

Inside Bishop Ranch

Child Care Choices

Many parents here at Bishop Ranch have important questions—and crucial decisions to make—about daycare. Fortunately, we can help you get answers. Proximity to work is key, and we're pleased to announce that there are more than a dozen licensed daycare centers that are fewer than four miles from Bishop Ranch.

If you are interested in a child care center listed here, please contact Tenant Services for more information. If you are looking for home-based daycare, we can help you obtain a list of licensed child care providers throughout Contra Costa and the greater Bay Area, taking into account your specific criteria. This service is free to Bishop Ranch tenants and their families. Call (925) 543-0100.



Approximate Distance From Bishop Ranch

Daycare Centers

- The Growing Room (Twin Creeks) - - - - - 1 mile
- The Magic Dinosaur - - - - - 1 mile
- Rada Daycare - - - - - 1.2 miles
- Teddy Bears Children Center - - - - 1.4 miles
- La Petite Academy
- San Ramon - - - - - 1.5 miles
- Lynnette's Day School - - - 1.5 miles
- Stepping Stones Learning Center - - - - 1.5 miles
- Diablo Hills Pre-School - - - 2 miles
- Rise & Shine Children's Center - - - - 2.1 miles
- Acorn Learning Center - - - - 2.5 miles
- The Growing Room - - - - - 2.5 miles
- Joyful Noise Preschool Center - - - - 3 miles
- Little Bridges Childcare Center - - - - 3 miles
- Follow the Child Montessori - - - - 3.1 miles
- Happy Days Pre-School/Day Care - - - - 3.6 miles
- The Child Day School - - - - - 3.7 miles

EXIT STRATEGIES AND LABOR LAWS: WHAT YOU NEED TO KNOW

Thursday, May 15 & Thursday, May 29, noon-1 p.m.
2326 Camino Ramon, Suite 175 (Bishop Ranch Conference Center)
FREE, includes lunch

Bishop Ranch and Gevity HR bring you a series of seminars about issues affecting your business. Space is limited; please RSVP to Tenant Services at (925) 543-0100.

Exit Strategy

Thursday, May 15

Whether your company is soaring or struggling, every business needs an exit strategy. This seminar will address the ins and outs of exit strategies: why your company should have one, typical issues you may wrestle with and why it's important to maximize your company's value today.

Labor Law Update

Thursday, May 29

Employment law affects workplaces big and small. So what do you need to know? At this seminar, you will learn the most up-to-date information about federal and state compliance for 2008, plus you'll be briefed on common misconceptions in labor law and get a glimpse of what's coming down the pike.



Don Sutphin spent 13 years at Pacific Gas & Electric before

leveraging his expertise to join a fledgling company: Viasyn. A renewable energy enabler, Viasyn serves as the middle man between power plants, power consumers and the California Independent System Operator (the entity that operates the power grid), helping them coordinate energy production and consumption schedules.

Sutphin bought majority ownership of Viasyn in 2002, which is when his wife quit her job and also joined the start-up.

"It was a struggle in the early years," he remembers, "but by 2006 work picked up and we had new clients. We hired our first two new employees in 2006; now we number eight. We're also looking to expand into two electricity markets: Texas later this year, and down the road, the East Coast. Now there are many opportunities for us."

Résumé

Name: Don Sutphin
Title: Chairman and CEO
Company: Viasyn
Location: BR2
Number of employees: Eight
Year company was founded: 2001
Number of years at Bishop Ranch: Five

Company Profile

Headquarters: San Ramon
Business: Renewable energy enabler (a services company in the power industry)

Business approach:

"Continuous improvement, and allowing people to find their own way to a goal."

Biggest challenge: "Growing this company amongst big competitors; we're miniscule, but we're one of a kind. Sometimes it's hard to get people to take you seriously."

Favorite tasks: "Seat-of-the-pants programming. I love to put things together in the computer world."

Least favorite tasks: "Getting bogged down in a project that needs to get done but seems to be taking forever."

Source of inspiration/motivation: "My mother, who ran her own little gardening business in Michigan."

Personal Philosophy

Best way to motivate staff: "There isn't a lot required from me. The people who are here want to be here."

Suggestions for up-and-coming executives: "The Nike slogan: Just do it. You can't be afraid of change."

A goal you still want to achieve: "Growing the company to a point where I don't have to be here steering it all the time."

Off Hours

Favorite pastime: "Gardening, being in the yard, reading science fiction."

Favorite stress-buster: "Working out at the gym with my wife."

Favorite vacation spot: "I'd like to visit Ireland and Italy, but we haven't been on vacation since 2001."

Favorite music: "Music from the '80s like Madonna."

Favorite movie: "The first 'Star Wars' movies."

First choice for a new career: "Archaeology or paleontology."

Time to Spare the Air

Reminder: Thursday, May 15 is **Bike to Work Day**.

See you at the energizer station!
 Call (925) 830-0101 for information.

