

— C A P I T O L F E D E R A L P R E S E N T S —

BLUE BUCKS

ADVENTURES

WINTER 2012



HELPHY NEW YEAR

The Blue Bucks gang and I want to wish all you savers out there a Happy New Year! It's 2012, and that means it's a great time to think about all the fun things you'll do this year. Fancy, Chloe, Penny, Earnie and I have been talking about volunteering and helping others when we have the opportunity.

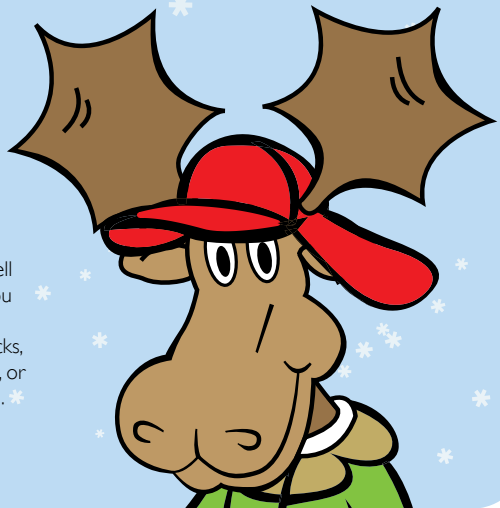
Volunteering can be as simple as helping a neighbor shovel snow or holding the door for someone at a store. You can even ask to help your parents if they volunteer. Helping others can be a lot of fun, and it makes you feel good to do good for others. So think about how you can lend a hand to someone this year and improve the world around you!

Also in this issue of *Blue Bucks Adventures*, we want you to know about exciting family fun adventures you can take this year. You and your family may enter to **win four VIP tickets to one of two Capitol Federal sponsored Starlight Children's Series performances, "Aladdin, TYA" and "Narnia The Musical", at the new Kauffman Center for the Performing Arts in Kansas City.** Be sure to flip to the back page to see how you can enter. Keep an eye out for upcoming issues, too – where we'll talk more about saving and even learn some cool stuff about an area of Kansas filled with adventures, the Flint Hills. And as always, keep sending your awesome artwork to us at: Capitol Federal/Blue Bucks, 700 S. Kansas Ave., Topeka, KS 66603.

Talk to you next time!

Milo

Do you have anything you want to tell Milo? Let him know and he'll send you a cool Blue Bucks prize. Send your thoughts to: Capitol Federal/Blue Bucks, 700 S. Kansas Ave., Topeka, KS 66603, or e-mail him at bluebucks@capfed.com.



MEMBER
FDIC

WAYS TO VOLUNTEER

There are many ways you and your parents can help others! Here are a few examples:

Animal shelters are always looking for volunteers to walk pets and help clean and care for them.

Organize a cleanup program in your neighborhood.

Visit a seniors' home and offer to read to residents.

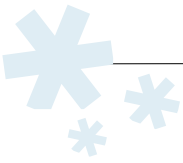
Hospitals often have programs available that kids can help with to cheer up patients.

Donate used toys and books to libraries, shelters or churches.

Donate food to shelters and food banks, or volunteer your time to help serve.

Collect coupons and donate to food banks, or help with a food drive.

Help a neighbor shovel snow or tidy their yard.



LET IT SNOW

What's your favorite thing to do when it snows? Build a snowman? Have a snowball fight? Send a drawing of what you love most about snow! **When you are finished, send it to us. You'll be entered to win a Blue Bucks prize, and your drawing may be on the next BB calendar and on Milo's Facebook page!**

Name: _____ Age: _____

Address: _____

City, State, Zip: _____

Parent's Signature: _____

MAIL THIS PAGE BY FEBRUARY 29, 2012 TO:
Capitol Federal, Marketing/Blue Bucks, 700 S. Kansas Avenue, 66603
or drop off at your local Capitol Federal branch.

Yes, you have my permission to publish my child's first name and last initial, town and caption in an upcoming Blue Bucks newsletter and on Milo's Facebook page.

