

The Health Council of Marin

Minutes of Regular Meeting: Tuesday, May 23, 2017

Marin General Hospital

250 Bon Air Road, Larkspur Room

Greenbrae, CA 94904

Members Present: Jennifer Rienks (President), Connie Barker, Allan Blau, Mary Fraser, Sandy Ross, Derice Seid Tao,

Members Absent: Sandra Lew (excused), Tara Waterman, Barbara Wientjes (excused)

Guests: Loretta Rogers (Secretary)

Handouts: *Agenda; tick brochure and tick remover; tick update*

1. **Call to Order:** At 7:26 pm, President Jennifer Rienks called the meeting to order.
2. **Introductions:** All present introduced themselves so that Sandra Lew, who attended via phone, would know who was in the room.
3. **Public Comment Time:** None.
4. **Approval of Minutes of the March 28, 2017 meeting:** Sandy Ross moved to approve the minutes. Mary Fraser seconded the motion. The motion passed unanimously.
5. **Election of Officers:** Sandy Ross moved that the following members be appointed as HCM officers: Barbara Wientjes as President, Sandy Ross as Vice-President and Mary Fraser as Secretary. As this was a motion from the Nominating Committee, no second was required. The motion passed unanimously. At that point, Vice President Ross chaired the meeting.
6. **Updates on and discussion of safety on multi-use bike paths:** This update was to be provided by Tara Waterman. However, since Tara Waterman was not in attendance, this presentation could not be made. Instead, Sandy Ross provided an update on tick and mosquito control in Marin County. Sandy Ross is Mill Valley's representative to the Marin Sonoma Mosquito and Vector Control District (MSMVC), headquartered in Cotati. She reported the following:
 1. A species of mosquito, new to California, is moving in this direction. It is the *Aedes aegypti*. They breed indoors in very small amounts of water. They fly only a short distance and bite during the day. They have not yet arrived in Marin County, but they are already in southern California and the Central Valley. Several different types of pesticides are needed to control them.
 2. Zika Virus, a disease carried by *Aedes aegypti*, is not yet in our area unless a traveler brings it back. However, it is now reported that the virus can be passed from one person to another through tears or saliva or sexual contact.
 3. It is each individual's responsibility to reduce mosquitos as much as we can by assuring there is no standing water on our property in which they can breed. The MSMVC District will bring mosquito-eating fish and dunks for your ponds. The District has set up a notification and opt-out program which activates two days prior to truck-mounted pesticide spraying for mosquitos. Go to www.msamosquito.com and click the "No Adult Mosquito Control" button on the left to be added to the list. If there is an imminent public health hazard, the District will spray anyway, but will try to notify the opt-out people.
 4. The MSMVC District will treat in-ground yellow jacket nests but only if you locate them before you call the District. The District does not do any wasp nests in structures; for this, you must call an exterminator.
 5. The District does not provide any services to control rats, but they will advise you how to control them if you call them at TEL: 800-231-3236

6. Regarding ticks, the infection rate for the adult Western Black-legged tick (*Ixodes pacificus*) for *Borrelia burgdorferi* is 2.5% on Mount Tam and MMWD lands. The highest in the District at 4.7% is in Sonoma County at Jack London Park. Essentially, ticks of various species are around and active all year. Be sure to check for ticks after you've been out on hike. Always tuck your pant legs into your socks and shirt tails into your pants. And, don't sit on leaf litter. There were 300,000 newly diagnosed cases of Lyme Disease last year, including a high rate of sexual transmission, and there is no agreed upon treatment for it. There was brief discussion at the end.
7. **Public Education Forum:** Sandy Ross reminded members that the HCM's 2017 Public Education Forum will be held on June 12, 2017, from 7:00 to 9:00 pm in the Library of Marin General Hospital. The forum will be preceded by a Council meeting at 6:30 pm. The topic is *California's End of Life Option Act: A First-Year Bedside Report*. The speaker is Lonny Shavelson, MD. Dr. Shavelson heads *Bay Area End of Life Options*, a medical practice devoted to patients' requests for aid-in-dying according to California's End of Life Option Act. He also consults with doctors and hospices that have patients making aid-in-dying request. This event has been publicly noticed twice on HCM agendas so members can circulate it. Sandy Ross will send this notice to news outlets. Loretta will ask Dr. Matt Willis if it can be included in the next PHO newsletter, sent to all Marin physicians.
8. **President's Report.** None.
9. **Future Topics:**
 1. Jennifer Rienks suggested "Sleep and Adolescents – the Public Health Impact" as a topic. There was brief discussion. Jennifer Rienks will look for and send around the Marin IJ article on this topic which may help to identify a speaker.
 2. In July, Dr. Jacob Leone could be invited to speak on Lyme Disease.
10. **Health Council Member Reports and Announcements:**
 1. Sandy Ross proposed that the HCM add to their notice at the bottom of their agendas that all attendees should not only avoid wearing fragrances but also turn off any wireless devices. This was approved.
 2. Jennifer Rienks reported that Conscious Kitchen is planning to start their lunch program at two schools in Richmond. The local school board has approved. There was brief discussion.
 3. Alan Blau announced that Anne Spake's husband, Gene Spake, died recently.
 4. Connie Barker reported that she and her partner, Jan, have started using the Ceres Program and are delighted with it.
 5. Connie Barker reported that she staffed a table at the Environmental Health Network event and will do so again at the upcoming climate change event in Oakland at Berkeley's Adult School.
 6. Mary Fraser reported that the Board of Supervisors has dedicated \$100,000 for a campaign to increase Marin resident awareness of the dangers of pesticides / herbicides. The campaign is now up and running and has a website: www.yardsmartmarin.org. There was brief discussion.
 7. Sandy Ross reported that there were a few members who are close to having too many absences. There was brief discussion.
11. **Adjournment:** The meeting adjourned at 8:50 pm.