

NOV 19 2007

NOV 21 2003

CITY OF CALISTOGA

RECEIVED

APPLICATION FOR APPOINTMENT

Received

1. COMMISSION/COMMITTEE TO WHICH YOU ARE APPLYING:

Bicycle Advisory Committee

2. NAME: Michael Costanzo

3. ADDRESS:



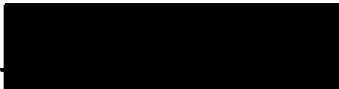
4. MAILING ADDRESS:

2567

5. OCCUPATION: Bike shop owner

6. BUSINESS ADDRESS:

7. HOME PHONE#



BUSINESS PHONE#

EMAIL ADDRESS



8. EDUCATION AND/OR RELATED BACKGROUND:

M.A. Education

17 years retail consulting

9. APPOINTMENT TO THIS POSITION MAY REQUIRE YOU FILE A CONFLICT OF INTEREST DISCLOSURE STATEMENT WITH THE CITY CLERK, THIS DOCUMENT IS OF PUBLIC RECORD.

RECEIVED
NOV 21 2003
BY: [Signature]

I HAVE READ, UNDERSTAND, AND WILL ABIDE BY THIS STATEMENT, PLEASE
INITIAL: WAC

10. PRESENT OR PREVIOUS COMMITTEE(S) AND/OR COMMUNITY SERVICE,
ETC.:

11. PLEASE EXPLAIN YOUR INTEREST TO BE APPOINTED TO THIS
COMMISSION/COMMITTEE AND HOW YOU FEEL THAT YOU MAY
CONTRIBUTE:

Current immersion in cycling industry, plus
more than 25 years as cycling enthusiast
gives me a good understanding of cycling
advocacy issues. I think I can serve as
subject matter expert in many areas for the committee.


SIGNATURE OF APPLICANT

11/20/03
DATE

Please return the completed application to the City Clerk, 1232 Washington Street, Calistoga, CA 94515.
If you have any questions regarding the appointment procedure, please telephone the City Clerk at
(707) 942-2807.



CITY OF CALISTOGA
City Clerk

OCT 6 2011

RECEIVED

Phone: (707) 942-2807
Facsimile: (707) 942-0732

CITY OF CALISTOGA
City Clerk

OCT 10 2008

RECEIVED

CITY of CALISTOGA

Mayor: Dr. Andrew Alexander
Vice Mayor: Jack Gingles
City Council: Michael Dunsford
Karen Slusser
Janice von Pohle

City of Calistoga
City Clerk

BOARDS AND COMMISSIONS APPLICATION

Received

Application for: (Indicate 1st, 2nd choice, etc)

- | | |
|--|---|
| <input type="checkbox"/> City Bicycle Advisory Committee | <input checked="" type="checkbox"/> Napa County Bicycle Advisory Committee |
| <input type="checkbox"/> City Building Board Code of Appeals | <input type="checkbox"/> Napa County Measure A Financial Oversight Committee |
| <input type="checkbox"/> City Community Resources Commission | <input type="checkbox"/> Napa County Mosquito Abatement Board |
| <input type="checkbox"/> City-County Library Commission | <input type="checkbox"/> Napa County Parks and Open Space Advisory Committee |
| <input type="checkbox"/> City Planning Commission | <input type="checkbox"/> Other |

Citizens are encouraged to serve on the various City commissions. Applications will be reviewed and interviews may be scheduled with the City Council. Commission appointments are made at a regular meeting of the City Council.

