



HERITAGE

Autumn 2006

TRAVEL

CLUB

NEWS

Capitol Federal



HTC

New and Exciting Trips Planned for 2007

For the 2007 Heritage Travel Club itinerary, Capitol Federal chose some wonderful trips for those wanting to enjoy the beautiful American scenery, as well as for the international traveler wanting to consider several options. Discover America as you seek adventures found on the Historic Trains of the Southwest Tour. This trip begins with a flight to Phoenix, from which you'll journey through the mountains of Arizona with a visit to Montezuma Castle National Monument, providing a unique glimpse into the lives of the prehistoric Sinaqua Tribes. The Grand Canyon Railway will allow a new perspective of the great canyon. Enter enchanting Sedona, where "breathtaking beauty fills the senses and soothes the soul." You'll travel through canyon country on the Verde Canyon Railroad, where open-air cars provide first class viewing of America's beauty. *May 20 - 25, 2007 - Tour #07024 - \$1,989 per person/double occupancy*



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

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Capitol Federal

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MEMBER
FDIC

The Heritage Travel Club arranged to offer a variety of Vacation Vignettes from which you may choose your favorite international destination. These Vacation Vignettes, which may be found listed at www.travellers.vacation.com, provide unique experiences that cannot be found anywhere else, offering Exclusive Shore Events, services of a Concierge Host and a Bon Voyage Reception. Among the first of these vignettes is a 14-day January cruise "Down Under", where you will explore the best of Australia, Tasmania and New Zealand, while visiting world renowned wineries along the way. *January 5 - 19, 2007*

Another sample of a Vacation Vignette is a 5-day June Epicurean Escape to Jamaica, where you'll enjoy luxurious accommodations and award-winning cuisine. Attend daily cooking classes, from pastry to sushi. A highlight of the trip will be a complimentary seven-course Gala Dinner. You can work off the extra calories by playing on Jamaica's PGA quality golf courses. *June 27 - July 1, 2007*

The Heritage Travel Club plans to once again offer several of its most popular trips, including the return of an old favorite - Jamesport Amish Day Tour. Choose from among our number one annual trips - New England and Cape Cod Fall Foliage tour or the New York Thanksgiving Theatre tour. Other favorites include the Irish Treasures Tour, Branson Holidays and the New Theatre & Plaza Lights Kansas City day trip. Review our trips and begin making plans today to journey with us as we explore America and the world.

FEATURED TRIPS

*dates and prices are subject to change



Christmas on the Riverwalk December 4 - 8, 2006

Travel to San Antonio, Texas for a stay near the famous Paseo del Rio, dressed in thousands of lights for the season. We'll also tour the LBJ Library and Museum. The following day, we visit the Alamo.

Tour # 06031

\$1,449 per person/double occupancy

\$1,939 per person/single occupancy

Branson for the Holidays December 8 - 10, 2006

Start the holiday season by making your way to Branson in the beautiful Ozarks and enjoy "The Andy Williams Christmas Show", the "Jim Owen Morning Show" and a production of "Broadway", starring the Osmonds. CALL TODAY!

Tour #06019

\$479 per person/double occupancy



DAY TRIPS

New Theatre & Plaza Lights December 13, 2006

Following a delicious lunch, enjoy the hit comedy, "Leading Ladies", starring Love Boat's lovable doctor, Bernie Kopell. "Leading Ladies" will provide you with lots of laughter! Following the show, you'll enjoy a trip to the Plaza.

Tour #06020 - \$79 per person



Irish Treasures Tour w/ Optional Golf Package May 17 - 26, 2007

Your tour of the scenic Emerald Isle includes roundtrip airfare from Kansas City to Ireland, eight nights' hotel accommodations, including a stay at Kilkea Castle! Golfers can play at Slieve Russell Hotel Golf & Country Club and the renowned Ballybunion or the Killarney Killeen Course.

Tour #07015

\$2,990 per person/double occupancy

Historic Trains of the Southwest May 20-25, 2007

Discover America as you seek adventures featuring the Grand Canyon, this six-day, five-night trip takes you to Phoenix, from which you'll travel to Montezuma Castle National Monument, the Grand Canyon, Sedona and Oak Creek Canyon on the Verde Canyon Railroad.

Tour #07024

\$1,989 per person/double occupancy

**NEW
for 2007!**

Jamesport Amish Colonies July 31, 2007

Travel back in time and enjoy the unique history, tradition and craftsmanship of Jamesport, Missouri's Amish citizens. After arriving in Jamesport, you'll feast on a delicious Amish-style lunch. With a local guide, you'll discover that the old ways of life experienced by the pioneers are alive and well in the Amish community surrounding Jamesport.

