



## Cloverfields Community Yard Sale

We are looking for community members interested in participating in a community yard sale at the field by the horseshoe pits/pool on Saturday June 11<sup>th</sup> (rain date will be June 25<sup>th</sup>) from 7am-2pm. A 16 foot area will be available for each participant to display their items. However, you will need to bring your own tables, chairs, etc..

There will be a small fee of \$5.00 per family to cover advertising cost in the Bay Times and the Star Democrat and for posting signs around the area. We will place ads in the free newspapers also. Any amount collected over the needed cost will be set aside for future yard sales we hope to have on a regular basis.

This will be a great way to do your spring cleaning and to sell unwanted items. It is also a great way to meet new people in the community and local area. Last year, hundreds of people saw our ad and showed up all day long starting as early as 6:30 am looking for items.

To participate in the yard sale and reserve your space or if you are interested in helping us with the event, call Pat on 410-643-4506 or Terry on 410-643-6322. If no one answers, please leave a message. If you have questions, we will call you back as soon as possible.

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## **Volunteer Weekend – April 9<sup>th</sup>**

April 9<sup>th</sup> was the volunteer weekend to do the spring cleaning around the community facilities, i.e. pool, marina, and beach area. As always we hope for good weather, well the morning was looking pretty ugly clouds, rain forecasted and it was cold. One by one the crew showed up so we decided to go for it. It turned out to be a fantastic day and so much was accomplished by the few that showed up.

So much got done this year, the pool and playground looks great the crew did a fantastic job trimming bushes, packing, racking and removing derbies from the area, and let's not forget the playground got some new mulch spread out. Awesome job! I think the pool house looks fantastic.

We also had a great day at the beach. As some had noticed we had collected a very large collection of junk from our friends up north at the dam (thanks guys). Anyway the cleanup crew did a great job despite a major handicap, NO TRACTOR. This was all hands on and was enough to fill a tractor trailer. The pavilion and tables got a new coat of paint to cover some things that have been left behind by people that obviously don't care about others property. Makes you wonder, do they do that to their stuff at home?

The marina crew was great, we got all the lights working again after a bad batch of bulbs, readjusted for direction and lighting up larger areas and installed about 8 new outlets on the main piers and more to come. The signs in the parking lot got a new look, due to someone deciding they looked better lying down on the ground. Other items were also done that you will notice around the area.

I would like to personally give a great big thank you to all that came out to lend a hand and volunteer their time and their backs to Cloverfields to improve the look of what most I hope take pride in as much as we do (volunteers). Below is a list of names of those that have given their time and material in some cases to get the job done. GREAT JOB GUYS.

Saturday Clean-up Day: Bob Morelli, Kevin and Terry Finney, Mike Oliver, Bill Paquin, Joe Paquin, Dave and Linda Jones, Adam Thompson, Lloyd and Iris Miller, Fred Mattes, Stephen and Sandy Jones, Julie and Boe Green, Logan, Jacob, and Alley Green, Ryan and Katelyn Jones, John and Jack Wolski, and Darlene, Andrew, & Christopher.

Sunday Clean-up Day: Lee Usler, Jay & Mary Grase, Russ Shallue, and Mark Chambers.

This is the small elite group that pulls it off time and time again and happy to say a few new that I think will be part of this group for years to come I hope. They can take great satisfaction when standing back or drive around the community and see what they have done for the betterment of others to enjoy and see.

If I missed any names please let me know and it will be in the next issue.

Kevin Finney  
CPOA Member at Large/Marina

### **CLUBHOUSE UPDATE**

The Board of Directors is looking into taking the old Clubhouse down and building a NEW clubhouse, a vote will take place at the September General Membership meeting. We are looking into funding at this time and are not planning on raising dues at this time. More information to come out closer to the General Membership meeting. If you have any ideas for the clubhouse or are willing to help with this project please contact the Board. The Pool is about to be paid off and the funds would be rolled into the new clubhouse payments.

### **ATTENTION BOATERS**

Diane will be available on the below dates to collect money for boat slips and sell boat stickers at the clubhouse. Any questions please call her at 410-643-5103.

Bring your paid CPOA dues receipt and current boat registration for the boat stickers. The cost is \$35 for the 1st vessel, \$20 for each additional vessel.

