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BISHOP RANCH



Nine-Hole Scramble

Wednesday, September 28, 5 p.m.

San Ramon Golf Club

9430 Fircrest Lane at Alcosta Boulevard

San Ramon

FREE

San Ramon Golf Club invites all Bishop Ranch tenants—from first-timers to club champions—to the second **Bishop Ranch Nine-Hole Scramble Mixer**, on Wednesday, September 28. The evening features nine-hole rounds of golf, starting at 5 p.m., complete with golf carts and range balls, followed by hors d'oeuvres, a no-host bar and prizes.

San Ramon Golf Club (www.sanramongolfclub.com) is a semiprivate, 18-hole championship golf facility. The course is open to the public, and challenges players of all skill levels. Its No. 9 island green is the highlight of everyone's round. The facility offers private golf lessons and group instruction, and boasts one of the most active junior golf programs in the Tri-Valley area. There's also a full-service pro shop, plus a banquet department well equipped for every catering possibility.

If you're interested in playing in the tourney, contact Tenant Services at **543-0100** and tell us your golfing level/handicap. Space is limited. Please RSVP no later than **September 21**.



Our Web Site Has a New Look

The new and improved **Bishop Ranch Web site** is up and running. We hope you find it easier to navigate and as informative as our former site. (We think it looks fabulous!) Check it out at www.bishopranch.com.

Bishop Ranch Symphony Concert in the Park

FREE Outdoor Concert

San Ramon Central Park

Corner of Alcosta

Boulevard and

Bollinger Canyon Road

Friday, September 23

5:30-7:30 p.m.

The California Symphony, the City of San Ramon and Sunset Development

are pleased to bring the highly regarded California Symphony Orchestra to San Ramon. This free community concert will be held on Friday, September 23, and will be open to Bishop Ranch employees and the greater San Ramon community.

Pack up your family and friends, beach chairs, blankets and a picnic, and enjoy an outdoor Boston Pops-style concert. The spectacular musical program offers something for everyone, including *Chariots of Fire*, *Tribute to Burt Bacharach*, *Moon River*, *Disney Magic*, *Lord of the Rings*, *Phantom of the Opera*, and the "Waltz" from *Sleeping Beauty*.

We'd like to know in advance if you are planning to join us for this wonderful evening of music. To RSVP, contact Bishop Ranch Tenant Services at **543-0100**.



Go Giants!

Thursday, September 15

5 p.m. departure

7:15 p.m. game time



Enjoy a fan's night out at the ballgame with fellow Bishop Ranch tenants when the San Francisco Giants meet the Los Angeles Dodgers on Thursday, September 15. The price per person is \$55, which covers transportation to the game (to and from Bishop Ranch), refreshments on board the luxury bus and lower box seats at SBC Park.

Call Tenant Services at **543-0100** to reserve your seat. Don't delay—only 23 tickets are available. Be sure to call by Friday, September 9.



Is Your Car Dirty?

Sponges Car Wash
2061 Camino Ramon
San Ramon

Sponges Car Wash discount cards, offered exclusively to Bishop Ranch tenants and their families, expired on July 1. To get your new card, valid for one year, call Tenant Services at **543-0100**. Ask for an extra card for your family, too.

FYI: Discounts are available for all car detailing services. You can save as much as \$79 on one detail job with this offer. Just show your card at Sponges for reduced rates.



Location, Location, Location

Bishop Ranch Conference Center
2623 Camino Ramon, Suite 175 (BR3)

Planning your next meeting, training session or speaker presentation? Looking for a nearby location? Please consider the Bishop Ranch Conference Center. The price is reasonable, and the cost includes all the latest audiovisual technology. An added benefit: The Conference Center has partnerships with local caterers that will attend to your food and beverage needs at a discount.

For more information or a tour, call Tenant Services at **543-0100**. We look forward to assisting you.

Tenant Profile: Ralph Fong Jr., M.D.

Convenient, comprehensive care is the hallmark of Bishop Ranch Urgent Care, part of the John Muir/Mt. Diablo Health System. In addition to urgent and occupational healthcare, there are two family practices, plus on-site X-ray and lab facilities. The setup is “ideal for working adults,” says Ralph Fong Jr., M.D., medical director, who took over a retiring doctor’s Danville practice in 1997, and was joined by Ethan Hollander, M.D., when the office moved to Bishop Ranch in 2002. “We try to have same-day availability all the time, which a lot of other offices don’t do. Even if you have a doctor where you live, you can come over and be seen and go back to work. Your doctor gets a note from us the next day. It allows people to be more time-efficient, yet still maintain their continuity of care.”



Résumé

Name: Ralph Fong Jr., M.D.

Title: Medical Director

Company: Bishop Ranch Urgent Care

Location: 2305 Camino Ramon, Suite 100 (BR11)

Number of employees: Eight

Year company was founded: Original practice was founded in the early 1970s.

Number of years at Bishop Ranch: Two

Practice Profile

Business approach: “We have two full-time family practices. As family physicians, we can take care of nine out of 10 patients who walk through our door, and appropriately refer those patients who need specialty care.”