Last Name: Deiss First Name: Dieter

Telephone: Home: [REDACTED] FAX: [REDACTED]

E-mail Address: [REDACTED]

Physical Address of Residence: [REDACTED]

Mailing Address: same

Business Address: none

Occupation: Business Consultant (retired)

School district

Are you a resident of the City of Calistoga? Yes No

Years of residency: 16

Education and/or related background: Degree in mechanical engineering. Volkswagen organization (20 yrs), Owner of a consulting firm (25yrs) that focused on the development and implementation of business operating systems, Human resources development and facility design

Licenses or special certificates held: Driver License

City of Calistoga
City Clerk

OCT 31 2005

Received

CITY OF CALISTOGA
City Clerk

NOV 18 2010

RECEIVED

Organizations to which you belong (professional, technical, community, services):
Volleyball Club of Calistoga, SAE (retired)

Describe specifically why you wish to serve, why you believe you are qualified for the position, and what you might contribute to the group:

It is my interest to help develop a safe and unique Napa Valley bike transportation system that connects the valley towns. I consider such a system essential to achieve three goals: improvement of the quality of life for local citizens, meeting and exceeding the experience of biking visitors, and supporting energy saving alternative transportation. My profession required conceptual thinking, planning and the ability to execute projects. I enjoy interaction with people.

References (include name and daytime phone number)

- (1) George Goeggel
- (2) Denis Sutro



List any other committees/commissions on which you have served, and the year(s) of service:

Calistoga Bicycle Advisory Committee (10 months), Economic Vitality Group (EVG), Chair (8 months), Cofounder "Friends of Rural Calistoga", member of County Bicycle Advisory Committee (less than 1 month). Prior to retirement: member of various committees at Volkswagenwerk AG in Germany

Please Note: Appointment to this position may require you to file a conflict of interest disclosure statement with the City Clerk. This information is a public record and these statements are available to the public on request.

I have read, understand, and will abide by this statement (please initial)

I have sufficient time to devote to this responsibility and plan to attend the required meetings if I am appointed to fill a vacancy

Date: October 31, 2005

Signature of Applicant

Completed application should be returned to

Susan Sneddon, City Clerk
1232 Washington Street
Calistoga, CA 94515

For questions please call the City Clerk at (707) 942-2807.



CITY OF CALISTOGA
City Clerk

AUG 2 2011

RECEIVED

CITY of CALISTOGA

BOARDS AND COMMISSIONS APPLICATION

CITY OF CALISTOGA
City Clerk

OCT 4 2011

RECEIVED

Application for: (Indicate 1st, 2nd choice, etc)

- Bicycle Advisory Committee
- Building Standards Advisory & Appeals Board
- City Community Resources Commission
- County Library Commission
- Design Advisory Panel
- Napa County Bicycle Advisory Committee
- Napa County Measure A Financial Oversight Committee
- Napa County Mosquito Abatement Board
- Planning Commission
- Other Committees Calistoga Community Pool Advisory Committee

Citizens are encouraged to serve on the various City commissions. Applications will be reviewed and interviews may be scheduled with the City Council. Commission appointments are made at a regular meeting of the City Council.

Name: SHERMAN THOMAS (TOM) E.
Last First

Telephone: [Redacted]

E-mail Address: [Redacted] facsimile

Physical Address of Residence: [Redacted]

Mailing Address: [Redacted]

Business Address: [Redacted]

Occupation: Retired / Private Practice as Wellness Consultant / Faculty: Acupressure Institute in Berkeley California
Are you a resident of the City of Calistoga? Yes No Years of residency: 2 Educator

Education and/or related background: MPH in Hospital Admin. / Ph.D. in Organization Development

Licenses or special certificates held: Licensed Massage Therapist / Certified Healing Touch Practitioner / Certifications (3) in Acupressure and AEU-Yoga

AUG 2 2011

Tom Sherman, Ph.D.

RECEIVED

**APPLICANT STATEMENT FOR
BICYCLE ADVISORY COMMITTEE and
CALISTOGA COMMUNITY POOL ADVISORY COMMITTEE**

BICYCLE ADVISORY COMMITTEE

I have used my bicycle(s) as my primary form of local transportation for many years in both Oakland and since I moved to Calistoga in May 2009. I began serious biking in Sacramento in the early 1980's and have participated in several bike events, including the first AIDS Bike Ride in Hawaii in 1998. I see biking as the future of environmentally responsible transportation for a growing portion of our population.

