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BISHOP RANCH



Blackhawk Grille Tenant Appreciation Event

Thursday, October 14, 5-7 p.m.
Blackhawk Grille
 3540 Blackhawk Plaza Circle, Danville

A **cordial invitation:** Enjoy cocktails and appetizers at the Blackhawk Grille and relax on their tree-lined, outdoor terrace overlooking a duck-filled pond and waterfall surrounded by greenery.

The Blackhawk Grille will also be offering exclusive tours of their



beautiful restaurant and their two private rooms, which are available to rent for special corporate or social engagements.

As further enticement, there'll be a raffle, too! Please RVSP to Tenant Services at **543-0100**. The deadline is **Monday, October 11**.

Portrait Sitting at Bishop Ranch

Thursday, October 28, 9 a.m.–noon
Bishop Ranch Conference Center
 2623 Camino Ramon, Suite 175 (BR3)



Imagine sitting for a **high-quality portrait**, suitable for every marketing need, at a convenient time and

a location that's just steps from your office. That's what's in store on October 28, when Bishop Ranch and Sidon Photo of the Bay Area team up to bring portrait services on-site. The sittings are ideal for companies needing top-notch portraits for marketing materials—business cards, brochures, editorials, industry publications, Web sites, wall portraits and more.

Our special Bishop Ranch Package includes the portrait session, a CD with 300 DPI images (and an unlimited-use license) and image touch-up. For special package rates (groups and individuals) and to register, visit sidonphoto.com/bishop_ranch.htm. or call (877) 467-4366. If all time slots fill, extended hours and/or additional days will be made available.) RSVP by **Monday, October 25**.

Sign Up for Our Nine-Hole Scramble

Friday, October 22, 2 p.m.
San Ramon Golf Club
 9430 Fircrest Lane at Alcosta
 San Ramon
FREE



San Ramon Golf Club invites Bishop Ranch tenants—from first-time golfers to club champions—to the first **Bishop Ranch Nine-Hole Scramble Mixer** on October 22. The afternoon features nine-hole rounds of golf, starting at 2 p.m., complete with golf carts and range balls, followed by cocktails, hors d'oeuvres 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 is also a full-service Pro Shop and a Banquet Department (**828-6258**). FYI: The banquet room offers panoramic views of the course and the surrounding fountains and waterways (wildlife, too!). A lovely gazebo, in the shade of a 50-year-old willow tree, is ideal for wedding ceremonies (and available at a discount rate for Bishop Ranch tenants).

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 October 15**.

The Perfect Spot for Your Holiday Luncheon

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

It's already October—have you booked a space for your holiday luncheon yet?

The Bishop Ranch Conference Center can assist you in hosting a memorable event for your staff. Our 1,500 square-foot facility accommodates up to 140 people for receptions and 70 for luncheons, and is ideal for events such as holiday gatherings, award ceremonies and receptions. It's easy to locate and close to all complexes in Bishop Ranch Business Park.

Let us help you plan your event today. For reservations, call Amanda Cantu at **543-7700**, or e-mail conferencecenter@bishopranch.com.

Women's Self-Defense Class Debuts

Thursday, October 7, 5–7 p.m.
2633 Camino Ramon, Suite 150
FREE

Just for women: Here's a great way to learn simple and easy-to-use self-defense techniques. This class empowers women to help prevent assault and victimization and explores myths about violence that targets them. Instructor Melissa Sales was trained by the California Coalition Against Sexual Assault and the Los Angeles Commission on Assaults Against Women.

Sign-ups are limited. Call Tenant Services, 543-0100, to RSVP. The deadline is **Friday, October 1.**

Go Pilates!

5000 Executive Parkway, Suite 500 (BR 8)
Tuesday and Thursday classes, noon–1 p.m.
Wednesday evening class, 5:20–6:20 p.m.
Six-week session, \$42 (\$40 cash)

If you want to stay flexible and limber while adding core strength and energy, we've got just the class for you—Pilates. Mark your calendar:

- Tuesdays, October 19–November 30
- Thursdays, October 21–December 2
- (No classes November 23 and 25)

For evening enthusiasts: If we get at least 12 sign-ups, we'll schedule Wednesday evening classes (October 20–November 24), from 5:20–6:20 p.m.

