



James Joseph Kinsella, Jr. ("Joe")

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After Helix, I did my undergraduate studies at Stanford (History) and entered the Navy in 1968, including assignments at Defense Language Institute Monterey, Viet Nam, and Amphibious School, Coronado. Married 1970 and became a Dad in 1972; son Michael is now a Sergeant - San Mateo County Sheriff's dept. Left active duty Navy in 1972 and soon transferred to the Navy Reserve, retiring in 2000 as CAPT. Completed MBA at Stanford Graduate School of Business in 1976. Commenced professional career in international banking, transitioning to corporate treasury and financial management, residing in SF Peninsula. In 1987 began management life in healthcare - with emphasis on at risk independent physician networks. Divorced 1995. Retired in 2014 at Stanford School of Medicine as Administrator in Pediatrics Dept. Married in 2002 to Susan Siegel, a corporate communications professional. We are fortunate to have good health, each other, and a diverse and supportive extended family on both sides of the relationship, scattered across the US. We enjoy an active sexagenarian (!) / 'Boomer lifestyle, including cooking, gardening, travel, entertaining, and the comforts of pleasant vintages. We sustain our commitments to volunteering, principally community service to assist the local homeless. My bucket list includes staying healthy and keeping fit, enjoying my spouse and family, improving my skills as a household chef, journeys, reading for pleasure, and developing the writing acumen and maturity to become a successful humorist - if only for my own satisfaction.