The ability to use my bike as primary transportation was one of the key factors in my decision to locate in Calistoga for my elder years. As a senior in Calistoga, I have become very familiar with the positive and negative aspects of biking in Calistoga and see many ways Calistoga can become a much more bike friendly community.

I am also very excited about the Napa Valley Vine Trail and would love to participate in bringing this Vision to completion.

CALISTOGA COMMUNITY POOL ADVISORY COMMITTEE

I am a daily swimmer and have been in the water since I was 5 years old. My first job was working at a summer pool in Iowa where I started as basket room/concession stand staff and continued to work every summer through college. I was a lifeguard, instructor, swim team member and coach, Assistant Manager, and finally Manager of the Grinnell Municipal Swimming Pool in Grinnell, Iowa during the 1960's and early 70's.

I continued fitness swimming and got actively involved in Master's Swimming in Sacramento in the late 1970's and actively participated in Masters for many years. When I moved to Hawaii in 1990, I became a daily swimmer and today continue to swim daily at the Calistoga Pool and pools in Oakland, Santa Rosa, and Benicia.

Tom Sherman, Ph.D.

CITY OF CALISTOGA
City Clerk

AUG 2 2011

RECEIVED

PROFESSIONAL EXPERIENCE:

**CHAKRAMAN (2004-CURRENT)
WAVES OF CHANGE (1977-2004)**

**TRANSFORMATIONAL HEALING
SERVICES**

Private practice in Oakland, California providing healing services, wellness consultation, educational experiences, and self care tools to promote wellness and healing. Faculty member of The Acupressure institute in Berkeley since 2006. Owned and managed a Retreat Sanctuary in Kapaau, Hawaii which was sold in 2004 when business name became Chakraman.
(web site = www.chakraman.com)

August 2004 - CURRENT

FAIRMONT ORCHID HAWAII
Big Island of Hawaii

MASSAGE THERAPIST

Staff Massage Therapist at the Spa Without Walls offering Massage, Energy Medicine, and spa treatments as casual relief Massage Therapist

March 1999 - August 2004

HEALTH SABBATICAL

Phased out of consulting practice to focus on personal health issues and healing using a holistic approach integrating Western Medicine and Eastern wellness practices. Studied death and dying process, completed hospice training, participated in an intensive on Transitions at Esalen Institute, and traveled to Mexico, England, Spain, and Peru.

January 1995 - January 1997

PRIVATE CONSULTING PRACTICE

**CONSULTANT IN MANAGEMENT and
ORGANIZATION DEVELOPMENT**

Worked as an independent consultant to business, industry, and private organizations in individual, group and organization development. Areas of activity included large system change project design and management, team building, strategic planning, conference design and facilitation, organizational diagnosis, and management development training. Areas of specialization were hospitals and health care systems.

January 1981 - January 1995

**UNIVERSITY OF CALIFORNIA-BERKELEY
UNIVERSITY OF SAN FRANCISCO**

ADJUNCT FACULTY

Taught courses (Organization Development: Theory and Practice and Organizational Consulting) for the UC-Berkeley School of Business Administration Extension Program and core curriculum courses in Organization Development, Group Dynamics, Management and Administration for the USF Master's Degree Program in Human Relations and Organization Development.