Introducing Reformer Classes: A reformer is an exercise apparatus, with a sliding carriage and springs, that provides total-body workouts. Instructor Judith Connaghton is now offering Bishop Ranch tenants a \$45 discount rate for a one-hour session, \$10 off the regular \$55 price. Take four classes for just \$160 (\$40 per session). To register, call 543-0100.



SAINT MARY'S COLLEGE
of California

Need Interns?

Representatives from Saint Mary's College and Bishop Ranch Tenant Services coordinate a special program that recruits interns with a wide range of training and experience. To request an "Intern Needed" form, call the Bishop Ranch Tenant Services office at 543-0100, or send an e-mail to mmagee@bishopranch.com. Once you complete the form and return it, we'll get things rolling.

Tenant Profile: Clark Hay

"The world is going broadband," predicts **Clark Hay**, assistant vice president of Alcatel, the global telecommunications giant whose West Coast office is in San Ramon. "Today's customers are looking for a trusted partner to help guide them through the major transition from existing network architectures to expanded broadband networks. We view Alcatel as just such a partner." The company is the world leader in broadband-access technologies, with multibillion-dollar revenues in 2003. "I'm very optimistic," says Hay. "The future looks especially bright in North America and here in the local economy."



Résumé

Name: Clark Hay

Title: Assistant Vice President

Company: Alcatel

Location: BR6

Number of employees: 14 locally; 9,000 in North America; 60,000 worldwide

Year company was founded: 1898

Number of years at Bishop Ranch: 14

Company Profile

Headquarters: Paris, France; Dallas, Texas (North America)

Business: "We're a telecom equipment vendor and solutions provider. I like to think that we are a company that listens to our customers, understands their requirements and works every day to meet their needs."

Business approach: "Customer focus is our first priority. Second would be innovation. We also stress teamwork and accountability. We all share in Alcatel's destiny."

Biggest challenge: "Sustaining our core business and transitioning our customers through new network technologies. Our customers need to figure out what's next and we're here to help them."

Biggest risk taken: "Sizing my organization and resources to best serve our customers."

Favorite task: "Motivating employees and winning business."

Least favorite task: "Force reductions. It's never easy to lose an employee."

Your source of inspiration: "My parents. They were always unwavering in their support of me. They also have great balance in their lives and don't let things whack them out."

Personal Philosophy

Best way to motivate co-workers and staff: "Listening. If people feel they're being listened to, that they're franchised in the business, they're more likely to respond."

Suggestions for up-and-coming executives: "Be responsive and take initiative. Go beyond what's asked of you."

A goal you still want to achieve: "A little better balance in my life—more time for personal pursuits."

Off-Hours

Favorite pastime: "I like to read and work out. I've taken up golf, but as a stress-buster, it's not working yet for me!"

Favorite vacation spot: "Tuscany, Italy, is one of my favorite places. I like the pace and history. It's so beautiful and they've got really great wine. California also ranks high. It's easy to get to a lot of different venues here—skiing, golfing, the ocean."

Favorite cause: "Children's causes, including school programs and Big Brothers. A little bit of time and interest in a child goes a long way. Kids are everyone's responsibility."

An Evening at the Rose Hotel

Thursday, November 4, 5–7 p.m.

The Rose Hotel

807 Main Street, Pleasanton

www.rosehotel.net

An evening of style and grace: Bishop Ranch tenants and their guests are cordially invited to the November 4 Open House at The Rose Hotel. Enjoy a fashion show plus health and wellness, massage therapy and personal trainer presentations. Health professionals will also be available for one-on-one discussions about fitness geared to working adults or those at home. Amenities at the Pleasanton event will include:

- Livermore Valley wine tasting
- Appetizers
- Music by professional harpist Katherine Honey
- Prize drawings
- Fresh roses for each guest
- Fashion show by Chic & Younique

Space is limited. Call Tenant Services, 543-0100, and RSVP today.



A Holiday Tradition

A Christmas Carol is returning to the Geary Theater for its 27th and final year. More than 775,000 people have been enchanted by American Conservatory Theater's classic holiday production.

