



Summer 2009

Issue Eleven

# ROYAL REVIEW

## Fairlane Town Center



Back to school shopping started early this summer when Royal Roofing Company was awarded the roof replacement project at Fairlane Town Center; a Taubman building in Dearborn, Michigan. Unfortunately or fortunately, considering the shopping habits and sizeable credit card statements that are accrued when roofers get into a mall, no time was spent shopping. This was due to the fact that the job was completed almost entirely at night, after the complex had closed.

The Fairlane project required Royal to completely tear-off over 62,000 square feet of roof, over the recently renovated mall food-court. As can be seen in the photos, it wasn't a straight forward wide open area. Rather a multi-dimensional, mechanical unit, vent stack, skylight, screen wall laden maze. Furthermore, upon removing the existing "built-up" roof system, extensive deck damage was discovered and had to be replaced. In addition, the Royal Roofing-Sheet Metal Department also played an integral role by replacing thirteen aluminum vents that had rusted and were deteriorated.



Royal completed the job by installing a Firestone twenty-year built-up roof system with two inches of isocyanate and a half inch of hardboard insulation. Although, similar to what was torn-off was reinstalled, an improved insulation specification was used to increase the buildings R-value. In other words, improved / more insulation to better regulate heat-flow; the result is a more energy efficient building.



Royal is happy to report that the project was completed ahead of schedule and without complication. Bradford Roof Management, a roof consulting firm out of Billings, Montana, worked closely with Royal on this project.



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2445 Brown Road

Orion, MI 48359

800-837-8056

[www.royal-roofing.com](http://www.royal-roofing.com)

## Royal in the Kitchen

“*Royal in the Kitchen*” - **RECIPE MAKEOVER!** This is a slightly new twist to a *ROYAL Review* fan favorite. Here we'll take a common / familiar dish and make it healthy. Enjoy...

### Recipe: Chicken Pot-Pie

Chicken pot pie is a homey, family favorite. The rich, creamy sauce and tender chunks of chicken make this a perfect comfort food. Unfortunately, that rich sauce is often made with heavy cream and the flaky crust depends on a whole lot of butter. We wanted to create a lighter version of this cold-weather favorite that we could enjoy without the guilt. With some minor changes, we ended up with a much slimmer dish. With 1/3 of the cholesterol, 23 fewer grams of total fat, and half the saturated fat and sodium of the original, this is a recipe you can feel good about. Here are the Keys:

1. Replacing heavy cream with nonfat buttermilk
2. Adding more vegetables to the recipe
3. Reducing the amount of butter used and eliminating the shortening completely
4. Using fresh herbs instead of dried for more flavor, with less fat
5. Making the crust with cornmeal for a richer flavor

#### Cooking Instructions

1. In a large saucepan, bring the broth to a boil, reduce to a simmer and add the chicken. Cook for 15 minutes, remove the saucepan from the heat and let the chicken cool in the liquid for 10 minutes.
2. Remove the chicken from the broth with tongs and set aside. When the chicken is cool enough to handle, cut it into small pieces and place it in a large casserole baking dish.

3. Meanwhile, add the mushrooms, carrots, turnips and potatoes to the broth and simmer until they are just tender, about 10 minutes. Transfer them to the baking dish with a slotted spoon.
4. Strain the broth and reserve it in a bowl. Heat the olive oil in the now empty saucepan over medium heat. Add the onions and thyme and cook until the onions soften, about 5 minutes.
5. Whisk in 1/4 cup of the flour and stir for 3 or 4 minutes. Whisk in the reserved broth, slowly at first and then more quickly. Bring the sauce mixture to a boil and cook until the mixture thickens enough to coat a spoon. Pour the sauce into the baking dish and season well with salt and pepper.
6. Preheat the oven to 400°F.
7. To make the crust, mix the cornmeal, remaining cup of flour, sugar, baking soda and salt together in a food processor. Add the butter and process until the butter is the size of small peas. With the food processor running, slowly add the buttermilk until the mixture forms a dough. Remove the dough from processor, form it into a ball and roll it out on a floured surface until the dough is 1/4-inch thick.
8. Place the dough on top of the baking dish and trim it so that it fits inside the dish. Cut a few slits in the dough to allow the steam to escape. Place the pie in the oven and bake until the crust is golden brown and the sauce is bubbling, about 30 minutes. Let the pot pie stand for 10 minutes before serving.

Website Source: <http://www.fooddit.com/recipes/recipe.asp?id=2050>

### Fall! - Time For Roof Maintenance



Fall is back, and if your reading this and live somewhere in the mid-west United States, the snow and cold temperatures of winter are not far behind. As you brace yourself and your building for this long challenging time of year don't forget about your roof. Just as you might prepare your building for winter by getting the sprinkler system winterized or ordering a stockpile of salt for the sidewalks, make sure that you have your roof system inspected and maintained by a professional commercial roofing company.