January 1981 - January 1988

UNIVERSITY OF CALIFORNIA
Berkeley, California

MASTERS DEGREE in Public Health
(Hospital Administration) 1972 - 1974

UNIVERSITY OF IOWA
Iowa City, Iowa

BACHELOR OF ARTS DEGREE
in Journalism and Education 1967 - 1971

WRITING AND PUBLICATIONS:

"My Energy Medicine Healing Odyssey: Energy as Ally in Injury, Trauma, and Chronic Disease Management" unpublished manuscript on experiences with Energy Medicine during the summer of 2003 (2003)

"RECLAIMING LIFE: Create YOUR Path of Healing" a 7 chapter, completed unpublished manuscript on my personal healing journey and principles to guide healing for those facing life-threatening illness

"Navigating The Waves of Change: A Model for Facilitating Personal Transitions" 1997

"The Transition From Surrender to Hope: The Promise of Protease" an unpublished paper, August 1996

"Finding New Balance" Vision/Action Journal of Bay Area Organization Development, December 1991

"Organizational Joining: Predictable Issues and Potential Interventions," Vision/Action Journal of Bay Area Organization Development, March 1988

"Strategic Planning in a Nursing Department: Process and Product", Stanford Nursing Monograph Series (co-authored with Duane Walker, Jeanne DeJoseph, and Jean Bronstein), Stanford University Hospital, 1984

"Organization Development Evaluation: A Resource Guide for the O.D. Practitioner", University Microfilms International, Ann Arbor, Michigan, 1983 (Doctoral Dissertation)

"Transition Management: Restructuring the Nursing Management Organization," Nursing Management, Summer 1983

"Selecting and Developing Employees," a chapter in Management and Cost Control Techniques for the Clinical Laboratory, by James Bennington, MD, University Park Press, Baltimore, Maryland, 1977

"Hypotheses of Successful Organizational Change: An Analysis of Planning Processes for the Implementation of Unit Management Programs," Occasional Papers in Hospital Administration, School of Public Health, University of California, Berkeley, June 1975

PROFESSIONAL AFFILIATIONS:

Faculty Member of the Acupressure Institute in Berkeley, California
Instructor at Healing Arts Institute, Citrus Heights, California
Certified Member of Associated Bodywork & Massage Professionals

INTERESTS:

Yoga, swimming, biking, core balance training
Landscape design and gardening
Wilderness adventures and camping

HEALING TOUCH TRAINING + CERTIFICATION

Level I Training 16 hours Cecil Del Carmen, RN, CHT Instructor	April 19 - 20, 1997	Honoka'a, Hawaii
Level IIA Training 20 hours Anne Day, RN, MA, CMT, CHT Instructor	February 17 - 19, 1998	Kailua, Hawaii
Level IIB Training 20 hours Anne Day, RN, MA, CMT, CHT Instructor	May 12 - 14, 1998	Kailua, Hawaii
Level IIIA Training 30 hours Janet Mentgen, BSN, MA and Linda Smith, RN, MS, CHT Instructors	February 15 - 18, 1999	Kailua, Hawaii
Level IIIB Training 30 hours Janet Mentgen, BSN, CHT Instructor	January 31-Feb 3, 2000	Kailua, Hawaii

CERTIFIED HEALING TOUCH PRACTITIONER (CHTP # 1216) FEBRUARY 2000

- **Advance Practice II** = 10 hours October 2001, San Diego, California
- **Advance Practice I** = 10 hours February 2003, Kohala, Hawaii
Janet Mentgen, BSN, CHT Instructor

MESSAGE TRAINING + LICENSING

LEVEL 1 TRAINING = 150 hours December 1, 1998 - February 12, 1999

- 50 hours of Anatomy, Physiology, & Structural Kinesiology
- 100 hours Theory & Demonstration of Massage

KONA'S CENTER for MUSCULAR MASSAGE Geno Ortiz, LMT, Instructor

MESSAGE APPRENTICESHIP = 420 hours February 16 - September 23, 1999

- 70 hours of Clinical Operations
 - Sanitation - 30 hours
 - Office Procedures - 30 hours
 - Record keeping - 10 hours
- 40 hours of Advanced Massage Techniques
- 310 hours of hands on massage with record keeping