Biggest challenge: “Our initial biggest challenge was adapting to the concept of a medical office in a business park. It took a little getting used to, and we had to adjust our hours. Otherwise, it’s worked out very well.”

Biggest risk taken: “The financial risk of building out a space that is adequate to house four full-time physicians with extended practices, and trying to get started up.”

Favorite task: “Figuring out how to help a patient cope with their illness.”

Least favorite task: “The paperwork dealing with insurance companies.”

Your source of inspiration: “My childhood pediatrician. I was a fairly sickly child, in and out of the hospital a lot. I had a great relationship with my pediatrician. He had an old-fashioned type of practice. He would talk to my mom and knew what was up with our family, and that was neat.”

Personal Philosophy

Best way to motivate co-workers and staff: “Reminding them about the big picture—that we’re trying to help someone suffering from illness and to improve the health of the overall community.”

Suggestions for up-and-coming physicians: “Focus on both the patient and the staff you’re working with. If you have a great relationship with them, it makes the job enjoyable every day.”

A goal you still want to achieve: “I think the American health system needs to become more streamlined, and more inclusive for its citizens. I can’t accomplish that as an individual, but as a country we could.”

Off Hours

Favorite pastime: “I play a lot of basketball. I may have lost a step on the drive, but that happens when you’re 46! I like to fish a lot. I also like to cycle, usually on the bike trails around my house. I do all of these with my wife and son.”

Favorite vacation spot: “Poipu Beach in Kauai.”

The Greatest Show on Earth



Ringling Bros. and Barnum & Bailey Circus
Discount tickets for Bishop Ranch Tenants
Oakland Arena
Wednesday, August 17–Sunday, August 21

Ladies and gentlemen! Children of all ages! Bishop Ranch and the Oakland Arena are delighted to offer you **exclusive** ticket prices for the Greatest Show on Earth: the Ringling Bros. and Barnum & Bailey Circus. The circus is a 135-year tradition with more than 100 extraordinary human and animal performers from all over the world, a live band, captivating clown escapades and daring high-wire acts.

Contemporary thrills and surprises make the circus-going experience especially memorable. Best of all, Bishop Ranch tenants can enjoy the entire show at a discount.

For show times and discount ticket information, go to www.bishopranch.com and click "Amenities," then "Events." The last day to order tickets is **Friday, August 12.**

Sunset Development's New Staff Members

We are pleased to introduce three new members of the Sunset Development Company team. Shannon Mahonney (left), commute consultant, works directly with Marci McGuire. Alex "Al" Green, property administrator, has joined the property management department and is your new contact person for all services-related issues. Wendy Swiers, property administrator, works directly with our general manager, Rob Scott.



We hope you will join us in welcoming Shannon, Al and Wendy.

Win an LCD TV and Support the Contra Costa Food Bank

Sunset Development Company and Patelco Credit Union are teaming up to help raise much-needed funds for the Contra Costa Food Bank. For \$1 you can help feed the hungry in our community and enter a drawing to win a flat-panel television donated by Patelco Credit Union. Enter to win at participating locations from **11:30 a.m.–2 p.m.** on the following dates:

Tuesday, August 16	BR1	6111 Bollinger Canyon Road
Wednesday, August 17	BR15	12667 Alcosta Blvd.
Thursday, August 18	BR3	2633 Camino Ramon

The more times you enter the drawing, the more people you will help and the better your chance of winning! The winner will be contacted by phone on Friday, August 19.

All proceeds benefit the Contra Costa Food Bank, which has been serving the community for 24 years. Food is distributed through its network of 197 member agencies, including emergency food pantries, soup kitchens and homeless shelters.

Patelco is one of California's largest credit unions, with 37 traditional branches and state-of-the-art, 24/7 online banking.



Child-Care Referrals

Your Tenant Services office is working with child-care referral agencies in Contra Costa County, as well as elsewhere in the Bay Area, and can help you obtain a list of licensed child-care providers based on your child's age, location of the child-care facility, hours required and any special needs. This referral service is free to Bishop Ranch tenants and their families. For assistance, call **543-0100.**



Kudos for Continuing Pilates Classes

Tuesday, Thursday and NEW Friday Classes
Noon–1 p.m.
12667 Alcosta Boulevard, Second Floor (BR15)
\$42 for 6 weeks (\$40 cash)

Bravo to all who continue to participate in Pilates classes with instructor Judith Connaughton. The response from many participants is that you are seeing an increase in your energy and strength—and you have lost a few inches, too. Pilates works!

New Six-Week Sessions

Tuesday classes: August 9–September 13

Thursday classes: August 11–September 15

NEW Friday classes: August 12–September 16

Next Six-Week Sessions

Tuesday classes: September 20–October 25

Thursday classes: September 22–October 27

Friday classes: September 23–October 28

Remember, beginners and advanced-level exercisers are welcome. To sign up, call Tenant Services at **543-0100.**

Preferred Rates for Bishop Ranch Tenants

Pick your perk: Get preferred rates on everything from caterers to chiropractors, delis to dentists, gift shops to golf courses. Visit www.bishopranch.com and click "Amenities" to choose these and other special offers from the sponsor companies listed below.

