



HERITAGE

Winter 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

Celebrate Thanksgiving 2005 in New York!

The blizzard of 2004 did not stop the 31st Annual Thanksgiving Theatre tour group from having a wonderful time in New York! New York City is spectacular at this time of the year with the beautiful holiday decorations and themed windows in the famous department stores. Heritage Travel Club members celebrated the holiday in style. Thanksgiving Day was perfect with beautiful weather. Most of the group attended the parade and saw the famous balloons as well as Broadway artists and Radio City Rockettes. In the afternoon, everyone gathered for a private Thanksgiving buffet in the Hilton dining restaurant.



A high point of the trip each year is the “Christmas Spectacular” held at Radio City Music Hall. After a free day on Friday to explore New York, everyone saw “Fiddler on the Roof”, and the tour culminated with the Saturday matinee performance of “Wicked” - the hottest ticket on Broadway! The story of the Wicked Witch of the West and Glenda, “Wicked” won three Tony awards for Best Costume Design, Best Stage Design and Best Performance by a Leading Actress in a Musical. Everyone enjoyed the traditional farewell dinner at Tavern on the Green, which was more beautifully decorated than ever! It’s never too early to sign up for this tour! We hope to see you on the 32nd Annual Thanksgiving Theatre tour in 2005!

Enjoying a Branson Holiday!

After celebrating Thanksgiving, 41 Capitol Federal Heritage Travel Club members departed Friday in search of the Branson holiday spirit. They enjoyed performances by Shoji Tabuchi and Andy Williams, who were in top form with exciting music and choreography. “Country Tonight” was fast-paced with great comedy and dancing. “Jim Owen’s Morning Show” slowed the pace down with a great mix of music and comedy.

The Capitol Federal travelers also enjoyed the new “Christmas Celebration Show”. The Christmas spirit was everywhere, and everyone was very appreciative that Capitol Federal once again included Branson on its annual holiday itinerary.

FEATURED TRIPS

*dates are subject to change



All
New!



Irish Treasures Tour w/ Optional Golf Package

May 14 - 21, 2005

Tour the Emerald Isle with an option for three rounds of golf.

Tour #05017

\$2,398 per person/double occupancy

\$2,768 per person/single occupancy

Italian Vistas

May 16 - 28, 2005

Journey to Italy and experience the spectacular culture, art and cuisine of this exciting European country.

Tour #05023

\$3,729 per person/double occupancy

\$4,329 per person/single occupancy



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, Maine, New Hampshire and Vermont, and experience the beauty and changing color of Autumn.

Tour # 05025

\$1,999 per person/double occupancy

\$2,329 per person/single occupancy



Albuquerque Balloon Festival

October 3 - 8, 2004

Find picturesque landscapes and a sky full of color in New Mexico.

Includes a Wichita pick-up.

Tour # 05026

Price to be determined

New York Thanksgiving Theatre

November 23 - 27, 2005

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

Tour # 05014

Price to be determined

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.



DAY & OVERNIGHT 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

Branson Holidays

November 25 - 27, 2004

Experience Christmas in the Ozarks. See award winning shows including Andy Williams and Shoji Tabuchi.

Tour # 05027

Price to be determined

New Theatre & Plaza Lights

December 15, 2005

After the show, be dazzled by the Plaza Lights in the evening.

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 at 11:15 a.m.

\$79 per person

NEW
THEATRE
RESTAURANT

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

Louis Asner - Overland Park KS
Janet Gross - Salina KS
Helen Nahrstedt - Lenexa KS
Marge Thompson - Shawnee KS
Barbara Schwartz - Topeka KS

Connie Hadl - Lawrence KS
Reuben Otolorin - Lawrence KS
Kathy Wolf - Wichita KS
Donald Rogers - Topeka KS
John Cummings - Lawrence KS

Timeless TRIVIA



This quarter's Timeless Trivia takes you back to Ancient Pompeii, an exciting stop on our "Italian Vistas" tour in May 2005. We hope you can join other Heritage Travel Club members as we travel Italy, a land rich in history, culture, art and romance. Mail your Timeless Trivia answers to:

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

The deadline is March 4, 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 did Mt. Vesuvius erupt and cover the city of Pompeii?

2) How many days did the eruption continue?

3) How many people perished in this disaster?

4) In what year did archeologists begin excavating Pompeii, "unearthing a city that was literally frozen in time"?

Name _____

Address _____

City/State/Zip _____

Phone Number _____

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

Yes No

Did You Know...?

A recent study published in the *British Medical Journal* listed health conditions that may cause the elderly to fall. The study states that when senior women fall, it is likely due to chronic diseases and not the medications they are taking. Researchers at the University of Bristol, the report goes on to say, surveyed 4,050 women ages 60 to 79. The risk of falling associated with having any chronic disease was 32 percent.

Circulatory disease, chronic obstructive pulmonary disease, depression and arthritis were each associated with higher odds of falling, even after adjusting for other factors. However, no



relation was found for the number of drugs used.

Preventing Fall or Fractures from the National Institute on Aging offers important tips. Call 800-222-2225 to order a copy, or download it from <http://www.nia.nih.gov>.

Lawlor, D, et. al. (2003, September 27), *Association between falls in elderly women and chronic diseases and drug use: Cross-sectional study*. *British Medical Journal*.

Source: Significant Summaries Vol. 4 - Issue 1 - Society of Certified Senior Advisors

Pumpkin Cake

Ingredients:

2 eggs, beaten	12 oz. can of evaporated milk
1 c. sugar	1 yellow cake mix
1 1/2 tsp. cinnamon	1/2 c. chopped pecans
1 can pumpkin	2 sticks of margarine, sliced



Instructions:

Mix first 5 ingredients together. Pour into a greased 13x9 inch pan. Sprinkle cake mix evenly over pumpkin mixture. Place sliced margarine evenly over the cake mix, and then sprinkle chopped pecans on top. Bake at 350 degrees for 1 hour (or more). Watch time as ovens vary somewhat. Serve with Cool Whip on top. Serves 3.



Capitol Federal Savings

700 South Kansas Ave.
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.**

and mail this reservation form to: **Heritage Travel Club/Travellers, Inc.
831 Massachusetts Street, Lawrence, KS 66044**