**CENTRE FOR WELL-BEING, Orchid at Mauna Lani
WAIMEA NATURAL HEALTH CENTER**

Jeanne Sunderland LMT
Karl Toubman, LAc., LMT

- **Touch for Health I** = 16 hours training and practice in manual muscle testing / energy balancing
Von Kobzev, LMT Instructor June 5 - 6, 1999
- **Lomi Lomi Massage Apprenticeship Training** = 50+ hours Lomi study / Apprenticeship
Papa K, Traditional Hawaiian Lomi Lomi Healer Spring 2001
- **Thai Massage Training** = 42 hours training and hands on practice in Thai Massage
Chet Glenn LMT, Instructor Sept. 3 - 5, 2002 and
January 27 - 29, 2003

**LICENSED AS MESSAGE THERAPIST IN HAWAII (MAT 5487)
DECEMBER 20, 1999**

HEALTH DIMENSIONS INCORPORATED San Jose, California

- Teambuilding Retreats with President's Council, System Operations Group, all System Management, and individual Affiliate Executive Groups (Good Samaritan Hospital / San Jose Medical Center / The Visiting Nurses Association) focused on System Development, Teambuilding, and Service Rationalization
- Design and facilitation of integration activities related to Management/Organization Development/Educational Services and Marketing, Business Development, and Contracting functions

MARCH 1987 - JUNE 1993

CENTRAL MEDICAL CLINIC, INC. Honolulu, Hawaii

- Organizational Assessment
- Teambuilding and Planning Retreat

SEPTEMBER 1991- NOVEMBER 1991

REHABILITATION HOSPITAL OF THE PACIFIC Honolulu, Hawaii

- Consultation on the design of a Management Development Program

NOVEMBER 1990 - FEBRUARY 1991

MILLS-PENINSULA HOSPITALS Burlingame, California

- Workshops on Change Management for all Management Staff

FEBRUARY 1990 AND JUNE 1990

**KAISER PERMANENTE MEDICAL CARE PROGRAM
HUMAN RESOURCE DEVELOPMENT DEPARTMENT** Oakland, California

- Design and facilitation of Regional HRD staff and HRD/E+T Peer Group off-site teambuilding retreats focused on organization redesign and teambuilding

FEBRUARY 1984 - APRIL 1990

STANFORD UNIVERSITY MEDICAL CENTER Palo Alto, California

- Design and facilitation of organizational improvement projects and retreats with: Nursing Administration, Emergency Services, Surgical Services, Social Services, Medical Records, and all Nursing Management

FEBRUARY 1983 - JUNE 1989

HERRICK HOSPITAL AND HEALTH CENTER Berkeley, California

- Teambuilding with Administrative Team and consultation with Internal Consultant on organization development activities
- Design and facilitation of joint Board-Administration-Medical Staff Project

DECEMBER 1981 - JUNE 1984

KAISER PERMANENTE MEDICAL OFFICES Pleasanton, California

- Consultation on role clarification, performance expectations, and conflict resolution with the Administrator and Director of Nursing

NOVEMBER 1983 - FEBRUARY 1984

HIGHLAND GENERAL HOSPITAL Oakland, California

- Departmental assessment and teambuilding/training for the Top Management Team of the Department of Psychiatry

DECEMBER 1982 - OCTOBER 1983

KAISER PERMANENTE MEDICAL CARE PROGRAM Northern California

- Organization Development Specialist in both a Medical Center setting and in the Corporate Organization Research and Development Department. Full time internal consultant position.

MAY 1978 - FEBRUARY 1982

VISITOR INDUSTRY

ROBERTS HAWAII Honolulu, Hawaii

- Design and facilitation of a Strategic Planning Process

NOVEMBER 1994 - MARCH 1994

THE WESTIN KAUAI Kalapaki Beach, Lihue, Kauai

- Design and facilitation of a Management needs assessment process and consultation on design of a Leadership Development Program
- Facilitation of Executive Team Retreats and Teambuilding Workshops with all of management