**WEDNESDAY Evening from 7:00 - 8:00 pm**  
**May 11th**

**SATURDAY Morning from 9:30 - 10:30 am**  
**May 27st**

**AFTER MAY 27TH PLEASE CONTACT  
DIANE OR ONE OF THE PEOPLE BELOW:**

Courtney Chambliss at 410-643-7739

Robert Wehland at 410-604-1379

Kelly Oliver at 410-643-7734

Kevin & Terry Finney at 410-643-6322

## **OPENING OF POOL MAY 27th AT 10:00 a.m.**

Pool, Swim Team, Pool Passes, Questions,  
Concerns, or Suggestions:

Please call Courtney  
410-643-7739

**POOL PASSES DATES AT  
THE CLUBHOUSE**

SATURDAY, MAY 14th at 10:00 a.m.

and

MONDAY, MAY 23rd at 6:30 p.m.

(LAST ONE BEFORE POOL OPENS)

### **NEW Bylaw**

#### **ARTICLE IV MEMBERS**

##### **Section 3.**

In addition to keeping all lots maintained, grass must NOT exceed (6) six inches in length. If the grass reaches (6) six inches in height, a letter will be mailed to the OWNER of the lot stating a date by which the grass must be cut. If the grass is not cut by this date, CPOA will have the right to hire a grass cutting service to cut the grass. The cost of this service and an additional (\$25.00) twenty-five dollar penalty per cut will be added to the OWNER'S annual assessments. As of 4/17/2011.

## **New Jetty at the Cloverfields Beach**

With over a year of getting permits, Cloverfields plans to start building the 195 foot long stone jetty with a J hook at the end. The jetty will be 17 foot wide at the base and around 2 ½ foot on top with set stones, the jetty will start at the beach and will stand 3 foot above high mean tide. After the jetty is built, dredging will take place with the removal of 675 cubic yards of sand from the channel that will be placed on the beach. (Corp of Engineers will let Cloverfields reclaim 35 feet of Beach area). The work should take 6 to 7 weeks to complete.

## MARK YOUR CALENDARS

- |  |  |
|--|--|
| 1. June ?? - Community Yard Sale                         | Call Terry Finney @ 410-643-6322 or Pat @ xxx-xxx-xxxx   |
| 2. July 2 - 4th of July Community Beach Party            | Need to provide table or cloth for your rental area. Open to Community members and guess, guess will have to pay a \$2.00 fee, Hotdogs, hamburgers, drinks and music. More information to come out closer to the party date. |
| 3. September 10th - Annual Community Crab Feast          | Open to Community members and guess. More information to come out closer to the party date.  |
| 4. September 18th - Community General Membership Meeting | More information to come   |

The advertisement features a blue sky background with green grass at the bottom. A large, stylized star logo is positioned behind the company name. The text is bold and black, with the phone number and MHIC number in white at the bottom.

**TREADSTONE**  
Hardscapes

**Spend less time cutting your grass and more time enjoying the Bay this summer!**

**Visit Us Online For Summer Specials**  
**[www.treadstonehs.com](http://www.treadstonehs.com)**

**Kent Island's friendly, full service landscaping company.**

**410-490-2285**  
**MHIC#26698**



**CLOVERFIELDS PROPERTY OWNERS ASSOCIATION  
BOARD OF DIRECTORS MEETING**

March 8, 2011

7:30 pm

MEETING MINUTES

**ATTENDEES:**

Bob Morelli (President)  
Robert Wehland (1<sup>st</sup> Vice president)  
Courtney Chambliss (2<sup>nd</sup> Vice President)  
Andy Hanas (Recording Secretary)  
Lisa Cunningham (Financial Recorder) arrived at 7:43 pm  
Meg Walsh (Corresponding Secretary) arrived at 7:36 pm  
Russ Shallue (Member-At-Large I)  
Jim DiPietro (Member-At-Large II)  
Jay Herbert (Member-At-Large III)  
Dfc. Jeremy Davidson

**I      OPENING REMARKS/REVIEW OF MINUTES/APPROVAL:**

OPENING: Bob opened the meeting at 7:31 pm.