WARM SOMEONE'S HEART



Feeling the winter chill? Get creative and have some fun with your parents making an easy scarf or blanket. If you can, make a couple and take them to a local shelter. Everyone could use a little warmth during the winter months!

YOU'LL NEED: Scissors
Fleece
Ruler
Fabric Pen

INSTRUCTIONS: Cut an 8 inch x 60 inch rectangle from your fleece material. Cut fringe at the bottom of each end or cut a decorative edge such as a wavy look along all the edges.

For further help:
<http://www.squidoo.com/How-to-make-fleece-scarves>



YOUR FAVORITE PETS!

Blue Bucks readers have some awesome animals! How do we know? Cause we got all kinds of drawings showing us you and your favorite pet. Here are just a few...they were all great! If you don't see your drawing here, ask your parents if you can go on to Milo's Facebook page to see your drawing there!

Emerson K., Age 9
Shawnee, KS



My favorite pet is a dog
because they are super
cute and very energetic.
I like to play fetch with my dog.

Ryan H., Age 9
Olathe, KS



The best I like best is a snake
I like them because they
slither/snakes are cool!

Danielle S., Age 12
Olathe, KS



...
I get a rabbit because it's cute
and it's very nice and it's very
friendly!

Taylor R., Age 11.5
Overland Park, KS



My mother is very calm/loval
he is my favorite pet because
he is very nice and he never
bites.

Jordan D., Age 9
Shawnee, KS



My name is Jordan and
my favorite pet is a big fish
because they are very
colorful and cute!

Ben H., Age 3
Olathe, KS



I like cats

Josh D., Age 12
Shawnee, KS



My favorite animal is the fish
because it is the best pet you
can have and it is easy.

Rylea H., Age 8
Emporia, KS



My favorite pet is Adora. I like
to play with dog because they are
very soft and someone very nice
to people. And most of all giving them love.

Morgen R., Age 11
Overland Park, KS



My favorite pet is a cat
because they are funny and
soft and perfect to cuddle
with!

Suzie C., Age 7
Manhattan, KS



Hi my name is
Suzie and
I like my dog
because he is so nice

Timon E., Age 5
Bucyrus, KS



I think I would be fun
to have a pet snake
my daddy had a pet
snake one time.

Anna E., Age 7
Bucyrus, KS



I love horses very much!
They are my favorite
animals. I want one when
I get older or farm my grandpa
with help.

Kelsie Q., Age 11
Burlingame, KS



This is my dog Spike. He is
my favorite because he is well
behaved and does tricks.

Gladys H., Age 11
Holton, KS



I have two cats. Their names are
Cupcake and Mochi. I have
a kitten right now and I want
to have a hamster. Here these two
kittens - Cupcake and Mochi.

Olivia H., Age 9
Holton, KS



This is my dog Miller. She was
my dog. I got her from a friend. I
love Miller. She was my first
pet. I got her from my friend.

Jordyn G., Age 9
Lenexa, KS



I like dogs because they are smart and
they can do tricks like my dog, Tucker.

PEANUT BUTTER DOGGY TREATS



Make a shelter dogs day! Help out your nearest animal shelter by making some yummy peanut butter doggy treats! Make them in the shape of dog bones or whatever creative shape you'd like.



INGREDIENTS:

2 cups whole-wheat flour
1 tbsp. baking powder
1 cup peanut butter
1 cup milk

INSTRUCTIONS:

Preheat oven to 375 degrees. In a bowl, combine flour and baking powder. In second bowl, mix peanut butter and milk till blended. Add dry ingredients to wet and mix well. Place dough on a lightly floured surface and knead. Roll dough into a log and cover in wax paper. Place in the refrigerator to chill for about an hour.

Remove paper from treat dough, slice into disks and place on cookie sheets. Bake for 15-20 minutes on a greased baking sheet until lightly brown. Cool on a rack, then store in an airtight container.

BLUE BUCKS ADVENTURES PRESENTS
NEW YEAR'S RESOLUTION

OKAY, GANG, 2012 HAS JUST BEGUN AND I THINK WE SHOULD CONSIDER SOME NEW YEAR'S RESOLUTIONS.

