



Winter 2009

Issue Nine

ROYAL REVIEW

NAS - JAX

NAS - JAX translated is the Naval Air Station located in Jacksonville Florida, and is where Royal Roofing Company is currently stationed. Within the Jacksonville Naval Air Station, the United States Navy is in the process of building a new helicopter hangar. As might be expected, considering this article is being written as part of the Royal corporate newsletter and therefore is somewhat of an obvious statement; Royal Roofing Company was awarded the honor of installing the roof on the new hangar.

This project began for Royal Roofing the first week of September 2008 and was nearing completion when this publication was distributed. The length of time devoted to the *NAS - JAX* helicopter hangar roof was a direct result of the size and complexity of the facility's design. The main hangar structure is a mere 110 feet wide but is overshadowed by its adjacent counterpart which spans approximately 1,180 feet long. With that being said, we're talking about 129,800 square feet of hangar area that required roofing! Not to mention other mid-level roof sections, significant metal coping and siding installation, and a section with a large custom skylight that had its own specific roofing & sheet metal requirements. The roof of choice was a hot-applied "modified bitumen" system by Polyglass and the sheet metal was of a custom ordered variety through Metal Era.

The sheet metal was a story in and of itself due the state of Florida's "wind uplift" requirement for low-slope membrane roof system metal edge securement. Florida building code stipulates that all pre-manufactured metal on low slope roof applications be in accordance with ANSI/SPRI "American National Standard for Edge Systems Used with Low Slope Roof Systems" and withstand wind uplift of 115 mph. The Metal Era product ordered, designed, and installed by Royal is not only certified by ANSI/SPRI but is guaranteed to withstand wind up-lift of 160 mph. Royal weighted on the side of caution by committing to a heavier gage metal product, not only because of the restrictions demanded by the state due to the turbulent Florida weather, but because this was a helicopter facility and the wind created by those machines can equal or surpass storm-like conditions.

From a project procurement standpoint, it should be known that Royal wasn't originally selected for NAS-JAX. Rather, on two separate occasions, Florida based roofing firms were awarded contracts; only to be later rescinded by the General Contractor. Due to their lack of experience and inability to complete all aspects of the roof project, Royal was asked get involved.

The General Contractor, Walbridge Aldinger, recognized the importance of working with a nation-wide roofing company that was experienced / certified to install a range of roofing systems by different manufacturers. Moreover, embody every detail / aspect of a roofing project like NAS-JAX. Royal Roofing is that roofing company and is thrilled to have served in this capacity for the US Navy.



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ROYAL Review - Entertainment Section

Royal in the Kitchen

“*Royal in the Kitchen*” is a segment of the **ROYAL Review** where we focus on different recipes that are relevant to an event or the season of that edition. Like the 4th quarter, where food is a point of emphasis as a result of the major holidays that fall within its time-frame, the first quarter is a time of year where food is an even greater focal point. Why? Because it’s when people are trying to lose the weight they might have gained over those 4th quarter holidays. Therefore, people are more conscious / focused on what and how they’re eating; counting calories, watching fat / carbohydrate intake, crunching weight-watchers points, or just how much they eat. With that in mind, here’s a healthy nutritious recipe that can help on your road to weight loss bliss; that is, if you need it. Enjoy!

Recipe: **Smoky Slow Cooker Chili**

1. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add ground pork to pan; cook 5 minutes or until browned, stirring to slightly crumble. Drain well. Transfer pork to an electric slow cooker.
2. Recoat pan with cooking spray. Add pork shoulder; cook 5 minutes or until lightly browned, turning occasionally. Transfer pork to slow cooker.
3. Recoat pan with cooking spray. Add onion and bell pepper; sauté 8 minutes, stirring frequently. Add garlic; sauté 1 minute. Add tomato paste; cook 1 minute, stirring constantly. Stir in beer; cook 1 minute. Transfer onion mixture to slow cooker. Add 1/4 teaspoon salt, chili powder, and next 9 ingredients (through ham hock) to slow cooker. Cover and cook on HIGH 5 hours or until meat is tender. Remove bay leaves and ham hock; discard. Stir in remaining 1/4 teaspoon salt and sugar. Ladle about 1 1/3 cups chili into each of 8 bowls; top each serving with 1 tablespoon cilantro, 1 tablespoon green onions, and 1 tablespoon cheese. Serve each serving with 1 lime wedge.

Note: You can also cook the chili in a slow cooker on LOW for 8 hours. For cooking chili on the stovetop, use a total of 12 ounces beer and simmer, covered, for 2 1/2 to 3 hours or until the pork shoulder is tender.

