub, please contact Head Jester Larry Tibbels at (253) 951-8757. We would welcome you! ❖



Health and Welfare

Your Health Improvement Plan 2008

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

It would be easy to simply say *go see your health care provider*, but there are more players in your health improvement plan for 2008. Let's start with you, the most important player. Let's set a goal to be health conscious. Here are 12 tips to get you started.

1. Limit yourself to two drinks of alcohol (one if you are a woman) per day. If you have a family history of alcoholism, do not drink alcoholic beverages at all. If you can't stop at one or two drinks, you may need professional help.
2. Understand the risk factors for heart disease, cancer, and asthma. One of these is periodontal disease. Most of us brush our teeth at least once a day, but what about after meals? Flossing is important, too.
3. Breathe clean air, free of smoke and toxic fumes. When was the last time you changed the air filters in your furnace?
4. No smoking! If you smoke, stop, and if you have tried and cannot quit, seek help from a smoking-cessation program. Call the local QuitLine. Secondhand smoke is also a killer.
5. Drug abuse is an important health challenge. Don't abuse drugs yourself and take a stand with loved ones who are abusers.
6. Are your vaccinations up to date? Check your immunization record or ask your health care provider.
7. The holiday season is over. Check your weight and make a plan! Eat more vegetables and fruits and less starch. Add daily exercise; walking is great.
8. Sexually transmitted diseases are still a problem, and age does not confer immunity. Understand how to prevent them so you can protect yourself and teach others.
9. Driving can be dangerous. Can you see and hear OK? Is your vehicle in good running order? How is your reaction time? Seat belts! Can you communicate if you need help? Keep your cell phone batteries charged and program a speed dial for an emergency number in addition to 911.
10. Change the smoke detector batteries in your home every year on your birthday, or when you know that the batteries are old and need replacement.
11. Make sure your living area is safe and free of clutter. Prepare your home and have a disaster plan for emergencies such as earthquakes or storms that cause power interruptions.
12. Wear appropriate sun protection, and on the water wear a personal flotation device. ❖

Bowling News

In January we added four new bowlers for an average eight bowlers per session. For the men high honors went to Larry Pickett with high scratch game 225. High series went to Arlen Peranto with a 552. For the women, high game and series went to Joan Martin 154 and 431, good bowling. Bowling starts at 10 a.m. at Secoma Bowl in Federal Way. We bowl the 2nd and 4th Tuesday of the month until April 22. February dates are the 12th. and 26th. Bowling is open to all Boeing employees and friends. For more information contact Larry Pickett at (360) 915-8416, lwpickett65@comcast.net. ❖

Travel

Travel Around Seattle—Attractions to See in the Summer

The following is a list of attractions around Western Washington, with contact information for each. For live links and more information visit the Gold Card web site at www.bmagoldcard.org. Gold Card is not a sponsor any of these activities.

Washington State Ferries—As a passenger or driver take a boat across the Sound. Visit www.wsdot.wa.gov/ferries for schedules and rates.

Olympia Sculpture Park—part of the Seattle Art Museum, 2901 Western Ave., (206) 654-3100, www.seattleartmuseum.org (free)

Seattle Aquarium—Adults \$15, youth \$10, child under 3 free, Pier 54, 1483 Alaskan Way, Seattle, (206) 386-4300 or on line at www.seattleaquarium.org/NetCommunity/

Pike Place Market— First Ave. and Western-Pike to Virginia. Over 100 years old. Plenty to see, visit www.pikeplacemarket.org

Underground Tour—Discover the ruins of our circa 1889 city. Pioneer Square, 608 First Ave. Adults \$14, seniors \$12, visit www.undergroundtour.com

Seattle Public Library—Docent available; call for reservations. 1020 Fourth Ave., (206) 386-4636, www.SPL.org (free)

Tour of Benaroya Hall—200 University St. (206) 215-4856. Free tours Tuesday and Friday, noon and 1 p.m. Special tour Monday, June 16, including the WATJEN concert organ; check out www.seattlesymphony.org (free)

Self-Conducted Tour of Pioneer Square—Pick up a booklet at Occidental Park on S. Washington, or www.pioneersquare.org/walkingtours.html (free)

Glasshouse Studio—Pioneer Square, 311 Occidental Ave. S., (206) 682-9939, www.glasshouse-studio.com/gallery.htm (free)

Klondike Gold Rush Historical Park—Smallest U.S. National Park, 319 Second Ave. S., (206) 220-4240, www.nps.gov/KLSE/ (free)

Guided Tour of Chittenden Government Locks—Botanical gardens and fish ladder (fish ladder open Mar. 1 to Nov. 30). 10 a.m. to 4 p.m. (winter) (206) 783-7059, www.nws.usace.army.mil/PublicMenu/Menu.cfm (free)

Pacific Science Center—Lots of free walking and fountains, adults \$11, seniors \$9.50, members free. Laser shows, exhibits, IMAX, 200 2nd Ave. N., (206) 443-2001, www.pacsci.org/info.html. ❖

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.

Rail to L.A. and Cruise Back—May 9 to 14, starting at \$899 pp/do. Overnight train to L.A., dinner and breakfast included. Transfer to Queen Mary hotel with overnight stay. Then board *Island Princess* for three-night cruise to Vancouver, B.C., and bus home. Escorted.

Rail to Portland Rose Festival—June 6 and 7, \$319 pp/do. Luncheon cruise on Willamette River, hotel. Next day celebrate floral parade. Trip back to Seattle.

Canada’s Salt Spring Island and Saturday Market— June 13 to 15, \$399 pp/do. Two nights on Salt Island, plus Saturday market, sightseeing, one dinner and breakfast, and bus transportation included.

Cruise Canada’s Princess Louisa Inlet—June 24 to 26 or July 15 to 17, \$499 pp/do. Princess Louisa inlet is so spectacular that this is the only coastal geographic feature named in honor of British royalty. Incredible waterfalls; very popular trip.

Calgary Stampede—July 10 to 13, \$799 pp/do. Fly to Calgary, see *The Greatest Outdoor Show on Earth*. Includes roundtrip air, three nights at a downtown hotel, entrance fees, and tickets to show. ❖

Golf News

2008 North-South Golf Leagues Season Information

It’s time to sign up for the 2008 golf 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 Monday, March 10, 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. 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. ❖

Alki Tours



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

Event name _____

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

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 (206) 852-1686

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Gold Card Directory

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Treasurer	Bob Keller	(425) 254-8078
Civic Affairs	Marlene Taylor	(425) 644-8799
Membership/Museum	Sherm Bigelow	(206) 232-8357
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
Education Chair	Ken Kossman	(425) 868-7949
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	Jesse Maciel	(206) 852-1686
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March 2008

Upcoming Events

Various	Alki Tours
March 1	Everett Silvertips
March 7	Healthy Lifestyles Dinner
March 11	Flight Simulator Tour and Lunch
March 15 and 16	Professional Bull Riders
March 22	<i>Mamma Mia!</i> at the Paramount
April 1	National Geographic Live!
April 11	PNB— <i>A Midsummer Night's Dream</i>
April 18	Driftwood Players— <i>You Can't Take It With You</i>
May 11	National Geographic Live!
June 20	Driftwood Players— <i>Exit the Body</i>