New This Month

A Max Limousine Transportation • Artful Solutions • Max's Diner • Napa Valley Marriott Hotel Spa • New Age Dentistry • Residence Inn San Ramon • Wyndham Garden Hotel Pleasanton

Caterers

Classic Catering • Diablo Deli • Emilio's of Danville • Erik's Deli Cafe • Events by Wallace • Giuseppe's Pasta & Grill • Scott's Seafood Bar & Grill Walnut Creek • Valley Catering

Restaurants

Alouettes Restaurant • Applebee's Restaurant • Blackhawk Grille • Boudin Bakery • The Brass Door • Bridges • Café Esin • The Dog • Erik's Deli Cafe • Faz Restaurant • Kabob House Too Restaurant • Luna Loca Mexican Restaurant • Maggie Moo's Ice Cream & Treatery • Mudd's • Pasta Gondola Restaurant • Quizno's Subs • Regional St. Bistro Restaurant • Stixx & Steaks Restaurant (Marriott Hotel)

Hotels

AmeriSuites Hotel • Best Western Danville Sycamore Inn • Corporate Housing by Synergy Relocations • Courtyard by Marriott • Crowne Plaza Hotel Pleasanton • Embassy Suites Walnut Creek • Hampton Inn • Harbor Court Hotel • Hilton Garden Inn Livermore • Hotel Griffon • Hyatt Regency San Francisco • Marriott Walnut Creek • Oakwood Corporate Housing • Radisson Hotel Dublin • The Rose Hotel • Sierra Suites San Ramon • Summerfield Suites • The Village at Squaw Valley • Wyndham Garden Hotel

Miscellaneous Services

AHN's Shoe Repair • American Financial Lending • Armanino McKenna LLP • ArtDirect.com • Avis Rent-a-Car • Awe-Dacious Salon • The Basket Lady • Bay Plant Company • Bishop Ranch Chiropractic Center • Bishop Ranch Dentistry • Bishop Ranch Veterinary Center • Black Tie Transportation • Bochenski Video Services • Bodylines Day Spa • Café Matty • Cambridge SoundWorks • Campus Wireless • Chic & Younique • ClubSport of San Ramon • CompUSA • Danka Office Imaging • Diablo Funding Group • Dublin Golf Course • *East Bay Business Times* • East Bay Connections • East Bay Eye • East Bay Flower Company • Empire Realty • Enchanted Florist & Gifts • Enterprise Rent-a-Car • ENT Networks, Inc. • Excel Graphics • Fast Frame of San Ramon • Gift Bags Online • Gift Baskets by Design • GMAC Mortgage • Healthy Ways Muscle Therapy Solutions • Heaven's Best Carpet Cleaning • Home Inventory Specialists • Hometown GMAC Real Estate • Hornblower Cruises • Indulgence Salon • Liberty Fitness • Matchpoint Graphics • Meeting Possibilities • My Training Dept. • Nor-Cal Moving Services • No Sweat • Optometric Elements at Bishop Ranch • Out & About • The Paper Trail • Quality Haircuts • The Rain Forest • RMS Data • Roesbery/Spillner Car Care • SAFE • Sam Clar Office Furniture • San Ramon Body & Detail Shop • San Ramon Chiropractic and Occupational Center • San Ramon Dental Excellence • San Ramon Family Optometry • San Ramon Floral Fantasy • Security Public Storage • Seishindo Acupuncture • Serenity Skincare • Smog Check by Boss Trucks • Sponges Car Wash • Spotlights Art Academy • Spray Soleil • Suddath Relocations • Susan Cooke Interior Design Group • Tans Plus • Technology Integration Group (TIG) • TLC Interior Plant Services • Trans American Tours • Tutoring Club • 24-Hour Fitness • 20/20 Optometry • Valley Limousine • Versailles Jewelers • XO Communications • Yoga

Get On Board for Transportation Center Services

The Bishop Ranch Transportation Center puts on private commuter fairs for Bishop Ranch companies. There are many ways to use our free service. Invite us to set up a table at your company's next employee benefit fair, or have us create a theme fair in conjunction with a holiday, to help your employees explore their commuting alternatives. We provide the information, giveaways, cash prizes and incentives to help your employees save money and time, plus reduce stress.

Employers that regularly use our free services find that it increases productivity, lowers absenteeism and stress levels, improves morale and generally creates a happier work force. Instead of your employees searching the Internet or dialing endless customer service numbers to find the answers to solve their commute problems, we can provide a quick, effective one-stop solution.

To schedule a commuter fair or to find out how we can tailor our services for your employees, contact the Bishop Ranch Transportation Center at **830-0101** or brtc@bishopranch.com.

2003

BEST
WORKPLACES
for COMMUTERSSM
District

BISHOP RANCH
BUSINESS PARK



Our Health Fair Was a Hit

What a great turnout we had for our First Annual Health Fair, held May 19. More than 500 tenants participated in the day's health-boosting events. Thank you all for joining us, and for the positive feedback that many of you shared.

Joyce Lee (pictured above) with OOCL was the grand prize winner of an iPod Shuffle, donated by SBN IT Solutions, a tenant in BR15. Congratulations, Joyce!