



HERITAGE

Summer 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.

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MEMBER
FDIC

New York - The Play's The Thing

The 32nd annual Thanksgiving Theatre Tour operated by Travellers, Inc. is truly our most popular tour! The tour begins at the Kansas City International Airport where you will join fellow tour members for our early morning flight to New York on Wednesday November 23. Upon arrival, we will transfer by private motorcoach to the Hilton New York & Towers Hotel for check-in. All luggage handling at the hotel and New York Airport is included. The evening is free to enjoy the sights and sounds of New York City during the holidays.



Happy Thanksgiving! In the morning on day two, tour members will have the opportunity to view the Macy's famous Thanksgiving Day Parade. The parade route is just a few blocks from the hotel. This afternoon enjoy a traditional Thanksgiving dinner at the Hilton. Tonight, attend the Christmas Spectacular at Radio City Music Hall. This annual event brings in the Christmas season. Featured are the famous Radio City Music Hall Rockettes as they perform several beautiful routines including "The Parade of the Wooden Soldiers".

After a good night's sleep, Friday morning and afternoon are free to pursue your own interests. Choose from a wide range of activities and optional sightseeing. Visit the Statue of Liberty, Ground Zero, Chinatown, Little Italy or just ride the Subway and take in the city during the holidays. Tonight, enjoy the first included Broadway show, "Dirty Rotten Scoundrels" starring John Lithgow. This musical comedy named after the movie by the same name features two con men trying to swindle a young woman out of \$50,000 in the French Riviera.

Saturday morning is free to enjoy New York before our final included Matinee Broadway show, "The Odd Couple" starring Nathan Lane and Matthew Broderick. The famous pair play Oscar Madison and Felix Unger in Neil Simon's Tony award winning classic. Lane is the sloppy sportswriter Madison, while Broderick is the uptight photographer Felix Unger. This tough-to-get ticket will surely be a highlight of the tour. Following the show, tour members will enjoy our farewell dinner at Tavern on the Green, off Central Park.

On Sunday morning, November 27, we will depart for the airport and the return flight to Kansas City with memories of a tour that is sure to bring a smile to your face and thoughts of returning next year.

FEATURED TRIPS

*dates are subject to change



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

Experience the rugged wilderness of Alaska by land and sea as you travel to Fairbanks, Denali National Park, Talkeetna, Glacier Bay and the beautiful College Fjord.

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 & Cape Cod October 1 - 8, 2005

Tour five New England states with stops in Boston, Martha's Vineyard, Nantucket, Hyannis and the White Mountains. Experience the beauty and changing colors of Autumn and savor a real New England lobster bake.

Tour # 05025

\$1,999 per person/double occupancy
\$2,729 per person/single occupancy



Albuquerque Balloon Festival October 3 - 8, 2005

You'll find picturesque landscapes and a sky full of color in New Mexico as you experience the Mass Ascension of hot air balloons. We'll also stop off in the Old West town of Dodge City, home of the nation's most famous cowboys. 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

Make arrangements early so you don't miss out on our most popular tour! See the Macy's Thanksgiving Day Parade, two Broadway shows, *A Christmas Spectacular* at Radio City Music Hall and dine at Tavern on the Green.

Tour # 05014

\$1,989 per person/double occupancy
\$2,559 per person/single occupancy



DAY & OVERNIGHT TRIPS

Branson Holidays

November 25 - 27, 2005

Enjoy Christmas in the Ozarks with the Radio City Music Hall *Christmas Spectacular*, Andy Williams, Country Tonite Show, Shoji Tabuchi and the Jim Owen Morning Show.

Tour # 05027

Price to be determined

New Theatre & Plaza Lights

December 14, 2005

Enjoy a delicious lunch buffet, then be prepared to laugh! William Christopher stars in "Funny Money", the hit comedy about a mild-mannered accountant who discovers his briefcase has been accidentally switched with one containing \$1,650,000 in cash. Later, we'll spend a little time on the Plaza before returning home.

