

TOWN OF ISLESBORO

ISLESBORO HEALTH CENTER  
TICK-BORNE DISEASE PREVENTION COMMITTEE (T-BDPC)

MEETING OF WEDNESDAY, MARCH 24, 2016 - TOWN OFFICE, 4 PM

Present: Linda Gillies, Derreth Roberts (chair), Douglas Welldon

Absent: Alison Wood, PA-C

Also attending: Gilbert Rivera

Derreth Roberts called the meeting to order at 4:00 pm.

Approval of draft minutes for the meeting of March 2, 2016. Upon MOTION made and seconded, the minutes were approved as written.

Implementation of the new T-bDPC plan. Several aspects of the plan were discussed:

- **Information sheets.** Linda Gillies circulated drafts of the three sheets, titled respectively, " Personal Care," "Landscape Care/ Tick Control on Rodents," and "Facts You Need to Know about Ticks, Rodents, Deer, and the Risk of Contracting Tick-Borne Disease."
  - Linda pointed out that recently, through email exchanges with David Inouye, Professor of Biology at the University of Maryland and staff at the Vector-borne Disease Laboratory (V-bDL), she had gathered additional information about the risks associated with the synthetic pesticides, particularly the strong possibility that they may be associated with bee colony collapse. She has incorporated some of this information into the landscape care sheet. Gil Rivera suggested that diatomaceous earth, a soft powder made from sedimentary deposits formed from the fossil remains of diatoms, may be useful for repelling ticks for both humans and dogs.
  - If possible, each sheet should be printed on one page, both sides. The layout, using drawings from ICS students, will be up to Elm Street.
  - There should be a fourth sheet listing the sources from which the T-bDPC has taken the information as well as good tick-related websites, including the V-bDL's ticksinmaine.com. The source sheet will also be included on the website.
  - 500 sets will be printed and stapled by Elm Street.
  - The sheets should not go out in a box holder mailing. Rather, there should be an article in the May/June IIN announcing that the sheets are available at the Town Office, the Health Center, the Community Center, etc.
  - The sheets will be available at the T-bDPC table at the April 23rd Health Fair.
- **Drawings and video.** Linda circulated a few drawings of ticks done by young ICS students. According to Heather Knight, there will be more drawings. Several older students are interested in doing a video. It was agreed that the T-bDPC should be more explicit about the content of the video, which should include segments about personal care and landscaping. Linda will be in touch with Heather and also with Allie about the possibility of drawings by her daughter, Hannah.

Heather Knight has suggested that Richard Coombs, a gifted cartoonist, might be able to take on the "Sex Life of the Tick" project discussed at the March 2nd meeting.

- **Brochure.** There was discussion about whether a brochure was needed in addition to the info sheets. It was agreed that a pocket-size piece would be particularly convenient and useful for visitors to the island - day trippers, houseguests. The brochure should focus on personal care.
- **Fridge magnets.** Good idea, can be done by Elm Street. As it should include the website address, wait until the website is ready.
- **Facebook page.** Linda and Doug Welldon attended a day-long session about Facebook as a business tool at the ICC on March 16. Organized by the Island Institute, it was run by a representative from Axiom Technologies in Machias, ME. They said that while they learned a lot, the T-bDPC will need help in setting up the page (Elm Street is able to provide it).

Bulletins for 2016. There was agreement that once the info sheets, website, and Facebook page are in place, there will be no need for the monthly box holder bulletins that the T-bDPC has sent out during "tick season" in the past two years. We should do an article for the May/June IIN announcing the new venues for information and saying that the quarterly statistics will be published in IIN and included on the T-bDPC website.

Health Fair, April 23, 2016. The T-bDPC table should distribute the new information sheets and other information as appropriate, including printed material from Midcoast Lyme Disease Support & Education (MLDSE), an organization founded in 2014. Derreth volunteered to make a poster board for the health fair highlighting our new informational materials.

-There will not be demonstrations of how to make a tick-tube, for we have learned that anyone working with the synthetic pesticide permethrin should wear gloves and masks.

-Linda circulated small samples of Tick Me Off Maine, a tick repellent made with essential oils being developed by Mary and Brian Hauprich. Applied to the skin, it is intended for humans and dogs. Linda will ask the Hauprich's about the ingredients and the product's availability.

Budget. The committee approved a draft budget for the T-bDPC in 2015/16. It totals \$9,345 - \$5,345 to be allocated for information dissemination, \$4,000 for the V-BDL's 2016 tick count.

V-BDL's Tick-borne Disease Prevention Survey. At the T-bDPC's meeting of February 2, 2016, there was consensus that while the survey is a good idea, the timing is wrong for Islesboro, for the community has "had enough" of the tick issue. At this meeting the committee changed its view, concluding that some islanders would be interested in completing the survey. It should be sent by regular mail in July, once most of the summer residents have arrived. The printed material should make it crystal clear that the survey is coming from V-BDL in cooperation with the Island Institute's Maine Islands Coalition and has no connection to the Board of Selectmen or the T-bDPC.

IIN Article about the Columbia-Islesboro Lyme Disease Study. Dr. Brian Fallon, director of the Lyme & Tick-borne Diseases Research Center, has written a brief article about the study for the paper. There was question as to whether to submit it, for much of the information has already been written about. It was decided that another article about the study would be a good idea. Linda will send it to Maggy Willcox.

Next T-bDPC Meeting. No meeting was scheduled, for the work ahead can be done via phone and email.

After motion made, seconded, and approved, the meeting adjourned at 5:30 pm.

Respectfully submitted,

Linda Gillies, Secretary

Follow-up:

- Linda to follow up with Heather about the further drawings and the student video.
- Linda to contact Allie about the possibility of drawings by her daughter, Hannah.
- Linda to contact Richard Coombs about the possibility of a cartoon, "The Sex Life of a Tick."
- Linda to ask Mary and Brian Hauprich about ingredients and availability of Tick Me Off Maine.
- Linda to send Brian Fallon's article to IIN.

C: Janet Anderson, Sandy Oliver, Cindy Gorham, Tina Pendleton, Owen Howell, Dorie Henning,  
Rhonda Shand, Peggy Pike, Maggy Willcox

Approved 4/26/16