Winter plays serious havoc on any roof system; the dramatic change in temperature and/or the added weight from the snow creates shortcomings that lead to leaks. Summer is no exception! Hot temperatures, increased roof traffic, not to mention leaves and other debris that follow summer are all potential contributors to roof issues. By taking a proactive approach to maintaining your buildings roof now will save you time, money, and inconvenience in the winter. Avoid unexpected roof leaks and extend the life of your roof by enrolling in RoofGard, the proactive roof preventative maintenance program from Royal Roofing. Our knowledgeable technicians will thoroughly inspect your facility's roof, develop a customized plan to address its current deficiencies, and provide you with multi-year forecast that includes Bi-Annual Preventative Maintenance. This is at an annual cost that allows for our technicians to revisit your roof twice a year to inspect and repair minor cuts and punctures, clean drains and gutters, and remove any and all debris. All of which is documented in our comprehensive "Facility Condition Report" for your review. Call us today for more information!

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#### Before

- 2 pounds boneless chicken thighs, skinned
- 3 cups chicken broth
- 2 medium onions
- 4 green onions, sliced
- 10 ounces mushrooms
- 3 large carrots
- 1 package frozen peas
- 2 tablespoons vegetable oil
- 5 tablespoons butter
- 1/2 teaspoon dried thyme
- 1/4 cup chopped parsley
- 1/2 cup heavy cream
- 1/4 teaspoon pepper
- 1 egg
- 2 cups flour
- 1/4 cup vegetable shortening
- 1/4 cup cheddar cheese

#### Calories: 731

- Total Fat: 37 g
- Saturated Fat: 14 g
- Protein: 43 g
- Total Carbohydrates: 56 g
- Cholesterol: 207 mg
- Dietary Fiber: 6 g
- Sodium: 1232 mg
- Percent Calories from Fat: 45%
- Percent Calories from Protein: 24%
- Percent Calories from Carbohydrates: 31%

#### After

- 1 pound boneless, skinless chicken breasts
- 3 cups chicken stock
- 1 small onion
- 1/8 pound mushrooms
- 1 small carrot
- 1/2 cup turnips
- 1 medium russet potato
- 1/2 cup frozen peas
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons fresh thyme
- 1 1/4 cups flour
- 1/2 cup cornmeal
- 1/2 teaspoon baking soda
- 4 tablespoons unsalted butter
- 1/3 cup nonfat buttermilk
- 2 tablespoons sugar

#### Calories: 427

- Total Fat: 14 g
- Saturated Fat: 7 g
- Protein: 28 g
- Total Carbohydrates: 46 g
- Cholesterol: 79 mg
- Dietary Fiber: 3 g
- Sodium: 710 mg
- Percent Calories from Fat: 30%
- Percent Calories from Protein: 27%
- Percent Calories from Carbohydrates: 43%

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## Royal Roofing Company, Inc.

2445 Brown Road  
Orion, MI  
48359

Phone: (248) 276-7663  
Fax: (248) 276-9170  
[www.royal-roofing.com](http://www.royal-roofing.com)

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## Royal Revitalizing DPS - One Roof At A Time

If you're reading this and are from the Detroit Metropolitan area, you're familiar with the situation that surrounds the Detroit Public School system. DPS, Michigan's largest school system, suffers from budget deficits, corruption and a falling student population. Not to mention flirting with Chapter 9 bankruptcy; they are, according to the U.S. Education Secretary Arne Duncan, a national disgrace.

In an effort to try and rescue the Detroit Public School System from its current state an Emergency Financial Director was appointed. Robert Bobb, an experienced manager of school systems in cities from California to Washington D.C., was given that task. In a recent interview with National Public Radio Bobb discussed the DPS situation and furthermore that he sees an upside to bankruptcy. "It's an opportunity to set aside all of our labor contracts with the various labor unions, that includes teachers". "Also, it gives us an opportunity to restructure some of our debt". "Bankruptcy is one of those options that the Detroit Public School System cannot afford to dismiss as a non-option" Bobb added. In the same interview, Robert Bobb also commented on what is unique about the Detroit situation, as opposed to what he's experienced in the other jurisdictions he's been involved with. "Detroit is suffering from seven consecutive years of over-spending. The other jurisdictions that I've been involved in have had a much more disciplined approach to budgeting and finance. When revenues were reduced, they did not hesitate to go through a very rigorous process to bring expenditures in line with the revenues that were available. The school district is fixable. It will survive and it will grow stronger" Bobb concluded.

After reading to this point in the article you're probably asking yourself with an outside professional like Robert Bobb being brought in and with the financial crisis that the DPS currently finds itself in, how in the world do they have the money to fix the roofs? Well, the money for the roofs is from a bond, specific to roof repairs, that was passed years ago but was never used; for some unknown "past" Detroit Public School System-administration reason.

The name of the second attempt at fixing these roofs is the "2009 Reinvestment Schools Program-Roof Upgrades". It's was a multi-million dollar initiative where Royal Roofing was awarded over 60% of the contract. Royal's portion of the work began on August 18th and was completed by the end of September 2009. In this time Royal completed partial roof replacements on seven different schools, built-up roof off / built-up roof on, in addition to extensive roof repairs on these seven plus six others. Many thanks go out to Jim Chermowski of the George W. Auch Company, a nationally recognized construction management and general contracting firm located in Pontiac, Michigan, and Scott Hoffman of Test Engineers & Consultants, Inc., a Michigan based engineering firm with offices in Detroit, Ann Arbor, and Troy, Michigan, for making this a successful experience. Royal Roofing Company is thrilled to have had the opportunity to have participated in this project, and hopes the new and renovated roofs help make 2009 a successful school year for the Detroit Public School system and its students.

Reference: <http://www.npr.org/templates/story/story.php?storyId=106094688>