GOOD IDEA, MILO!
WHAT SHOULD WE
VOW TO DO?



TO HAVE MORE SNOWBALL FIGHTS!

TO EAT MORE CANDY!

TO FIND A DINOSAUR BONE!

NO, AS A GROUP
WE MAKE THOSE
RESOLUTIONS
EVERY YEAR.



HOW ABOUT TO DO A BETTER
JOB AT SAVING MONEY?

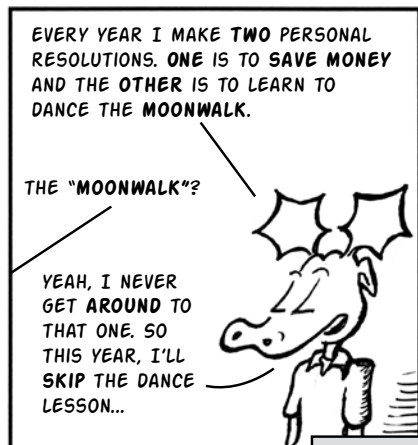
ACTUALLY, THAT IS
A RESOLUTION I
PERSONALLY MAKE EVERY
YEAR, AND WILL DO SO
AGAIN THIS YEAR!



EVERY YEAR I MAKE TWO PERSONAL
RESOLUTIONS. ONE IS TO SAVE MONEY
AND THE OTHER IS TO LEARN TO
DANCE THE MOONWALK.

THE "MOONWALK"?

YEAH, I NEVER
GET AROUND TO
THAT ONE. SO
THIS YEAR, I'LL
SKIP THE DANCE
LESSON...



...AND VOW TO DO MORE
VOLUNTEERING!

YAY!!

I'D LIKE TO
LEARN TO
MOONWALK.



MAKE IT HAPPEN

It's a new year, and for many that means making new goals! Will you do more around the house this year? Save more money to put into your Blue Bucks account? Volunteer at least once a month at your school or local organization? Write down what your goals are for the next three months. Hang this in your room so you remember what it is you are setting out to do!

JANUARY

This month I will:

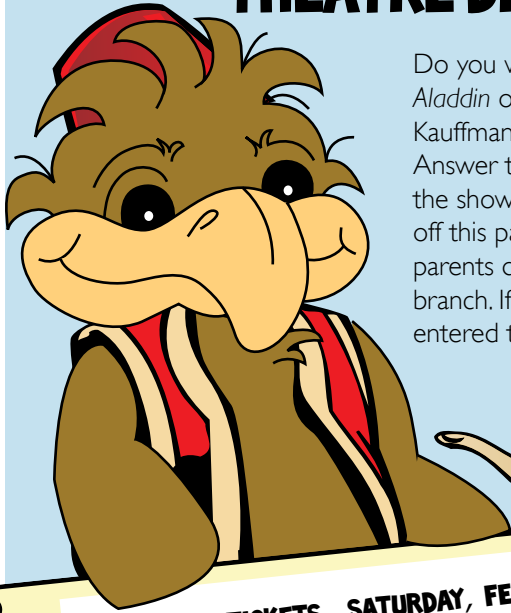
FEBRUARY

This month I will:

MARCH

This month I will:

THEATRE DRAWING



Do you want to have a chance to see *Aladdin* or *Narnia The Musical* at the new Kauffman Center for Performing Arts? Answer the question for one, or both of the shows, have a parent sign below, tear off this page and mail it to us or have your parents drop it off at your local CapFed branch. If you answer correctly, you will be entered to win! It's that easy!

4 VIP TICKETS . SATURDAY, FEBRUARY 4, 7PM

ALADDIN

WHAT IS ALADDIN'S PET MONKEY'S NAME?

ADMIT ONE

4 VIP TICKETS . SATURDAY, APRIL 7, 7PM

NARNIA

WHAT IS THE LION'S NAME?

ADMIT ONE

Yes, you have my permission to publish my child's first name, last initial and town in an upcoming Blue Bucks newsletter if he/she should win.

Parent's Signature: _____



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