ACT is offering Bishop Ranch tenants special Family Four-Paks—four tickets for the price of two—for all evening performances presented November 30–December 10. To order tickets, call the ACT box office at (415) 749-2ACT (2228) and mention the promo code (“Bishop Ranch”). To view ACT's complete 2004-2005 season calendar, visit www.act-sfbay.org.



Flu Shots

Flu and Pneumonia Shot Clinic at Bishop Ranch
Wednesday, October 6, 11 a.m.–3 p.m.

2633 Camino Ramon, Suite 150 (BR3)

\$20 flu and \$35 pneumonia

Personal and corporate checks are accepted; no credit cards

For your well-being and convenience, Sutter Health Visiting Nurses Association and Hospice will administer flu shots (\$20) and pneumonia shots (\$35) at Bishop Ranch.

Flu shots are now available to the mom-to-be at any stage of her pregnancy if she presents a doctor's written permission. Who should avoid a flu shot? Anyone who has had a severe reaction to a flu shot or is allergic to eggs, egg products or Thimerosal (contact lens solution).

No appointment is necessary and drop-ins are welcome. For more information, call the association at (510) 618-5280.



Sutter VNA & Hospice

A Sutter Health Affiliate

Ballroom Dancing ... at Bishop Ranch?

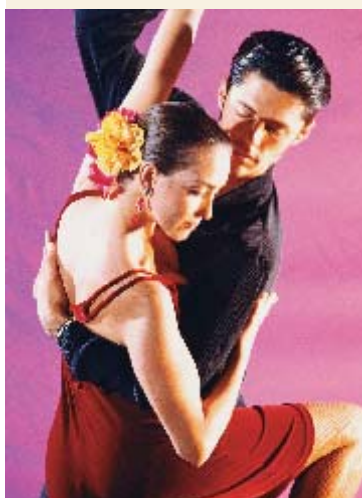
You bet!

Thursdays, October 28–November 18, 5:15–6:15 p.m.

2633 Camino Ramon, Suite 150

VIP discount: \$40 cash or \$45 check, four-week session (regular price, \$60)

Step lively and pick up the fundamentals of ballroom dancing in our new class that kicks off October 28. Instructor Robert Kacprzak teaches an array of toe-tappers, including Latin dances (swing, samba, cha-cha, rumba, Paso doable and more), plus ballroom standards such as the foxtrot, waltz, tango and quickstep.



“My classes are fun, exciting and energizing,” says Kacprzak. “I have been dancing for the last 18 years, competing worldwide and representing several countries, including Poland, Switzerland and the United States. In 2000, I won the San Francisco Open Professional International Latin Competition. I've also had the privilege to coach the Stanford Dance team for the past two years, and I have been involved in judging dance events across the Bay Area.”

In each lesson, student pairings provide practice in mastering dance steps with a partner. It's an excellent opportunity not only to dance, but also to make friends and enjoy an evening taking positive “steps” for your mind, body, and soul. (Note: Classes are held on a carpeted floor. Please, no spike heels! And remember, you don't need a partner to attend.)

Preferred Rates for Bishop Ranch Tenants

Take your pick: We're offering preferred rates to Bishop Ranch tenants for everything from carpet cleaners, caterers and cruises to haircuts, hotels and hospitals for pets. Visit www.bishopranch.com and click on **Tenant Services** to choose these and other special offers from the sponsor companies listed below.

New This Month

Armanino McKenna • Danka Office Imaging • Diablo Funding Group • Innergy Massage
• Security Pacific Public Storage

Caterers

Classic Catering • Diablo Deli • Giuseppe's Pasta & Grill • Scott's Seafood Bar & Grill,
Walnut Creek • Valley Catering • Wallace Enterprises Inc.

Restaurants

Applebee's Restaurant • A & Noi East Meets West Restaurant • Alouettes Restaurant
• Blackhawk Grille • Bollinger Bar & Grill • The Brass Door • Bridges • Café Esin
• The Dog • Garre Restaurant & Winery • Ha Long Bay Restaurant • Hot Basil Café
• Kabob House Too Restaurant • Luna Loca Mexican Restaurant • Mangia Italia
Restaurant • Mudd's • Regional St. Bistro Restaurant • Steaks & Stix Restaurant