Tour # 05028

Pick-up: 9:30 a.m. from Topeka, 10:15 a.m. from Lawrence and Overland Park residents will meet at the theatre.

\$79 per person

☎ 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.

NEW
THEATRE
RESTAURANT

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

Vic Gradert - Wichita, KS
Bruce Koenig - Olathe, KS

Barb Schwartz - Topeka, KS



Did You Know...?

Does Normal Aging Involve Memory Loss?

Do you have "senior moments" when your memory short-circuits? Even the healthiest, soberest among us begin to lose brain cells at twenty-something. By age 50, one-half to two-thirds of us experience some memory lapses - forgetting names, fumbling for the right word or misplacing keys or glasses. And the older you get, the harder it is to do those math equations in your head.

To compensate, experts suggest you make lists, follow a routine, repeat names when you meet new people and make mental associations to give your memory a helping hand.

But when do minor memory lapses presage a more serious condition? Forgetting where you left the keys is frustrating; forgetting how to use keys, how to do familiar things or how to get to familiar places is a concern.

Alzheimer's disease, dementia and



depression may begin with minor memory loss but progress to confusion, inability to keep track of daily happenings, or trouble making choices or handling money. Normal memory loss rarely gets much worse.

And just because someone in your gene pool had Alzheimer's doesn't mean you will. Research shows that only 25 percent of those with Alzheimer's inherited the disease. But it never hurts to trade bad habits for a healthy lifestyle. Alcohol or substance abuse, smoking, poor diet, lack of exercise or adequate sleep, high blood pressure and certain disease conditions can increase mental impairment.

If you're concerned about your memory, have an honest discussion with your doctor and a thorough physical. Even serious problems respond to treatment when diagnosed early.

Senior Spirit, vol. 7, no. 1

Mixed Berry Crisp

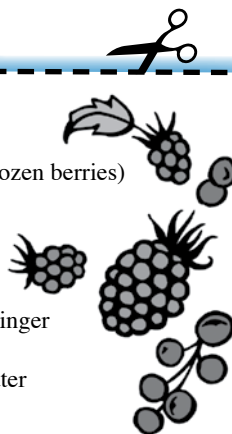
Berry Filling:

- 2 teaspoons sugar
- 1 tablespoon cornstarch (increase to 2 tablespoons if using frozen berries)
- 2 cups mixed berries (defrost if frozen)

Crisp Topping:

- | | |
|------------------------------------|----------------------------|
| 1/2 cup Quaker® old-fashioned oats | 1 tablespoon sugar |
| 1/4 cups packed brown sugar | 1/8 teaspoon ground ginger |
| 2 tablespoons all-purpose flour | 1/8 teaspoon salt |
| 1/2 teaspoon cinnamon | 3 tablespoons cold butter |

1. Preheat oven 375°
2. For filling, combine sugar and cornstarch in a small bowl. Add berries and toss to coat evenly. Divide berry mixture between 2 (5-inch) baking dishes.
3. For topping, combine oats, brown sugar, flour, cinnamon, sugar, ginger and salt in small bowl. Cut in cold butter using pastry blender or two knives, then mix with a fork until mixture resembles coarse crumbs. Top berries with 1/2 cup mixture each. Bake 20 to 25 minutes or until oat mixture is golden brown and berries are bubbling around the edges. Serve warm with vanilla ice cream, if desired.



This quarter's Timeless Trivia takes us to Albuquerque, New Mexico and its annual Balloon Festival. Join other Heritage Travel Club members as they enjoy the picturesque view of hot air balloons filling the October sky. Mail your Timeless Trivia answers to:

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

The deadline is Friday, September 2, 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) *In what year and in what country did ballooning begin?*

2) *When was the first Albuquerque Balloon Festival held?*

3) *Named for the first balloon builders, what are hot air balloons called?*

4) *What is today's fuel of choice for hot air balloons?*

Name _____

Address _____

City/State/Zip _____

Phone Number _____

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

Yes No



**Capitol
Federal
Savings**

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Topeka, KS 66603

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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**