June 1 marks the start of the Bay Area's annual four-month Spare the Air campaign to combat unhealthy air. For details, visit www.bishopranch.com/transportation/sparetheair.pdf.

Want to know when to leave your car at home? Sign up to receive a personal or company email the afternoon before a Spare the Air day is declared; visit www.sparetheair.org and sign up for AirAlert emails.



Bishop Ranch Boot Camp

12667 Alcosta Boulevard,
 Suite 110 (BR 15)

Jump-start your exercise commitment with Pilates and Nia Fusion teacher Judy Connaughton and personal trainer Melanie Holloway. The pair will lead you through this six-week exercise program designed to improve cardio fitness, strength and flexibility—and get you ready for summer. All fitness levels are welcome. Bring your own weights (beginners 3–5 lb, intermediate and advanced 5–10 lb) and a mat to each class.

Lunchtime class

Wednesdays from May 14–June 18; noon–12:45 p.m.
 Cost: \$60 for six-week session; \$13 drop-in

Evening class

Thursdays from May 15–June 19; 5:15 p.m.–6:15 p.m.
 Cost: \$72 for six-week session; \$15 drop-in

Please contact Tenant Services at (925) 543-0100 to preregister and reserve your space. For more information, visit www.bishopranch.com/amenities/events.shtml.



Inside Bishop Ranch

You Are Invited

Crow Canyon Country Club Open House

Tuesday, June 3, 5 p.m.–7 p.m.

711 Silver Lake Drive, Danville

FREE

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Golf, tennis and swimming in your backyard? Well, in Danville off Crow Canyon Road, to be precise. The Crow Canyon Country Club is a family-oriented golf, tennis, swim, fitness and social club, and on June 3, the club is hosting an open house for Bishop Ranch tenants, complete with cocktails, appetizers, a raffle and music. If you have questions about membership or the banquet facilities, representatives from the club will be there to answer them.

The club's facilities are extensive: an 18-hole golf course, a driving range and practice facility, 13 lighted tennis courts, a heated Junior Olympic-size swimming pool and a comprehensive fitness and aerobic center.

Availability at this open house is limited, so please RSVP before May 20 by calling (925) 543-0100.



Local Harvest Dinner Series With Chef Faz

Cooking Sessions at Faz Restaurant

Thursdays: June 5,

July 10 and August 7;

5:30 p.m.–7:30 p.m.

600 Hartz Avenue, Danville

Cost: \$40 per class;

\$100 for series of three

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Have you watched enticing cooking shows on television and found yourself wanting in-person cooking tips from a chef? Well, now is your chance: Chef Faz, owner of Faz Restaurants, invites you to join him and his team for fun in the kitchen.

Each cooking class features seasonal produce from local farmers. You will learn useful techniques and participate in hands-on food preparation. At the conclusion of the class, you'll enjoy a spectacular four-course dinner that you have prepared with your classmates. Plus, Chef Faz will send you home with the recipes to add to your repertoire. To view the menu for each class, visit www.bishopranch.com, click on "Amenities & Events" and select "Events," or visit www.fazrestaurants.com. Call Tenant Services today at (925) 543-0100 to sign up for one or more cooking sessions.



Safety First: Inspecting Your Car Seat

Thursday, May 15, 10 a.m.–2 p.m.

2613 Camino Ramon (BR3), in the parking lot

FREE

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According to the National Highway Traffic Safety Administration, approximately four out of five child safety seats are installed incorrectly. Yet a properly installed child safety seat reduces the risk of death in a crash by more than 70 percent. In honor of Mother's Day (May 11), Bishop Ranch has teamed up with the local San Ramon AAA office to make sure your child safety seat is installed properly.

Come by and have your car seat checked by nationally certified AAA technicians and instructors. Not only will they check your current car seat installation, they'll teach you how to safely install and uninstall your car seat so you'll never have to worry about your child's car seat safety again.

You do not need to be a member of AAA to schedule a free inspection; call Tenant Services at (925) 543-0100 to make an appointment.



DALE CARNEGIE SEMINAR

Planning: Turning an Idea or Innovation into a Plan of Action

Thursday, May 8, noon–1 p.m.

2623 Camino Ramon, Suite 175

(Bishop Ranch Conference Center)

FREE, including light lunch

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Have you ever had a creative or innovative idea that didn't get any traction? Perhaps you couldn't get people on board and the idea withered and died on the vine?

This can happen to the best of us. To combat it, you need to encourage your team to get involved and commit to creative thinking and change. They should be a part of the innovation planning and implementation process. After this seminar, you will come away with effective ways to make this happen.

Please RSVP to Tenant Services at (925) 543-0100.

Being at Bishop Ranch Has Its Privileges

This Month's Highlights



30% off

Artful Solutions

San Ramon, CA 94583
(925) 683-4804

This full-service art consulting firm works closely with building owners, facility managers, art committees, architects and interior designers to provide assistance in integrating art into the business environment.