APRIL 1991 - OCTOBER 1992

THE WESTIN MAUI RESORT Kaanapali Beach, Maui

- Design and implementation of Employee Survey Processes

NOVEMBER 1988 - MARCH 1989

AUGUST - NOVEMBER 1991

NOVEMBER 1993 - JANUARY 1994

THE MAUNA KEA BEACH HOTEL Kohala Coast, Island of Hawaii

- Design and implementation of Employee Survey Process
- Executive Team Teambuilding and Management Training Workshops

APRIL 1988 - NOVEMBER 1988

CONSULTING ORGANIZATIONS

OMEGA-CONSULTANTS TO BANK MANAGEMENT San Francisco

- Total organizational assessment
- Executive team teambuilding
- Consultation on development of a Service Quality Training product

JUNE 1985 - JANUARY 1988

EQE, INC. San Francisco

- Consultation with the President / Chief Executive Officer of this five year old earthquake engineering consulting firm
- Planning and facilitation of annual planning meetings

JUNE 1986 - AUGUST 1987

INTERACTION ASSOCIATES, INC. San Francisco

- Co-design and co-facilitation of a two day training titled: O.D. Fundamentals for all internal IA consulting staff.
- Facilitation of Executive Committee Meeting and meeting with the organization's co-founders.

JULY 1985 - MAY 1986

INSURANCE INDUSTRY

PACIFIC GUARDIAN LIFE Honolulu, Hawaii

- Consultation on design and facilitation of initial sessions of a Management Development Program called Imanagerring

FEBRUARY 1993 - JUNE 1993

DELTA DENTAL PLAN OF CALIFORNIA San Francisco

- Consultation to Manager of Corporate Training and Development on design and implementation of internal O.D. projects
- Management training workshops
- Co-design and facilitation of Executive Retreats for P.M.I. (Affiliate of Dental Dental)

NOVEMBER 1985 - DECEMBER 1992

**RESUME ADDENDUM
PROFESSIONAL DEVELOPMENT AS A HEALER
TOM SHERMAN**

HEALING TOUCH TRAINING

- Level I Training = 16 hours** April 19 - 20, 1997
Honoka'a, Hawaii Cecil Del Carmen, RN, CHT Instructor
- Level IIA Training = 20 hours** February 17 - 19, 1998
Kailua, Hawaii Anne Day, RN, MA, CMT, CHT Instructor
- Level IIB Training = 20 hours** May 12 - 14, 1998
Kailua, Hawaii Anne Day, RN, MA, CMT, CHT Instructor
- Level IIIA Training = 30 hours** February 15 - 18, 1999
Kailua, Hawaii Janet Mentgen, BSN, CHTI and Linda Smith, RN,
MS, CHT Instructor
- Level IIIB Training = 30 hours** January 31 - February 3, 2000
Kailua, Hawaii Janet Mentgen, BSN, CHT Instructor

MASSAGE TRAINING + LICENSING

- Level I Training = 150 hours** December 1, 1998 - February 12, 1999
• 50 hours of Anatomy, Physiology, & Structural Kinesiology
• 100 hours Theory & Demonstration of Massage
Kona's Center for Muscular Massage Eugene Geno Ortiz, LMT,
Instructor
- Massage Apprenticeship = 420 hours** February 16, 1999 -
September 23, 1999
- 70 hours of Clinical operations
 - Sanitation - 30 hours
 - Office Procedures - 30 hours
 - Record keeping - 10 hours
 - 40 hours of Advanced Techniques
 - 310 hours hands-on massage with record keeping
- Centre for Well-Being, Orchid at Mauna Lani Jean Sunderland, LMT
Sponsoring Therapist
Waimea Natural Health Center Karl Toubman, Lac., LMT
Sponsoring Therapist
- Touch for Health I = 16 hours** June 5-6, 1999
- 16 hours training and hands on practice in manual muscle testing and
energy balancing techniques
Von Kobzev, LMT, Instructor
- Licensed as a Massage Therapist in Hawaii** December 20, 1999
(MAT 5487)