REVIEW OF MINUTES: Andy said the Board Meeting Minutes of 2/8/11 were e-mailed to all the Board Members, and he said he received three comments which he revised. "Motion made to approve the 2/8/11 Board Meeting Minutes, as revised." Motion passed 6-0-0.

**II      OLD BUSINESS:**

CRIME WATCH: Dfc. Davidson informed the Board that the Sheriff's Office received 68 calls for service in Cloverfields in January, and 52 in February. He said nothing out of the ordinary was reported.

EXTRA SECURITY CONTRACT: Bob said he is waiting on the signed contract.

STONE JETTY: Bob said a County permit is not required, and the county is sending back our \$65.

NEWSLETTER: Bob said the next Newsletter will be in the mail at the end of March.

DUES: Bob said 65% of the annual dues have been received so far.

GENERAL MEMBERSHIP MEETING: Bob reminded the Board that the General Membership Meeting is coming up in April, and that a new By-Law on high grass violators will be published in the next Newsletter.

EAGLE SCOUR SIGN: Bob said he spoke with the Eagle Scout's parents, and they said he is still planning on installing the Cloverfields sign.

**III      OFFICER/COMMITTEE REPORTS:**

1. 1<sup>st</sup> Vice President: Robert apologized for not being present at the last 2 Board Meetings. He said he got an evening job. MOWING CONTRACT: Robert said that he got a proposal from last year's mowing contractor with the revisions we requested. His price is \$100 for the Community Grounds, and \$40 for the Pool Area (includes bagging). "Motion made to award the 2011 Mowing Contract to A&G Lawn Care for \$100 per Grounds cut, and \$40 per Pool Area cut as per their proposal." Motion passed 8-0-0.

2. 2<sup>nd</sup> Vice President: POOL: Court gave Andy a copy of the new Pool Contract with Cal Pools, and she said they will be taking the cover off starting in mid-April. SWIM TEAM: Court said she will have the Swim Team sign-ups on 4/17/11 at 3:30 pm after the General Membership Meeting. WOMEN'S ASSOC.: Courtney informed the Board that the Easter Egg Hunt will be on 4/23.

1. Treasurer: Karen not present. Bob handed out the CPOA Financial Statement ending on 2/28/11, and said the numbers look good. Bob gave Andy completed tax forms to file.
2. Financial Recorder: Lisa said Annual Dues continue to come in the mail.
3. Corresponding Secretary: Meg said she will get together with Karen about paying bills.
4. Member-At-Large I: CRIMEWATCH: Russ said he heard about a vandalism which took place at Larch and Kimberly.
5. Member-At-Large II: Jim present, no report.
6. Member-At-Large III: Jay said he will install the Nettle Net in June when the water warms up in the River.
7. Member-At-Large IV: Kevin not present. No report.
8. CLUBHOUSE: Andy said he is waiting on 2 estimates from contractors to repair the Clubhouse.

#### **IV     NEW BUSINESS:**

LIEN: Bob gave Andy a copy of a lien he filed on a delinquent owner.

#### **V     ADJOURNMENT:**

Meeting adjourned at 8:17 pm.

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### **BEACH RULES**

**\*subject to change\***

1. Permit sticker must be on vehicle, firmly affixed to front left window. All stickers will be checked by security to make sure that sticker number matches license number to which it was assigned.
2. If security finds any cars or trucks parked in either lot without ID Sticker, security will call towing service and vehicle will be towed at owner's expense.
3. Fires must only be made in fire pit on the beach. No fires allowed during high winds. Fires must be attended at all times. Fires must be extinguished before leaving area with water not sand. All fires must be out by 11:00PM.
4. No loud music playing, foul language or any other annoyance which may disturb any resident of the community. Any person or persons involved in such "nuisance" activities will be asked by security to stop, if the nuisance persists, the offender will be asked to leave beach area.
5. No vehicles on beach at anytime violators will be prosecuted.
6. No pets on beach between hours of 7am-9pm. Cleaning up after your pets is a must. Dogs found running loose will be retrieved by security and given to the county animal control unit. Since Queen Anne's County has a leash law, owners will be notified by a summons from authorities. If residents do not cooperate, all pets will be banned from the beach area at all times.
7. Beach area will be patrolled by security, commencing Memorial Day through Labor Day.
8. It is illegal to enter beach area between hours of 11pm-6am. The beach closing hours from Memorial Day through Labor Day on Friday and Saturday are 12:00am-6am. Maryland State Police and private security will be on patrol during these hours. Violators will be prosecuted to the fullest extent of the law.
9. Do not leave garbage at the beach. All Items and Trash brought MUST be removed from the Beach when you depart.
10. No climbing on or fishing from rock jetty.

