



HERITAGE

Spring 2005

TRAVEL CLUB

NEWS

Capitol Federal Savings



HTC

The *Heritage Travel Club News* is a quarterly publication from Capitol Federal Savings. Additional information can be found at www.capfed.com.

Editor: Rebecca B. Moore
Associate Editor: Mary W. Lenz
Graphic Design: Capitol Creative



MEMBER
FDIC

HTC Trips - Choose Your American Scenic View

This year the Heritage Travel Club presents its members with a dilemma. With a trip to America's final wilderness, Alaska, and another to the beautiful New England fall foliage, what's a traveler to do? The 12-day, 11-night Alaskan tour from August 11-22 features a four-night land tour and a seven-night Voyage of the Glaciers Cruise aboard Princess



Cruise Lines' "Dawn Princess". Your trip begins in Fairbanks with the "City of Gold" tour and riverboat cruise aboard the "Discovery". Denali National Park provides a natural history tour before your stay at the Denali Princess Wilderness Lodge. You'll travel the luxury rail to Talkeetna, spending a night at the Mt. McKinley Princess Wilderness Lodge. The McKinley Express Rail takes you to Whittier, where you board the "Dawn Princess", taking you through the beautiful College Fjord and Glacier Bay, on to Skagway, Juneau, Ketchikan and the Inside Passage to Vancouver. After 12 days in the Wilderness, you will not want to return to "Civilization"!

Should you choose the beauty of New England for your Heritage Travel Club tour from October 1-8, you will enjoy a seven-day trip through Massachusetts, Rhode Island, Vermont, New Hampshire and Maine. Following an historic tour of Boston, you'll travel to Kennebunkport, Maine, then on to two nights in the White Mountains of New Hampshire where you'll see the beautiful fall foliage around the Kancamagus Highway and view Franconia Notch. You'll ride the Mount Washington Cog Railway, view the brilliant foliage in Quechee Gorge and visit Newport, featuring a tour of the Astors' Beechwood Mansion. You'll ferry to Martha's Vineyard and explore Hyannis and visit Plymouth Rock. Following such an historic and colorful adventure, you'll want to return again next year!

Whichever Heritage Travel Club tour you choose, you're certain to return home with memories of friendships made and adventures shared. Make your decision today and come join us.

FEATURED TRIPS

*dates are subject to change



Irish Treasures Tour w/ Optional Golf Package

May 14 - 21, 2005

Tour the Emerald Isle with a combination
for three rounds of golf.

Tour #05017

\$2,398 per person/double occupancy

\$2,768 per person/single occupancy

**Sold
Out!**

Branson Holidays

November 25 - 27, 2005

With this overnight trip, you'll
experience Christmas in the Ozarks.
See award winning shows including
Andy Williams and Shoji Tabuchi.

Tour # 05027

Price to be determined



DAY TRIPS

Abilene, Kansas & the Eisenhower Visitors Center

June 9, 2005

Discover Kansas by visiting
a town rich in history that
gave us one of the true
heroes of the 20th Century,
Dwight D. Eisenhower.

Tour # 05022

\$79 per person

An Evening at the Music Theatre of Wichita

June 11, 2005

See *Phantom* during a
Capitol Federal-sponsored
evening. Call the Theatre
at 316-265-3107 for tickets
starting at \$16 and up.
Identify yourself as a Capitol
Federal Heritage Travel Club
member. Tickets go on sale
May 16, 2005.

New Theatre & Plaza Lights

December 14, 2005

Enjoy lunch and a matinee,
"Funny Money", starring
William Christopher. Then
be dazzled by the Plaza
Lights in the evening,
spending a little time on the
Plaza before returning home.

Tour # 05028

\$79 per person

NEW
THEATRE
RESTAURANT



Heart of Alaska Cruise/Tour August 11 - 22, 2005

Experience the rugged wilderness of
the north by land and sea.

Tour # 05024

\$3,695 per person/double occupancy

Oceanview cabin w/private balcony

\$3,450 per person/double occupancy

Oceanview cabin w/no balcony

New England Autumn Foliage October 1 - 8, 2005

Visit Massachusetts, Rhode Island,
Maine, New Hampshire and
Vermont, and experience the beauty
and changing colors of Autumn.

Tour # 05025

\$1,999 per person/double occupancy

\$2,729 per person/single occupancy



Albuquerque Balloon Festival October 3 - 8, 2005

Find picturesque landscapes and a
sky full of color in New Mexico.
Includes a Wichita pick-up.

Tour # 05026

\$955 per person/double occupancy

\$1,284 per person/single occupancy

New York Thanksgiving Theatre

November 23 - 27, 2005

See the Macy's Thanksgiving Day
Parade and two Broadway shows.

Tour # 05014

\$1,989 per person/double occupancy

\$2,559 per person/single occupancy

☎ For a complete itinerary, call **Travellers** at **1-800-382-6700** ☎

or visit our website at www.travellers.vacation.com

Pick-Up Locations (Day & Single Overnight Trips Only)

As a service to you, we have designated locations where you can be
conveniently picked up for your day trip. Please check individual trips for
pick-up times and availability.