Special Bishop Ranch rate:

30% discount on any custom framing job

25% off

Bishop Ranch Chiropractic Center

2301 Camino Ramon, Suite 210
San Ramon, CA 94583
(925) 867-3311

This chiropractic center integrates safe and gentle chiropractic care, myofascial therapies and exercise to promote overall health and wellness.

Special Bishop Ranch rate:

25% off initial visit,
10% off regular visits or
5% off massage service

10% off

The Blue Sage Catering Company

940 Larkspur Drive
Livermore, CA 94551
(925) 371-8000

High-quality catering for business meetings, events and casual occasions.

Special Bishop Ranch rate:

10% off catering for 25 people or more

Bishop Ranch tenants can take advantage of exclusive discounts on everything from restaurants and hotels to caterers and car washes. To view our entire list of special offers from sponsor companies—including those below—visit www.bishopranch.com and click "Amenities & Events." Check out offers from Monterey and Napa vendors, too.

New This Month

Bodylines Paintless Dent Repair • Custom Photographic Services

Caterers

The Blue Sage Catering Company • Cabana Dave's Catering • Classic Catering • Deer Ridge Vineyards • Diablo Deli • Emilio's of Danville • Ensembles • Erik's Deli Café • Events by Wallace • Giuseppe's Pasta & Grill • Hap's Catering • Kinder's Deli • Max's Diner • MSD Event Catering (Melanie's Signature Delights) • Pampered Palate Catering • Patrick David's Inc. • Scott's Seafood Bar & Grill Walnut Creek • Una Mas Mexican Grill • Uncle Yu's Szechuan Restaurant • Valley Catering

Restaurants

Amber Bistro • Applebee's Restaurant • Bighorn Grill • Blackhawk Grille • The Brass Door • Bridges • Café Esin • The Dog Out • Erik's Deli Cafe • Faz Restaurant • Forbes Mill Steakhouse • Itto Sushi • Kilohana Grill • Luna Loca Mexican Restaurant • Masala Indian Fusion • Max's Diner • Mountain Mike's Pizza Danville • Mudd's • Mykonos Mediterranean Grill • New York Pizza • Pasta Gondola Restaurant • Pasta Pomodoro Restaurant • Pavlo's Pizza & Pasta Restaurant • Quiznos Subs • Regional St. Bistro at the Radisson Hotel Dublin • Sergio's Trattoria Restaurant • Stixx and Steaks Restaurant (Marriott Hotel) • Thyme to Eat Café/Catering • Una Mas Mexican Grill • Yang's Restaurant at Canyon Lakes • Z Pizza

Hotels

AmeriSuites Hotel • Best Western Danville Sycamore Inn • Embassy Suites • Hampton Inn • Harbor Court Hotel • Hilton Garden Inn Livermore • Hotel Griffon • Hotel Triton • Lafayette Park Hotel & Spa • Marriott Walnut Creek • Oakwood Corporate Housing • The Prescott Hotel • Radisson Hotel Dublin • The Rose Hotel • San Ramon Courtyard by Marriott • San Ramon Residence Inn by Marriott • Sheraton Pleasanton • Sierra Suites San Ramon • Sir Francis Drake Hotel • Summerfield Suites • Synergy Corporate Housing

Miscellaneous Services

AAA—San Ramon • Acme Security Systems • Alexander's Mobility Services • A Max Limousine Transportation • AAMCO • American Financial Lending • Angela Pourghassem, D.M.D., Inc./Family Smile Center • Armanino McKenna LLP • Artful Solutions • Astro Business Technologies, Inc. • Avis Rent-a-Car • Awe-Dacious Salon • Bay Plant Company Inc. • Bishop Ranch Chiropractic Center • Bishop Ranch Dentistry • Bishop Ranch Veterinary Center • Black Tie Transportation • Bodylines Day Spa • Cabulance Comfort, Inc. • Café Matty Vending • Camp Bow Wow • Chipman Relocations • Clare Computer Solutions • ClubSport of San Ramon • ColorZone • Comerica Bank • Cookies By Design • Cort Furniture • Crown Billiards • Dublin Golf Course • East Bay Business Times • East Bay Flower Company • Elite Limousine • Enterprise Rent-a-Car • Everything Grows Interior • Fitness 19 • G2nd Systems • George Wong and Grace Wu, D.D.S. • Gift Baskets by Design • Handle with Care Packaging Store • Harding Taekwon-Do • Healthy Ways Muscle Therapy Solutions • Hornblower Cruises • Indulgence Salon • Innovative Dental Concepts • Intelli-Services • JavaVoom Coffee Service, LLC • J. Boragine & Associates • JEl Self-Learning Center • Jumpstart Medicine • Kilohana Grill • King Tut Travel and Tours • Left Coast Productions

This is only a sample of the preferred vendors offering discounts and special services to Bishop Ranch tenants. See the full list at www.bishopranch.com/amenities.