**CLOVERFIELDS PROPERTY OWNERS ASSOCIATION  
GENERAL MEMBERSHIP MEETING**

September 19, 2010

2:00 pm

MEETING MINUTES

ATTENDEES:

Bob Morelli (President)  
Courtney Chambliss (2<sup>nd</sup> Vice President)  
Karen Driver (Treasurer)  
Andy Hanas (Recording Secretary)  
Russ Shallue (Member-At-Large I)  
Jim DiPietro (Member-At-Large II)  
Jay Herbert (Member-At-Large III)  
16 total Members in attendance.

I. OPENING REMARKS:

Bob opened the Meeting at 2:24 pm. Bob thanked everyone for coming to the Meeting, and gave special thanks to the Board members who keep the Community running.

II. REVIEW OF MINUTES:

Andy distributed copies of the draft minutes from General Meeting of 4/17/10 to the General Membership. Andy read them at the meeting. There were no comments. "Motion made to approve 4/17/10 Minutes as written." Motion passed 16-0-0.

III. OLD BUSINESS:

JETTY AND DREDGING: Bob said the permits for the jetty and dredging project have been applied for, and that the sand will be placed on the Beach.

SIGN ON LARCH: Bob informed everyone that an Eagle Scout will be working on a project to replace the Cloverfields sign on Larch as his Eagle Scout Project.

NEWSLETTER: Bob mentioned that our Newsletter volunteer Jen has moved and that Terry volunteered to work on the next one. The Board thanked Terry.

MARINA LIGHTS AND CAMERAS: Bob said the Marina lights and cameras are installed but not hooked up yet.

IV. NEW BUDGET:

Karen said the new CPOA Budget was handed out when Members signed-in. She asked them to look it over, and if they had any comments. There were no comments. "Motion made to approve the 2011 CPOA Budget as submitted." Motion passed 16-0-0.

V. OFFICER/COMMITTEE REPORTS:

1. 1<sup>st</sup> Vice President: Robert not present, no report.

2. 2nd Vice President: POOL: Courtney said the Pool collected over \$7,000 in Guest Fees this summer.

SWIM TEAM: Court said the Swim Team had over 100 swimmers this season, and they only lost 2 meets. WOMEN'S ASSOC.: Court said that the Women's Assoc. is planning a Halloween Party. POOL PAVILION: Courtney thanked the Lifeguards and Gate Guards who helped with the painting of the Pool Pavilion ceiling.

3. Treasurer: Karen said the new Budget is all she had on the Agenda.

4. Financial Recorder: Lisa not present, no report. Bob said 99% of the Owner's dues have been paid.

5. Corresponding Secretary: Meg not present, no report.

6. Member-At-Large I: CRIME WATCH: Russ said he heard a car was broken into last night. No details yet. Bob said he was told that we are now the safest Community on Kent Island. POOL PAVILION: Russ said Darren, Chambers, and Lee helped him finish the trim on the Pavilion. The Board thanked them.

7. Member-At-Large II: Jim said the Construction Review requests have slowed down recently.

8. Member-At-Large III: Jay said the Nettle Net will be taken out of the River after the weather turns cooler. Jay thanked Bob for helping him clean up the Beach last week. Bob said he is still looking for new bricks for the Firepit.

9. Member-At-Large IV: Terry not present, no report.

10. Recording Secretary: CLUBHOUSE: Andy said he is getting proposals to re-point the Clubhouse chimneys.

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VI. NEW BUSINESS:

LIENS; Bob said he filed \$20,000 worth of liens. He said he offered to work out some payment method with them, but they did not respond.

FLAG AT MARINA: An owner mentioned that the US flag at the Marina needs to be replaced.

HIGH GRASS VIOLATIONS: Bob said that the Board will ask for a By-Law change at the next General Meeting asking for the implementation of a fine for owners who do not cut their grass. The fine will be added to the violators' annual dues if they do not pay. Bob said money from our Budget has been paying for these violators.