Tour #07028 - \$89 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 (Motorcoach Day & Overnight Trips Only)

As a service to you, we have designated locations where you can be conveniently picked up for your motorcoach trip. Please check individual trips for pick-up times and availability. Anyone interested in a tour but needing alternate travel arrangements, please contact Travellers at 1-800-382-6700 and ask for Heritage Travel Club. They will be happy to assist you with making those arrangements.

Overland Park

Capitol Federal Office
9500 Nall Avenue

Lawrence

Dillon's
6th St. & Lawrence Ave.

Topeka

Capitol Federal Office
2865 SW Wanamaker Rd.

Featured Specials

Vacation Vignettes for 2007 Your choice of where and when!

Visit www.travellers.vacation.com to choose from among the many exotic international trips provided through our Vacation Vignettes for 2007. After you choose where and when you'd like to travel, contact Travellers at 1-800-382-6700 for more information. Don't miss this opportunity to visit the international destination you've always wanted to tour!

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

Roy Browning - Topeka
 Ernie Gunzelman - Topeka
 Jimmy Hinton - Topeka
 Mary Hickman - Manhattan
 Modesto Vasquez - Topeka

Lois Carthen - Wichita
 Shirley Younts - Merriam
 Roger Pfeifer - Overland Park
 Patricia Rickey - Overland Park
 Harold Barnette - Olathe



This quarter's Timeless Trivia takes you to Australia, Tasmania and New Zealand, the locations for our first Vacation Vignette for 2007. Join us for this international adventure! Mail your answers to:

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

The deadline is Friday, December 1, 2006. 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.cafped.com after December 1. Good Luck!

1) What southern Australian city is known as the Opal Capitol of the World?

2) Name Tasmania's fourth largest city, which is located on Emu Bay.

3) Who were the first people to migrate to New Zealand?

4) Who was the first Maori explorer to discover New Zealand, and where was his homeland?

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...?

...you can find prescription drugs for half price! The Society of Certified Senior Advisors offered this review of Stephen Hyde's book, *Prescription Drugs for Half Price or Less*. It reports that Hyde is a 30-year veteran of the healthcare affordability fight, and his "inside track to the drug industry means big savings."

"Talk to your doctor," stresses Hyde. "Tell him you're concerned about the cost of drugs, because even with Medicare Part D, some of it comes out of your pocket." Ask questions, such as, "Do I need drugs at all?", "Would over-the-counter drugs or lifestyle modifications work as well?", "What about lower-priced brand-name drugs?" The article reminds you to provide your doctor with the complete list of drugs you're taking and to ask about generic equivalents to high-priced brand-



name drugs. The review reveals another suggestion from the book, that some former brands are even available in prescription strength over the counter.

Hyde suggests being "knowledgeable about the drugs you take and the alternatives available." His book provides "a list of today's brands that have or will soon lose their patent protection, thus paving the way for generic or lower-priced versions. This list and the chapter on Medicare Part D are must reading." The article recommends visiting www.HydeRx.com for more tips, resources and to save \$2.80 on the book itself.

Source: *Senior Spirit*, vol. 8, no. 2

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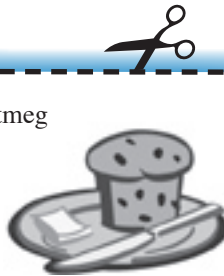
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Apple Raisin Muffins

- | | |
|-------------------------|-----------------------------------|
| 2 cups water | 2 teaspoons freshly grated nutmeg |
| 2 cups sugar | 1/2 teaspoon ground cloves |
| 2 cups grated apples | 1 cup chopped walnuts |
| 2 cups raisins | 2 teaspoons baking soda |
| 1 cup (2 sticks) butter | 3 1/2 cups all-purpose flour |
| 2 teaspoons cinnamon | |



Preheat the oven to 350 degrees. Combine the water, sugar, apples, raisins, butter, cinnamon, nutmeg and cloves in a saucepan; bring to a boil. Remove the pan from the heat and cool completely. In a large bowl, stir the nuts and baking soda into the flour. Add the cooled mixture to the bowl, and stir until blended. Fill greased miniature muffin tins with batter to the top. Bake for 15 minutes.



Capitol Federal

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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.

- 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 _____

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**
