

— CAPITOL FEDERAL PRESENTS —

BLUE BUCKS ADVENTURES

FALL 2010



HEY THERE LITTLE SAVERS!

Hi there, little savers! Fall is here with all of the fun that it brings. The rest of the Blue Bucks gang and I love to play in the leaves. And Thanksgiving is right around the corner, too. I can't wait to have a wonderful meal with my friends.

Fall also means that school has started for you since we last talked! We all hope you are doing well with your schoolwork and enjoying your time in class. Learning about new things with friends is always fun. The Blue Bucks gang and I want to make learning about saving money fun, too! That's why if you put \$25 in your Blue Bucks savings account and leave it in there for 3 months you will be eligible for a prize. Visit your CapFed branch or capfed.com for more info.

Coming this holiday season, look for another special way to save with our Blue Bucks Super Sweet CD offer. You'll be able to open this special certificate of deposit with just \$100. The great thing about this new CD is that you'll be able to add to it any time you want with additional deposits of \$25 or more! On top of all that, you'll get a Super Sweet gift when you open your account. So be sure to visit your CapFed branch starting November 26th to open a Super Sweet CD and start saving.

So have a great time this fall. For those rainy or cold days, we've included a fun project in this issue for you to try out with help from mom or dad. The gang and I also can't wait to see all of your wonderful artwork, so keep sending those drawings to us: Capitol Federal/Blue Bucks, 700 S. Kansas Ave., Topeka, KS 66603. Keep up the great work at school and keep on saving!



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

APPLES AND PUMPKINS



MATERIALS:

Craft yarn: orange and red
 Pipe cleaners - brown and green
 Piece of cardboard - 2" x 5"

INSTRUCTIONS:

Crease your piece of cardboard in half lengthwise, but do not fold it. Take your yarn color of choice and start wrapping it around the short distance of your cardboard. Wrap to the thickness you desire. The more you wrap, the thicker and tighter the apple will look. When you're done winding, then just cut your string off, letting it hang in place. It will get tucked away later:

Cut your brown pipe cleaner in half and slip one through your winded up yarn. This is where the bent in half card board piece comes in handy. If your cardboard is bent, it's easier to slip the pipe cleaner through. Then twist up the end together, forming a stem for the top of the apple.

Now put the other piece of brown pipe cleaner through again and twist it up on the opposite end of the yarn, creating the round apple and looking like the little bottom end of an apple. Twist it up a ways, then cut off the pipe cleaner with scissors fairly close to the yarn and bend that end of wire in.

You can be done here or add a little leaf to the apple. With a 2 inch piece of green pipe cleaner, slip it under the top brown stem. Then bend in each half to look like 2 little leaves.

WHAT MAKES YOU WARM AND FUZZY?

It's that time of the year! The leaves are falling and the winter chill is just around the corner. How do you stay warm on those cold days and nights? Do you sip some hot chocolate? Have a favorite blanket? Draw us a picture of what keeps you warm. **When you are finished, send it to us. You'll be entered to win a Blue Bucks prize!**

Name: _____ Age: _____

Address: _____

City, State, Zip: _____

Parent's Signature: _____

MAIL THIS PAGE BY DECEMBER 15, 2010 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.

PUMPKIN SMOOTHIE



It's the perfect smoothie for fall!
If you love pumpkin pie, you will
love this yummy treat.



INGREDIENTS:

¼ cup	pumpkin purée
¼ cup	fat free evaporated skim milk
1 container	vanilla yogurt
¼ tsp	cinnamon
¼ tsp	pumpkin spice
1 tsp	brown sugar
1	gingersnap cookie

INSTRUCTIONS:

Blend all ingredients together in blender. Add 3-4 ice cubes and blend until frothy. Pour in glass and top with a little granola.

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THE LEAF PILE

HEY, MILO. NOW THAT AUTUMN IS HERE, THE GANG AND I THOUGHT IT WOULD BE FUN TO JUMP IN SOME LEAF PILES!



I HAVE A TON OF LEAVES THAT WE CAN JUMP AND PLAY IN!

REALLY?

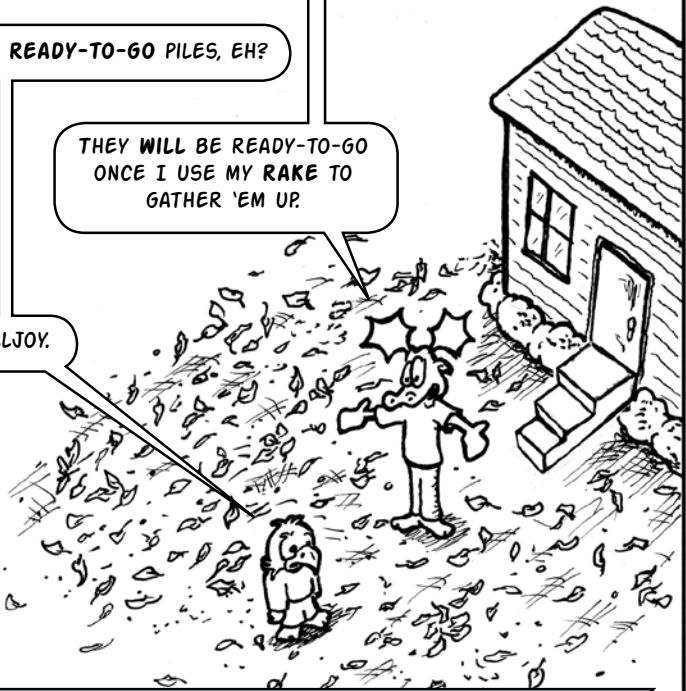


SURE! SEE, THEY'RE SCATTERED ALL OVER MY YARD. NOW WE JUST HAVE TO GET THEM INTO A PILE.

NO READY-TO-GO PILES, EH?

THEY WILL BE READY-TO-GO ONCE I USE MY RAKE TO GATHER 'EM UP.

KILLJOY.



WILL MILO AND EARNIE GET THE LEAVES READY TO JUMP AND PLAY IN? CHECK OUT CAPFED.COM/BLUEBUCKS FOR MORE OF THIS STORY!

SWEET DRAWINGS!

Here are just a few of the great drawings we received from last month's Favorite Flavor entries! It made me hungry just looking at all of them!

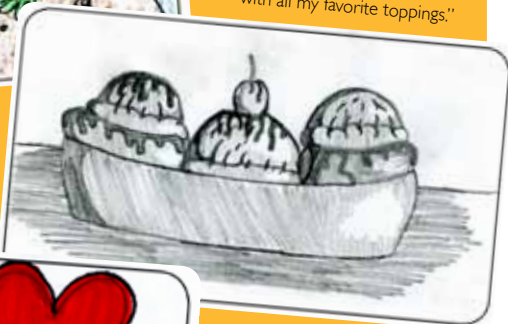


MADALYN S.
AGE 9, WICHITA, KS

"My favorite flavor of ice cream is cookie dough. I also like exotic animals, such as the ones in the picture."

SHAWN A.
AGE 12, GODDARD, KS

"I like banana splits because they are soft and sweet but also good for me, and I can load it with all my favorite toppings."



ASHLYN T.
AGE 12, LENEXA, KS

"I love almost every kind of ice cream!"

CARSYNG.
AGE 11, OVERLAND PARK, KS

"My favorite ice cream flavor is coffee ice cream because of its rich flavor. There is nothing better than cold ice cream on a hot day!"





Capitol Federal

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700 S. Kansas Ave., Topeka, KS 66603