CRABFEAST: Bob said the Crabfeast was a big success and that the crabs were excellent.

BOARD MEMBER COMPLAINT: A Member complained that Robert was harassing him for parking on the grass near his boat slip. He said he is handicapped and needed to park there to get to his boat. The Owner said that Robert would not let him park there, so he asked him to put a special sign for him. He said Robert said he would put up a sign, but not on the grass. The sign was placed in the parking lot, but the Owner said it was too far for him. The Owner said eventually, Bob and the Board let him park closer to his boat, and he thanked them.

TRASH ON A PROPERTY: One Member complained about excessive trash on his neighbor's property on Monroe Manor Road.

STREET PARTY: One Owner said that he participated in a great Street Party on Monroe Court.

VII. VOTE FOR OFFICERS:

The following Board Members were voted in by the General Membership by ballot:

1<sup>st</sup> Vice President: Robert Wehland

Treasurer: Karen Driver

Recording Secretary: Andy Hanas

Corresponding Secretary: Meg Walsh

Member-At-Large III: Jay Herbert

Member-At-Large IV: Kevin Finney

ADJOURNMENT:

Meeting was adjourned at 3:05 pm.

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### ***New Clubhouse? Contractors Needed***

CPOA is looking into the prospect of building a new modern clubhouse on the site of the current one. It has been found after several inspections that the current one has some major structural issues. Estimates for repairs are such that the Board of Directors at this time is interested in exploring prices for a new building.

We are seeking local contractors that would be interested in providing bids for the demolition of the old structure, and construction of a completely new modern facility that would include a floor plan with large meeting/party room, kitchen, restrooms, office, and storage room. The new building will need to be handicap accessible.

We are looking for licensed contractors that would be interested in submitting a proposal for demolishing the old Clubhouse, and constructing a new building, including concrete, electrical, plumbing, drywall, and painting. Please contact me so we can get some ideas and input for the upcoming September General Meeting to discuss with the General Membership.

Contact Kevin at 410-643-6322



## POOL RULES

**\*NO POOL PHOTO I.D. – NO ENTRY\* \*NO PETS OR GLASS\***

1. POOL HOURS: 10 A.M. TO 8 P.M. THROUGH SATURDAY, SUNDAY 12 THROUGH 8 P.M.
2. GUEST POLICY: \$3.00 PER PERSON PER DAY. GUESTS WILL BE
3. LIMITED DURING HIGH OCCUPANCY (80% OF POOL CAPACITY). ALL CHILDREN 10 YEARS OR YOUNGER MUST HAVE AN ADULT, 18 YEARS OR OLDER IN ATTENDANCE WHO IS REQUIRED TO STAY IN THE POOL AREA WITH THE CHILD. ALL CHILDREN 11 YEARS OR OLDER ARE ALLOWED IN THE POOL BY THEMSELVES (MUST PASS A SWIM TEST).
4. THE BABY POOL IS RESERVED FOR CHILDREN UNDER THE AGE OF 6. ALL CHILDREN MUST HAVE AN ADULT IN ATTENDANCE AT ALL TIMES IN THE BABY POOL AREA. BABIES AND CHILDREN NOT TOILET TRAINED MUST WEAR DISPOSABLE DIAPERS WITH RUBER PANTS OVER THEM TO SWIM IN THE BABY OR MAIN POOL.
5. ADULT SWIM IS 15 MINUTES BEFORE EVERY HOUR. 18 YEARS AND OLDER.
6. NO RUNNING, ROUGH PLAYING IN THE POOL AREA, OR DIVING IN THE SHALLOW END WHERE MARKED.
7. NO CUT OFFS, NO STREET CLOTHES IN THE POOL.
8. LIFEGUARD MAY REQUIRE YOU TO PASS A SWIM TEST FOR DEEP END SWIMMING.
9. PLEASE CLEAN UP AFTER YOURSELVES.
10. CPOA IS NOT RESPONSIBLE FOR ANY INJURIES OR THEFT, AND RESERVES THE RIGHT TO CLOSE THE POOL AT ANY TIME.
11. YOU WILL BE ASKED TO LEAVE IF YOU FAIL TO COMPLY WITH ANY AND ALL OF THE RULES.



