



HERITAGE

Spring 2007

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.

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MEMBER
FDIC

Air Travel Tips

It's important to be aware of the new airline regulations as you make your vacation travel plans for 2007. Consider the following helpful tips:

- Always leave your contact numbers with relatives, a friend, co-worker or landlord.
- No liquids, gels or aerosols are allowed in your carry-on bag other than those that fit in one zip-lock (quart size) bag. You should have three ounces or less of liquid in each bottle. Pack extra sealable plastic bags as well.
- Wear slip-on shoes on air travel days.
- Don't carry bottles of liquid or wine as gifts when traveling. You will not be allowed to take them through security.
- Never pack undeveloped film in checked luggage.
- Mark your luggage both inside and out.
- Make sure the airline has your cell or home phone number, in case of last minute schedule changes. However, it is your responsibility to reconfirm your flights, and this is strongly recommended during possible inclement weather. Remember, even though the weather may be fine in your area, your flight may be arriving from a city with weather problems. Reconfirmation is very important.
- Pack an extra tote bag to carry items purchased on your trip. Include some bubble wrap to protect delicate souvenirs.
- Keep your boarding pass and government issued photo I.D. handy for several security checkpoints.
- Purchasing TSA approved locks is a good idea. This is the only way your luggage may be locked when leaving it with security for screening.
- Make sure your address and phone number is on your cellphone, computer and camera, or at least on the case.



For the most up-to-date information, please go to www.tsa.gov.

FEATURED TRIPS

*dates and prices are subject to change



Historic Trains of the Southwest

May 20-25, 2007

Discover America as you seek adventures featuring the Grand Canyon. This six-day 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 England & Cape Cod October 6 – 13, 2007

One of our favorites! Tour five New England states with stops in Boston, Kennebunkport, Martha's Vineyard, Hyannis, the White Mountains and Plymouth Rock, Ten Mile Drive and Cape Cod. Experience the beauty and ever-changing colors of a New England Autumn and savor a traditional lobster bake.

Tour #07017

\$2,189 per person/double occupancy



DAY TRIPS

An Evening at the Music Theatre of Wichita

July 15, 2007

Enjoy *White Christmas* during a Capitol Federal-sponsored performance. Call the Theatre at 316-265-3107 for tickets, starting at \$16 and up. Identify yourself as a Capitol Federal Heritage Travel Club member and receive your tickets at half-price. **Tickets go on sale May 21.**



New York Thanksgiving Theatre Tour

November 20-24, 2007

Discover our most popular tour with Macy's Thanksgiving Day Parade, Radio City Music Hall's *Christmas Spectacular*, Broadway shows "Curtains" and "Legally Blonde" (shows subject to change) and dinner at Tavern on the Green.

Tour #07014

\$2,199 per person/double occupancy

Branson for the Holidays December 7 – 9, 2007

Travel by bus, touring the beautiful Ozark country on your way to Branson, where you'll enjoy a featured performance of the *Andy Williams Christmas Show*, the *Red, Hot & Blue Show* and others. Don't miss this chance to experience the holidays in Branson!

Tour #07032

\$529 per person/double occupancy

Jamesport Amish Colonies July 31, 2007

Travel back in time and enjoy the unique history, tradition and craftsmanship of Jamesport, Missouri's Amish citizens.

Tour #07028 - \$89 per person

New Theatre & Plaza Lights December 12, 2007

Join us for this year's performance of *Out of Order*, starring Gary Sandy of *WKRP in Cincinnati*.

Tour #07020 - \$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 (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!

Carol Chapman - Baldwin
Ingrid Dines - Olathe
Bob Dir - Wichita
Diane Eichholz - Topeka
Nancy Kelley - Topeka

Richard Kelly - Merriam
Laurie Lewis - Salina
Jacob Mertz - Topeka
Jean Moffitt - Mission
Tom & Kathleen Shepard - Topeka



This quarter's Timeless Trivia provides information on one of America's favorite musicals, *White Christmas*. Join us the evening of July 15 at the Music Theatre of Wichita to enjoy this musical, filled with the beautiful songs by Irving Berlin. Mail your answers to:

Did You Know...?

... that whether you are thinking about retirement or have been retired awhile, the website links below may answer some questions and assist you with your needs. Do you have Medicare, Social Security, VA, health or legal issues? These links may help in your search and may provide some direction toward the quality of life you've always dreamed of in retirement.

Medicare coverage, new drug programs, 800-772-1213
www.medicare.gov

For all Social Security or Social Security Insurance questions.
www.socialsecurity.gov

Center for Medicare and Medicaid Services is the federal agency that administers Medicare and Medicaid.
www.cms.gov

Attorney locator service, by city, state, or zip code. The initials stand for National Academy for Elder Law Attorneys. www.naela.org

Veterans Administration for information on benefits and resources.
www.va.gov

Administration on Aging has all kinds of information on resources, including a directory of state Area Agencies on Aging. www.aoa.gov

Eldercare Locator, 800-677-1116, will help you find local



community resources in any area of the country, including meals, home care, transportation, etc. www.eldercare.gov

Alzheimer's Association, information and resources (support groups), can find local organizations throughout the country.
www.alz.org

To find a physician who specializes in geriatrics, The American Medical Association has a physician locator service. Look under the specialty "Geriatrics." www.ama-assn.org

Aging with Dignity, a non-profit organization, produces a document called the 5 Wishes that provides advance directives for medical care.
www.agingwithdignity.org

Call the toll-free number 800-658-8898 for information and resources related to caregiving and end-of-life planning. You can also find links here to state-specific forms for advanced directives.
www.caringinfo.org

Retirement planning also is a good time to review your future insurance needs. For more information, contact your local Capitol Agency agent.

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

The deadline is Friday, June 1, 2007. 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 1. Good Luck!

1) What was Irving Berlin's birth name?

2) In what year did Irving Berlin's family move to America? Hint: It was the same year Capitol Federal was founded.

3) Although Bing Crosby first sang *White Christmas* on radio in December 1941, in what 1942 musical was this Oscar winning song introduced to movie-goers by Crosby?

4) What state served as the location for the 1954 musical, *White Christmas*?

Name _____

Address _____

City/State/Zip _____

Phone Number _____

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

Yes No

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

Topeka, Lawrence,
Emporia
Ed Cox, CPCU
785-231-6383
ecox@capfed.com

Wichita, Salina,
Manhattan
Sue Crenshaw
316-689-3189
srenshaw@capfed.com

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Kansas City
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mtoledo@capfed.com

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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**