<u>Ingredients</u>	<u>Ingredients-Cont.</u>
<ul style="list-style-type: none"> ● Cooking spray ● 1 lbs ground pork ● 1 lbs boneless pork shoulder, cut into 1/2-inch pieces ● 3 cups chopped onion ● 1 3/4 cups chopped green bell pepper ● 3 garlic cloves, minced ● 3 tbsp. tomato paste ● 1 cup lager-style beer ● 1/2 tsp salt, divided ● 3 tbsp. chili powder ● 1 tbsp. ground cumin ● 3/4 tsp. freshly ground black pepper ● 6 tomatillos, quartered ● 2 bay leaves 	<ul style="list-style-type: none"> ● 2 (14 1/2-ounce) cans plum tomatoes, undrained and chopped ● 1 (15-ounce) can no-salt-added pinto beans, drained ● 1 (7 3/4-ounce) can Mexican hot-style tomato sauce (such as El Paso) ● 1 smoked ham hock (about 8 ounces) ● 1 1/2 tbsp. sugar ● 1/2 cup finely chopped cilantro ● 1/2 cup finely chopped green onions ● 1/2 cup (2 ounces) crumbled queso fresco ● 8 lime wedges

Source: Mike Wilson, Cooking Light, JANUARY 2009. Web Site: http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1867598

New Years - Weight Loss Tips

1. Lose Weight With Water

Water is essential for everybody - it is also the key to losing weight. If you haven't been drinking enough water, your body has developed a pattern of storing water. This water retention equals extra unwanted weight. By drinking more water, you are not only flushing out toxins, you are also teaching your body that it no longer needs to store water. Drink at least 60 ounces of water (about 8 glasses) a day. If you are still not sold on the merits of water, try this on for size: water is a natural appetite suppressant.

2. Soup Up your Weight-loss Program

A simple dietary change will have you shedding pounds: eat a bowl of soup at least once a day. Nutritious, low-salt soups will nourish you as they flush waste from your body. People who eat a serving of soup daily lose more weight than those who eat the same amount of calories but don't eat soup. Go for homemade soup whenever possible, as canned soups are loaded with salt and chemicals.

3. Eat Early to Keep Weight Off

The human body follows a circadian rhythm, which means that the same foods eaten at breakfast and lunch are processed differently than when eaten at dinner. Studies show that when you eat your daily protein and fat at breakfast you tend to lose weight and have more energy; however, eating the same things at dinner tend to increase tendencies toward weight gain. Eat your last meal of the day by 7 p.m.

4. Eat Smaller Meals, More Frequently

Follow an eating schedule with five little meals every day. Eating steadily through the day keeps you from becoming famished and over-eating at your next meal. Make a low-fat trail mix from raw almonds, pumpkin seeds, dried plum, and apples and have it available at all times to avoid the tempting lure of high-calorie snacks.

5. Adopt a Balanced Approach to Your Diet

Most of the fad diet programs out there nowadays are extreme in a few recommended foods, or else deprive the body of food altogether. This works in opposition to our metabolism and the results usually don't last, producing a yoyo effect that depresses your metabolic function - not to mention your self-esteem. We are natural beings that need a balance of nutrition from all sources. Your diet should consist of a balance of organic sources of lean protein, complex carbohydrates, whole grains, legumes, nuts, fruits, and vegetables. Instead of white rice and pasta, opt for brown rice, bulgur, millet, or buckwheat. Eat more green, chlorophyll-rich foods such as broccoli, kale, spinach, and asparagus. Eliminate candy, sugar, soda, and all simple sugars from your diet. Excess sugar ends up being stored as fat in your body, which results in weight gain. Also, keep dairy to a minimum because most dairy products are high in saturated fat. Avoid fatty foods, processed or fried foods.

Source: **New Year's Weight Loss: Tips.** By Dr. Maoshing Ni. Yahoo Health. <http://health.yahoo.com/experts/drmao/8305/new-years-weight-loss-6-tips/>

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Henry Ford West Bloomfield

Working under two different General Contractors, through three separate construction contracts, that encompassed eight different roof sections, and consisted of three different roof systems by two different manufactures might be deemed an unmanageable project for some roofing companies. But not for Royal Roofing Company.

The project was Henry Ford West Bloomfield, and is the latest addition to the growing number of Henry Ford Hospitals in the state of Michigan. This is a “new construction” 300 bed hospital that will have more than 500 primary care and specialty physicians on staff equipped with the most advanced health-care technology; certainly a world class facility. Henry Ford Health System spared no expense in building their new hospital, evident throughout every detail all the way up to the roof!

Under the circumstances mentioned above, this was already a challenging project. What made it even more complex was that the above scenario was specific only to the metal roofing aspect of the project, and therefore the Royal Roofing Sheet Metal Division.

The Henry Ford West Bloomfield metal roof undertaking began in October 2008 and because of its complexity, logistical challenges, and a harsh Michigan winter the job is just now nearing completion. To begin explaining the scope, it should be pointed out that the project required metal roofing to be installed both on interior and exterior sections of the facility; furthering the architectural / style element that went into the construction of this building. Inside the hospital there were two exposed elevator shafts that featured a “Radius or Curved” Metal System; see bottom right photo. Also installed inside were “Metal Shingles”; these were used to extenuate an office and chapel entrance roof found within the hospital atrium. On the outside, at two separate locations, large “Radius or Curved” Metal System canopy’s prominently highlight the main hospital entrance areas. This feature proved to be a challenge due to the overall length of the finished material and required oversized trucking service to arrive at the site. A second “Radius” roof system is found affixed to the top of an exterior stair-well, approximately ninety feet in the air; another challenge that confronted the Royal Sheet Metal Staff. To install, a crane was brought in, using a custom OSHA approved lift mechanism that was designed and fabricated by Royal Roofing, to vault the panels to their necessary height. Finally, a low sloped “Standing-Seam” Metal System was installed and serves as a canopy atop a mobile MRI-truck station.