## FOOD ALLERGY AWARENESS

Nobody knows precisely what causes food allergies. A combination of genes--allergies run in families--and environment clearly plays a role. Food allergies can appear at any time and very suddenly, and they can often be life threatening.

One of the challenges families face is that many people don't really understand food allergies. According to a report by the Centers for Disease Control and Prevention (CDC) and The Food Allergy & Anaphylaxis Network (FAAN):

- An estimated 3 million children have a food allergy
- One in every 17 children under the age of 3 has a food allergy
- Peanut allergy doubled in children over a 5-year period (1997-2002)
- Even trace amounts of a food allergen can cause a reaction

continued on page 11.

## ***CPOA CONTACT NUMBERS***

Bob Morrelli	President	410-643-7488	General Issues
Robert Wehland	1st Vice President	410-604-1379	Grounds and Building Permits & Boat Stickers
Courtney Chambliss	2nd Vice President	410-643-7739	Pool, IDs, Women's Association, Children's Events, Swim Team, & Boat Stickers
Meg Walsh	Corresponding Secretary	410-604-3227	Playground & Volunteers
Meg Walsh	Treasurer	410-829-0331	CPOA Finances, Title Transfer & Website
Lisa Cunningham	Financial Recorder	410-643-7753	Billing Issue & Car Permits
Russ Shallue	Member-At-Large I	410-490-9130	Crime Watch
Jim DiPietro	Member-At-Large II	410-643-9969	Building Permits
Jay Herbert	Member-At-Large III	443-786-6436	Beach Issues
Kevin Finney	Member-At-Large IV	410-643-6322	Marina Cameras & Electrical Work, Boat Stickers, & Slip Waiting List
Dianne	Marina	410-643-5103	Boat Stickers and Boat Rentals
Terry Finney	Newsletter	410-643-6322	Production
Kelly Oliver	Newsletter	410-643-7734	Advertisements & Boat Stickers

Send Newsletter Items To: [cloverfieldsnews@yahoo.com](mailto:cloverfieldsnews@yahoo.com)

## ***Advertise in the Cloverfields Chronicle***

BUSINESS CARD \$25

1/4 PAGE \$40

1/2 PAGE \$60

FULL PAGE \$90 (SIZE: 7 1/2 x 10)

The Cloverfields Chronicle is published on or about the 1st of the month per the discretion of the Board of Directors. Artwork is due the 15th of the month prior to publication

Send electronic files to [cloverfieldsnewsletter@yahoo.com](mailto:cloverfieldsnewsletter@yahoo.com) (this is the preferred method).