Overland Park

Capitol Federal Office
9500 Nall Avenue

Lawrence

Dillon's
6th St. & Lawrence Ave.

Topeka

Capitol Federal Office
2865 SW Wanamaker Rd.

Congratulations to the winners of last issue's Timeless Trivia!

Sam Einfeldt - Blue Springs, MO
Bob Greene - Shawnee, KS
Joan Greene - Shawnee, KS

Stewart Grosser - Eudora, KS
K. Schumacher - Topeka, KS

Timeless TRIVIA



Did You Know...?

WebLinks of Interest

Happyneuron: Cognitive training, brain training
www.happyneuron.com

A membership subscription to this site opens the door to your own online mental gym. Learn mental exercises designed to expand your mind and pump up your brainpower. Develop and strengthen your memory as you improve your logic, attention, language and visual skills. Members build a personal profile and benefit by following online coaching advice. A colorful, easy-to-navigate site with exercises categorized by cognitive function.

LivingHome
www.livinghome.com

If you're a home improvement buff, you'll find help and inspiration here. This site covers gardening,



remodeling, decorating and design in an online alternative to popular TV shows and magazines. Have a project in mind? Use the estimating calculators here to determine how much paint, wallpaper or tile you need. Find out how to clean a chimney, when to plant peonies and more.

Partnership for caring
www.partnershipforcaring.com

This nonprofit organization is devoted to raising expectations and increasing consumer demand for excellence in care near the end of life. This is the organization that invented living wills in 1967. Get information about the latest legislation. Download free living wills and medical power of attorney documents, including state specific forms.

Source: *Senior Spirit*, Vol. 6, No. 4

This quarter's Timeless Trivia takes you behind the scenes of *Phantom*, the Capitol Federal-sponsored program to be held at the Music Theatre of Wichita on June 11, 2005. Join other Heritage Travel Club members as they enjoy an evening at the theatre. Mail your Timeless Trivia answers to:

**Capitol Federal Savings
Marketing/Timeless Trivia
700 S Kansas Ave
Topeka KS 66603**

The deadline is Monday, June 6, 2005. Ten winners will be drawn from all correct entries. They will be contacted by mail and receive a surprise gift! No purchase necessary. Correct answers will be available at www.capfed.com. Good Luck!

1) *Phantom*, an American version of *Phantom of the Opera*, was written by two Tony winners. Name them.

2) Who wrote the novel, *Phantom of the Opera*?

3) In what year does the story take place?

4) What is the setting for the *Phantom* story?

Name _____

Address _____

City/State/Zip _____

Phone Number _____

If you win, do we have permission to print your name in the next newsletter?

Yes No

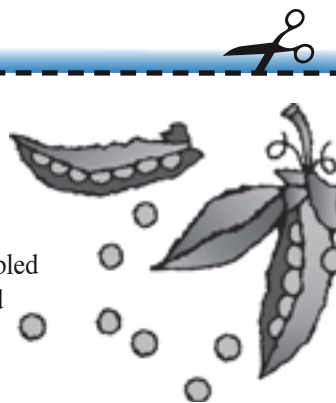
Pea Salad

INGREDIENTS:

1 pkg. (16 oz.) frozen peas, thawed
1/2 cup mayonnaise
1/2 cup sour cream
About 8 strips of bacon, fried crisp and crumbled
1 bunch (1-1 1/2 cups) of green onions, sliced
1/4 cup Parmesan cheese

DIRECTIONS:

In a colander, rinse frozen peas in cold water until thawed. Drain, and transfer to a large salad bowl. Add bacon and sliced onions. In a small bowl mix together mayonnaise, sour cream and 1/2 of the Parmesan cheese. Stir into salad mixture. Sprinkle the rest of the Parmesan cheese over the top. Serve.





Capitol Federal Savings

700 South Kansas Ave.
Topeka, KS 66603

PRSRT STD
U.S. POSTAGE
PAID
TOPEKA, KS
PERMIT NO. 493

RESERVATIONS



SPACE IS ALREADY LIMITED, PLEASE BOOK AS SOON AS POSSIBLE!

To make a reservation, complete the information below and return with your payment.

- Full payment required on all Day & Overnight Motorcoach Trips
- Deposit of \$300 per person required on all Featured Trips

For more information, please call **Travellers** at **1-800-382-6700** and ask for the Heritage Travel Club.



Tour # _____ Tour Name _____ Number of People _____
 Name(s) _____
 Address _____
 City/State/Zip _____
 Daytime Phone _____ E-mail _____
 Special Needs _____
 I wish to room with _____
 Day Tour pick-up location (circle one) Topeka Lawrence Overland Park Wichita
(Albuquerque trip only)
 Please make checks payable to **Capitol Federal**
Travellers, Inc. **Heritage Travel Club/Travellers, Inc.**
 and mail this reservation form to: **831 Massachusetts Street, Lawrence, KS 66044**