



HERITAGE

Spring 2006

TRAVEL

CLUB

NEWS

Capitol Federal



HTC

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

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



Capitol Federal

True Blue® for over 110 years



MEMBER
FDIC

Begin Your Holidays "Deep in the Heart of Texas"

December 4 - 8

Discover how beautiful the holidays can be beneath the "big and bright" stars of Texas. You'll enjoy the lovely Paseo del Rio (Riverwalk), a path along the banks of the San Antonio River lined with shops, restaurants and night spots. Your first evening will feature a dinner cruise along the Paseo del Rio, where the lights glitter as brightly as the stars. It's truly a lovely, romantic setting.



Your trip also includes tours to the state capital of Austin and to the LBJ Library and Museum, as well as Lyndon Johnson's birthplace and the LBJ Ranch, with a view of the "Texas White House", where Lady Bird Johnson still resides. Dinner that evening will be held in the beautifully preserved German village of Fredericksburg.

A fascinating city, San Antonio is filled with a Spanish flavor especially found within its historic missions. And of course, no trip to San Antonio is complete without a walk through the Alamo, a mission and fortress where Davy Crockett and 185 other "Texans" died defending Texas against an army of five thousand. The tour includes the IMAX presentation, "The Price of Freedom".

As you return home, you'll have a new appreciation of Texas, its beauty and its history. So, start your holidays off right - "Deep in the Heart of Texas!"

Tour #06031 - \$1,449.00 per person/double occupancy

Nashville Grand Ole Opry - NEW!

October 12-15

Enjoy the Country Music Capital of the World! You'll cruise the General Jackson - a paddlewheel showboat from the by-gone days of entertainment, tour Nashville, including the state capitol, Music Row, Millionaire Row and Vanderbilt University. Visit the Country Music Hall of Fame and Museum, enjoy a performance at the World Famous Grand Ole Opry and much more.

Tour #06037 \$689.00 per person/double occupancy; \$799 per person/single occupancy

FEATURED TRIPS

*dates and prices are subject to change



Heart of Alaska Cruise/Tour August 15 - 26

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

Tour # 06016

\$3,899 per person/double occupancy
Oceanview cabin w/private balcony
\$6,199 per person/single occupancy
Oceanview cabin w/private balcony

New England & Cape Cod October 1 - 8

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

Tour # 06017

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



DAY TRIPS

An Evening at the Music Theatre of Wichita

June 21

See "Seven Brides for Seven Brothers" 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 15.



Albuquerque Balloon Fiesta October 6 - 10

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 explore the old-world charm of Santa Fe and see the Loretto Chapel. Includes five meals.

Tour # 06018

\$1,499 per person/double occupancy
\$1,929 per person/single occupancy

New York Thanksgiving Theatre

November 21 - 25

Enjoy the Macy's Thanksgiving Day Parade, two award winning plays or musicals, plus the *Christmas Spectacular* at Radio City Music Hall and a farewell dinner at Tavern on the Green.

Tour # 06014

\$2,189 cost per person/double occupancy

Branson for the Holidays December 8 - 10

Start the 2006 holidays with a trip to Branson in the beautiful Ozarks. Enjoy your reserved seats at "The Andy Williams Christmas Show" featuring grand costumes and entertainment. You'll attend the "Jim Owen Morning Show" and a production of "Broadway", starring the Osmonds.

Tour #06019

\$479 per person/double occupancy



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.

New Theatre & Plaza Lights December 13

Join us for a delicious lunch buffet at the New Theatre and see "Leading Ladies", starring Bernie Kopell, best known for his role as *The Love Boat's* favorite doctor. Romantic entanglements, mistaken identities and wily, improvised schemes provide plenty of laughs. Following the show, you'll enjoy the dazzling display of the Plaza lights before returning home.

\$79 per person

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

Clara Leiker, Salina
 Carol Post, Topeka
 Lois Carthen, Wichita
 Lela Russ, Junction City
 Judy Rogers, Topeka

Jetta Porter, Shawnee Mission
 Ingrid Johnson, Saint George
 Jim Friberg, Baldwin
 Jenny Grosdidier, Manhattan
 Nancy Berk, Louisburg



This quarter's Timeless Trivia reveals some trivia about "Seven Brides for Seven Brothers", the Capitol Federal-sponsored performance to be held Wednesday, June 21, at the Music Theatre of Wichita. Mail your answers to:

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

The deadline is Friday, June 2, 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.capfed.com after June 2. Good Luck!

1) What famous American author wrote the story, "The Sobbin Women", on which the musical, "Seven Brides for Seven Brothers", is based?

2) Who directed the 1954 movie, "Seven Brides for Seven Brothers"?

3) In what state does the movie "Seven Brides for Seven Brothers" take place?

4) Nominated for five Academy Awards, which Oscar did "Seven Brides for Seven Brothers" win?

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...?

How to Be Prepared in Case the Worst Happens with Identity Theft

Most experts agree that even if you take all the right precautions, you may not be able to prevent identity theft from happening – in part because your personal information is not always in your control. Recently, for example, consumers' personal data had been lost or stolen from companies ranging from banks to retailers to personal data vendors.

What you can do is protect yourself with coverage that helps you in the unfortunate event that you do become a victim. Insurance companies like Travelers, for example, offer identity theft protection that reimburses you for



the expenses associated with reclaiming your identity, such as mail and phone charges, lost time from work, attorney fees and more. For more information on identity theft protection, contact your local Capitol Agency agent. For more information on identity theft, visit these web sites: www.consumer.gov/idtheft and www.privacyrights.org

Provided courtesy of Travelers Insurance.

Not a Deposit	No Bank Guarantee	Not FDIC Insured
Not Insured by any Government Agency		May Lose Value

Topeka, Lawrence,
 Emporia

Sandi Reesor
 785-231-6383
sreesor@capfed.com

Wichita, Salina,
 Manhattan

Sue Crenshaw
 316-689-3189
screnshaw@capfed.com

Greater
 Kansas City

Mike Toledo
 913-652-2317
mtoledo@capfed.com

Greater Kansas City

Judy Bridge
 AIS, API, CIC
 913-652-2335
jbridge@capfed.com

Chocolate Angel Food Cake with Raspberries

- 1 16-ounce package angel food cake mix
- 1/3 cup unsweetened cocoa powder
- 1/2 teaspoon ground cinnamon
- 1 cup frozen fat-free or light whipped topping, thawed
- 4 cups fresh raspberries



In a large mixing bowl, stir together the cake mix, cocoa powder and cinnamon. Prepare the cake using the package directions. To serve, top each slice of cake with a dollop of whipped topping and raspberries. Serves 16.

Per slice: calories, 130; protein, 3 grams; carbohydrates, 29 grams; total fat, 0.5 grams; cholesterol, 0 milligrams; fiber, 3 grams; sodium, 171 milligrams.

Lisa Sandmeyer, The Topeka Capital-Journal



Capitol Federal

700 South Kansas Ave.
Topeka, KS 66603

PRSR 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.

- 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
Travellers, Inc.

Capitol Federal
Heritage Travel Club/Travellers, Inc.

and mail this reservation form to:

831 Massachusetts Street, Lawrence, KS 66044