Hard copy artwork can be delivered to 915 May Lane, Stevensville, MD 21666

**PLEASE SEND ADS IN PDF, JPEG, OR EPS FORMAT**

<p>If you would like to receive the CPOA Bi-Monthly Newsletter by email please forward your address to:</p> <p style="text-align: center;">TFinney@atlanticbb.net</p> <p>The emails addresses will only be used for CPOA notices.</p> <p>Hard copies of the newsletter will also be mailed to you.</p>	<p style="text-align: right;">continued from page 9.</p> <p style="text-align: center;"><b><i>WHAT IS THE DIFFERENCE BETWEEN A FOOD ALLERGY AND A FOOD INTOLERANCE?</i></b></p> <p>People often confuse food allergies with food intolerance. There is a difference. Someone with an allergy must avoid the food allergen whereas someone with a food intolerance may be able to eat small quantities of the food without a problem.</p>
<p><b>Any questions or comments please contact us at:</b></p> <p style="text-align: center;"><b>410-643-3707</b></p> <p style="text-align: center;"><b>For more information, check out the Cloverfields website at:</b></p> <p style="text-align: center;"><b><a href="http://www.cloverfieldsonline.com">www.cloverfieldsonline.com</a></b></p>	<p style="text-align: center;"><b><i>FOOD ALLERGIES</i></b></p> <ul style="list-style-type: none"> <li>• Are caused by the immune system when the body mistakenly identifies a food or a component of a food as a harmful substance and causes a person's own antibodies to attack</li> <li>• Start a reaction of chemical changes that causes swelling and irritation in the body</li> <li>• Cause symptoms that may include tingling in the mouth, hives, swelling in the lips, or difficulty breathing</li> </ul> <p style="text-align: center;"><b><i>FOOD INTOLERANCES</i></b></p> <ul style="list-style-type: none"> <li>• Cause problems without involving the immune system</li> <li>• Can take hours, days, or sometimes weeks to manifest as problems/discomfort</li> <li>• Cause a person's body to have problems digesting certain foods, causing symptoms that may include abdominal cramps, bloating, or diarrhea</li> </ul>
<p>Would you like to share a recipe, needle point, how to, etc. please send your information to:</p> <p style="text-align: center;">tfinney@atlanticbb.net</p> <p>No ads please - see page 10 for details</p>	<p>Remember that any food can cause a food allergy so it is important to be aware of the signs and symptoms of food allergies. There are, however, certain foods that are more likely to cause an allergic reaction. In particular, parents should be aware of the eight most common foods that can cause an allergic reaction. The eight most common foods that can cause allergic reactions include: milk (dairy), eggs, peanuts, soybeans, wheat, nuts from trees (such as walnuts, pistachios, pecans, and almonds), fish (such as salmon and tune), and shellfish (such as shrimp, crab, and lobster).</p>
<p style="text-align: center;"><b>VOLUNTEERS NEEDED</b></p> <p><b>T</b>he CPOA needs your help. This is a community run by volunteers which results in low property-association dues. Cloverfields board members are all residents who volunteer to work for the greater good of the community. Management of the pool, marina, club-house and crime watch is completely run by volunteers. So is the newsletter, distribution of passes and community correspondence, and the organization of community events. More volunteers are needed! Any help is appreciated, even if it's just spending an hour to pick up liter from the beach, spread mulch at the playground, or man a keg at the crab feast.</p> <p style="text-align: center;">Call Meg at 410-604-3227</p>	<p>If you suspect that you or your child may have food allergies or intolerances, find a specialist who can help you identify which foods you or your child has issues with. If you find that you or your child has a true food allergy, it is important to develop a food allergy action plan.</p> <p>For more information on food allergies, vist the The Food Allergy &amp; Anaphylaxis Network at:</p> <p style="text-align: center;"><b><a href="http://www.foodallergy.org">www.foodallergy.org</a></b></p> <p>Derived from The Food Allergy &amp; Anaphylaxis Network, <a href="http://www.foodallergy.org">www.foodallergy.org</a> (accessed March 10, 2011).</p>

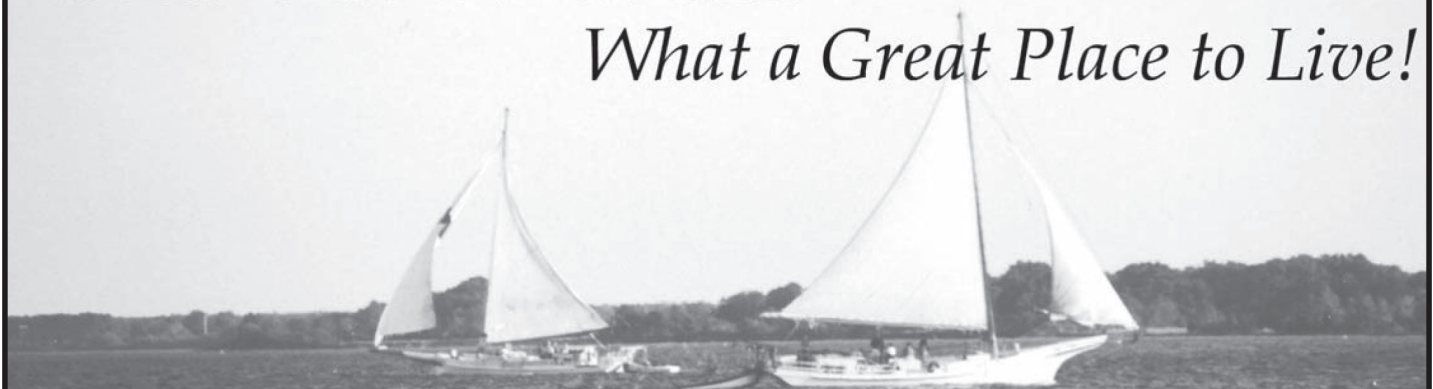


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# Cloverfields

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*Not Just a Community; A Way of Life.*



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