

# Women In Networking

*Climbing the ladder of success!*

# The WINning Edge News

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(586)634-0732  
winofmacomb@gmail.com

YIKES! Did you see the snowflakes yesterday? I'd have to say it was beautiful. Maybe because I don't have to report to a daily J.O.B so I don't worry about driving in it anymore. I'm actually excited for winter this year. Staying in snugglin' with the family with some hot cocoa and a nice Northwoods throw from Private Quarters. Those things are AWESOME! The busiest part of the year is fast approaching, are you ready? Fasten your seat belts and hold on tight because it's going to go by so fast you'll barely know what hit ya. Every year at this time I try my hardest not to eat too much just because that's what most people do and then come January they all have to figure out a work out program. One year I joined Weight Watchers the week before Thanksgiving, talk about shooting yourself in the foot. Wasn't bad though. That year I learned that you really only need a sliver of pie and not 1/2 of it haha. And by the way, it's so much better to put in the extra effort for homemade pies, gravies, potatoes, etc than the boxed, ready made or canned. So make this one promise to me and make at least one thing from scratch that you normally buy. I betcha you'll feel better about serving it too.

Expect Success!  
**Bridget Goudelock**

## How to Make an Easy Turkey Gravy

By: [Audrey Okaneko](#)

I'm not sure I've ever met anyone who does not enjoy pouring gravy over turkey and mashed potatoes. There are only a few times a year when I make gravy and we always seem to look forward to those particular meals.

There is a world of difference between home made and store bought gravy. I've tried store bought, both in a jar and powdered and they just don't compare to homemade gravy.

Before ever cooking your turkey, you'll want to make turkey stock. This is basically turkey soup. Start with 4 cups water. Add some turkey parts. We don't eat dark meat, so I use the dark meat to make the stock. Add one onion, chopped; a stalk of celery, chopped; and a couple of carrots, chopped. Let it simmer about an hour.

When you cook your turkey, you need to save all of the drippings. You'll use both the stock from above and the drippings to make your turkey gravy.

Pour the drippings through a strainer and then measure. Add enough turkey stock to the drippings so that you end up with 4 cups of drippings/stock.

Melt 1/2 cup of butter in a saucepan. Add in 1/2 cup of flour, whisking constantly, for about 3 minutes. Very slowly add in your 4 cups of drippings/stock. Whisk as you are adding the drippings. Keep your heat on medium low and whisk until the gravy begins to thicken. You will probably need to add more flour. Add another 1/4 cup as needed to achieve the right thickness. Add salt and pepper to your taste.

I've seen many recipes that call for cornstarch instead of flour. I prefer flour. I find it easier to work with.

If you want your gravy a bit lumpy with a dark rich color, scrape the bottom of the roaster. Those small chunky pieces are full of both flavor and color. Add them to your gravy.

You can pour this gravy over turkey, potatoes and stuffing.

*Audrey's mom always entertained when she was growing up. Audrey learned to prepare for large groups and has often entertained 15-30 people in her home at a time. You can find more great recipes at [www.recipe-barn.com](http://www.recipe-barn.com)*

## Six Simple Steps to Not Overindulge!

I am by no means an expert on weight loss, however, like most woman I've had my share of diet plans. Here are a few simple tips to avoid adding baggage to your hips this year.

1. Use a salad plate instead of a dinner plate when you go through the buffet line.
2. Try to evaluate what's on the buffet before you begin filling your plate up. Start with veggies first!
3. Skip the ham, kielbasa and stick with the WHITE meat on the turkey.
4. If you MUST try the cheesy potatoes and mac n cheese, just get a taste. When I say taste I mean one teaspoon.
5. Try to drink water with dinner or if you must at least try the diet.
6. Are you expected to bring a dish to pass? Bring the dessert! It's the only way you can control a low fat dessert. There are several recipes online that you can get for delicious pies, cookies, etc.

Do you have a tip to share? Email [winofmacomb@gmail.com](mailto:winofmacomb@gmail.com) with Tip in the subject line and I'll be sure to print it in our next issue.

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Business Opportunities Available

## Organize Your Business Cards

Most companies are going to put a lot of thought into their business card printing. They will spend their time looking over different designs that create just the right image for them. They will get their color business cards and eagerly hand them out to everyone else in an effort to get more business, but one thing they will also be doing is collecting other people's business cards at the same time.

What do you hope everyone else is going to do with your business card when you hand it to him or her? Do you want them to just throw it into a pile of papers on their desk, or do you hope that they diligently file it away for future use? Well, what are you doing with their business card?

Maintaining a strong network of leads and contacts is going to be important to any kind of business. The question you need to ask yourself is how you organize the color business cards you pick up from other people.

After getting back from anything that gives you a big pile of cards, the first thing you need to do is sort through them. When you first get back and everything is still fresh in your mind is the best time to organize the cards you have. Some of them you are just going to throw away while others need to be placed in a file for new leads with good potential.

How you organize the cards will be whatever works best for you. Maybe organizing them alphabetically will help you the most while others might like to organize things based on different industries and so on. The only thing you need to be sure of is that whatever system you use, you can easily follow it.

A big difference in organization from the days of old is the use of modern electrical means of keeping things together. A lot of people place most of the names they get into computer databases rather than bothering with a physical filing system. A system like this has different pros and cons you should be aware of.

One benefit is the easier ability to scroll through your information. The recent rise in small portable, digital assistants has led to the ability of keeping what amounts to thousands of business cards on hand at all times. You will never be without a person's information no matter where you are.

However, I would suggest keeping the cards in a separate physical filing system anyways due to the one potential downside to the electric means. Systems can crash and information can be lost quite easily. I have had my share of computers meltdowns for various reasons that take with them all of my information I needed.

So long as you have both an electronic filing system and a physical one, if your system does crash, you still have access to a lot of year's worth of information that could have been lost.

Ultimately, when it comes to business card printing, the thing you need to remember is to use a filing system that allows you to easily find contact information when you really need to. You are not the only one printing out color business cards. Just remember to treat other people's cards, as you want yours to be treated.

Kaye Z. Marks is an avid writer and follower of developments in [business card printing](#) industry and [color business cards](#) for small to medium-scale business.

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## COMMUNITY HAPPENINGS

**November 19th**—Women In Networking Meeting-8:45am-10am. Join us in supporting women and their businesses. This will be our last meeting of the year. Come check us out and join a new group to start the new year off right. We meet at the Biggby Coffee in Roseville. For more info please visit [www.winofmacomb.com](http://www.winofmacomb.com)

**November 21st**—Shawnee Elementary Vendor Night 2008 from 6pm-9pm. 21555 Vesper Dr, Macomb Twp 48044 FREE Admission. Come shop to you drop with vendors such as Tastefully Simple, Fine Fashion Jewelry, Handmade children's clothing, Glitz and Glamour Boutique, Island Coffee and Smoothies and many more

**December 2nd** - DSWA Metro East Chapter meeting-6pm-8:30pm Located at Olga's Kitchen in St Clair Shores. For more info please email Jennifer Raybaud at [lac168@dswa.org](mailto:lac168@dswa.org)

**December 11th** - Send Out Cards Information Session 7pm-9pm located at 2011 Oak Street, Wyandotte 48192. Come and learn more about how Send Out Cards can benefit you by increasing your referral business, bringing more customers back to buy your products and services, and keeping in touch with those special persons in your life, whether it be personal or business relationships. For more information, contact Barbara Duran at 313-300-1710 or e-mail: [barb@easy2sendcards.com](mailto:barb@easy2sendcards.com)

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