Hotels

AmeriSuites Hotel • The Carneros Inn • Courtyard by Marriott • Crowne Plaza Hotel
Pleasanton • Embassy Suites • Hampton Inn • Hilton Garden Inn Livermore
• Hotel Griffon • The Huntington Hotel • Hyatt Regency San Francisco • Lafayette Park
Hotel • Marriott Walnut Creek • Oakwood Corporate Housing • Radison Hotel Dublin
• The Rose Hotel • Sierra Suites San Ramon • Summerfield Suites
• Wyndham Garden Hotel

Miscellaneous Services

20/20 Optometry Inc. • 24-Hour Fitness • A-1 Auto Repair • A Lucky Dog • AHN's Shoe
Repair • American Financial Lending • Artful Solutions • AT&T Media Services • Avis
Rent-a-Car • Awe-Dacious Salon • The Balanced Gourmet • The Basket Lady • Bay Plant
Company Inc. • Bishop Ranch Dentistry • Bishop Ranch Veterinary Center • Black Tie
Transportation • Bodylines Day Spa • Cakes to Celebrate • California Overnight Delivery
• Cambridge SoundWorks • Campus Wireless LLC • Chic & Younique • Corporate Flowers
& Gifts • CP Communications • *East Bay Business Times* • East Bay Eye • Eastrom
• Enchanted Florist & Gifts • Enterprise Rent-a-Car • Excel Graphics • Fast Frame of San
Ramon • Gift Bags Online • Gift Baskets by Design • Give Something Back Office
Supplies • Graphic Design & Creative Services • Healthy Ways Muscle Therapy Solutions
• Heaven's Best Carpet Cleaning • Home Inventory Specialists • Hornblower Cruises
• Indulgence Salon • Ladies Workout Express San Ramon • Matchpoint Graphics • MD
Cellular World Inc. • Moore North America • Nor-Cal Moving Services • My Training Dept.
• Out & About • The Paper Trail • Performance Lending & Investments • Quality Haircuts
• The Rain Forest • RMS Data Roger Louis Salon & Spa • Roesbery/Spillner Car Care
• Sam Clar Office Furniture • San Ramon Body & Detail Shop • San Ramon Family
Optometry • San Ramon Floral Fantasy • San Ramon Lighting Inc. • San Ramon
Chiropractic and Occupational Center • San Ramon Veterinary Hospital • Smog Check by
Boss Trucks • Sponges Car Wash • Spray Soleil • Suddath Relocations • Susan Cooke
Interior Design Group • Synergy Relocations • Tans Plus • Technology Integration Group
(TIG) • TLC Interior Plant Services • The T.O.D. Company • Tutoring Club • Valley
Limousine Inc. • Versailles Jewelers • XO Communications • Yoga

Bishop Ranch Transportation

There's something special about October—it's the annual peak season for Free Express Bus ridership. October 2003 set a record, logging 23,145 passenger trips. In 2004, high gas prices and \$3 tolls have increased ridership 11%, with March and June already logging over 20,000 passenger trips.

Would you be willing to give up driving your car one or more days in October to help us reach our October 2004 goal of 25,000 express bus passenger trips? We'll provide a free bus pass and help you plan your trips. We've helped over 2,000 Bishop Ranch commuters save money by skipping their car for the bus this year, and we'd like to help you, too.

Just to make sure you're covered for illness or family emergencies, we'll include a sign-up form for the Free Guaranteed Ride Home Program. After registering, the program provides each participant with up to six free taxi or rental car rides home annually. Eligibility requires that you carpool, vanpool, bike, walk or take transit to work on the day of use. For more information, call **830-0101**.

Contact Us

Leasing:

Ed Hagopian, Rolf Jourgensen 866-0100

Building Services:

Main Line: Property Management Office 277-1700

BR 1 & 8: Andrea Kirkpatrick, Sr. Property Manager

BR 2 & 11: Dana Riggs, Property Manager

BR 3: Alvia Rios, Property Manager

BR 6, 7 & 9: Paul Radich, Sr. Property Manager

BR 12: Gloria Taya, Property Manager

BR 15: Jenni Koidal, Sr. Property Manager

Tenant Events/Services:

Sidney Corbett, Monica Magee 543-0100

Conference Center: Amanda Cantu 543-7700

Transportation Centre: Marci McGuire 830-0101

After Hours Security/Emergency 277-1700

Get 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**.