

# SUPER STRIPES NEWS

## OCTOBER 2016



## HELLO SUPER SAVERS,

Super Stripes here, checking in with you.

In this issue, there's a fun find-a-word puzzle for you to try and some fun facts to impress your friends with. I have also included a yummy healthy recipe for you to make for your family or friends.

Here's to enjoying the warmer weather, getting plenty of exercise and fresh air.

Have something you'd like to see in our next newsletter? You can email me at [youthcorner@australianmilitarybank.com.au](mailto:youthcorner@australianmilitarybank.com.au)

## LOVE STRIPES

## HALLOWEEN FIND-A-WORD



I	O	O	M	F	R	O	B	O	T	L	V
C	S	T	Y	I	A	N	Y	N	N	E	A
B	B	L	O	R	M	I	O	U	Y	G	C
W	R	C	B	E	T	A	R	I	P	N	L
O	I	T	W	M	S	S	N	Y	A	A	O
P	E	T	O	A	E	T	E	S	J	M	W
S	S	E	C	N	I	R	P	N	U	E	N
N	Y	E	O	H	I	O	I	M	G	C	W
N	C	E	W	P	E	N	A	A	E	I	N
S	N	A	M	E	V	A	C	A	P	L	R
A	E	A	A	N	M	U	M	M	Y	O	C
J	V	G	H	O	S	T	P	T	F	P	N



ANGEL  
ASTRONAUT

CAVEMAN  
COWBOY  
CLOWN  
FAIRY  
FIREMAN

GHOST  
MUMMY  
NINJA  
NURSE  
POLICEMAN

PIRATE  
PRINCESS  
ROBOT  
VAMPIRE  
WITCH



Source: [puzzles-to-print.com](http://puzzles-to-print.com)

# AVOCADO AND VEGETABLE RICE-PAPER ROLLS

THESE LIGHT RICE PAPER ROLLS ARE PACKED WITH THE GOODNESS OF FRESH AVOCADO AND VEGETABLES. SERVES 4 PEOPLE



**Remember to get an adult to help you with this recipe.**

## INGREDIENTS:

- ✳ 8 small rice-paper wrappers
- ✳ 1/2 cup shredded iceberg lettuce
- ✳ 3/4 cup (50g) beansprouts, trimmed
- ✳ 1 small carrot, peeled, grated
- ✳ 1 medium Lebanese cucumber, peeled, cut into ribbons (see note)
- ✳ 1 medium avocado, peeled, cut into strips
- ✳ Sweet chilli sauce, to serve

## METHOD:

**Step 1** Pour warm water into a heatproof bowl until half full. Dip 1 rice paper wrapper in water. Place on a flat surface. Stand for 20 to 30 seconds or until soft enough to roll without splitting.

**Step 2** Place one-eighth of lettuce along 1 edge of 1 wrapper. Top with one-eighth each of bean sprouts, carrot, cucumber and avocado. Fold in ends. Roll up firmly to enclose filling. Cover with a damp tea towel to prevent roll drying out. Repeat with remaining wrappers, lettuce, bean sprouts, carrot, cucumber and avocado. Serve with sweet chilli sauce.

## NOTES:

Use a vegetable peeler to cut cucumber into ribbons.

**Tip:** Replace water if it gets too cold to soften wrappers.

**Rice-paper wrappers:** Carefully pour warm water into a large, heatproof bowl until half full. Place 1 wrapper in water to soften. Transfer to a flat surface for filling.

Source: *Super Food Ideas on taste.com.au*  
<http://www.taste.com.au/recipes/23753/avocado+and+vegetable+rice+paper+rolls?ref=collections,kids-snacks>



## DID YOU KNOW?

AN OCTOPUS PUPIL IS  
RECTANGULAR

THE OLDEST WORD  
IN THE ENGLISH  
LANGUAGE IS 'TOWN'

AN AVERAGE PERSON WILL SPEND  
25 YEARS ASLEEP

1/4 OF YOUR BONES  
ARE ON YOUR FEET

EMUS CAN'T WALK  
BACKWARDS

AUSTRALIA IS THE ONLY  
COUNTRY THAT IS ALSO  
A CONTINENT



**Australian  
Military Bank**

Australian Military Bank Ltd ABN 48 087 649 741 AFSL No. 237 988.

**E:** [youthcorner@australianmilitarybank.com.au](mailto:youthcorner@australianmilitarybank.com.au)

**W:** [australianmilitarybank.com.au](http://australianmilitarybank.com.au)

**M:** PO Box H151, Australia Square NSW 1215

**P:** 1300 13 23 28 **F:** 02 9240 4140