

Yummy way to celebrate and thank our mums

Traditional recipes help change lives

LAWRENCE MACHADO

NATALIE Moutia's mother, Suzon Moutia, was "completely embarrassed" when she found out her daughter had secretly entered her traditional chicken curry recipe for a special cookery book. The yummy dish, along with dozens more cooked up by others around the country, is in the *Cooked With Love Recipes My Mother Taught Me* published by Life Changing Experiences Foundation.

"Mum is a shy person and was mortified and completely embarrassed when I told her I had sent her recipe for this book," Ms Moutia, 33, of Beaumont Hills, said.

"She is now happy with the idea, knowing it will benefit many people.

"I have always loved this special dish and it brings back happy memories as we used to eat it during cold winter nights."

Mrs Moutia said she had no clue the recipe would end up in the book.

"Natalie just asked me for the recipe saying it was for a friend," she said. "I usually use a mix of different cuisines when I cook and this is a simple dish."

The curry chicken recipe has roots in Mauritius, the country of birth for Ms Moutia's parents. Life Changing Experiences Foundation chief executive Jessica Brown, said the book is a wonderful way to celebrate mum's cooking and to thank them.

"Recipes are handed down from our mothers with love and each has its own special story," she said.

Sales of the book will support the SISTER2sister Program, which helps teenage girls at risk of abuse and/or neglect.

■ The \$25 book can be ordered at lifechangingexperiences.org.



Natalie Moutia and her mum Suzon in the family kitchen. Picture: ANN MORAN

Women's business is networking

WOMEN'S business networking has come of age in the community, with a Beaumont Hills entrepreneur reaping the benefits of a growing interest base.

Natalie Moutia founded the Success Women's Network with good friend Cindy Steele as a voluntary organisation three years ago.

Since then numbers have grown and it has evolved into a fully-fledged company, with a data base of more than 3000.

"It's been amazing because 55 women attended our first meeting in 2008," Ms Moutia, 33, said.

"We love what we do. Cindy and I began the network after the one we belonged to, Women With Attitude, folded up in November 2007." Former deputy school principal Mrs Steele, 36, of Seven Hills, added: "We want to be the Trinny and Susannah (British fashion presenters) of the networking industry in Australia."

The Hills-based company annually runs about 120 events, which are also open to men.

"Yes, men are quite curious to see what we are offering," Ms Moutia smiled.

Details: successwomensnetwork.com.au

ELVIS HIS TREASURES HIS STORY

A unique exhibition of Elvis Presley artefacts privately owned by Greg Page (former Yellow Wiggle) at Stockland Baulkham Hills

ON NOW UNTIL FRIDAY 29 APRIL

A great collection of stage costumes, jewellery, personal items and Elvis Presley's 1956 Lincoln Continental, on loan from Graceland.

This exhibition is officially endorsed by the Estate of Elvis Presley, Elvis Presley Enterprises Inc (EPE).



GOLD COIN DONATION

Raising money for the Salvation Army Disaster Relief

"How fantastic! To have this magical exhibition at my local shopping centre is an honour and a privilege. Thank you!"

"Spectacular! As was he!"

"It has brought back many happy memories..."

"Wonderful exhibition for the people in the local area to see just how important Elvis was to the music world"

"I've learnt a lot. Happy to see the donations going to such a worthy cause"

"Fabulous! Moving! Impressive collection! I miss Elvis..."

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Saturday 11am-Midday and 2-3pm



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