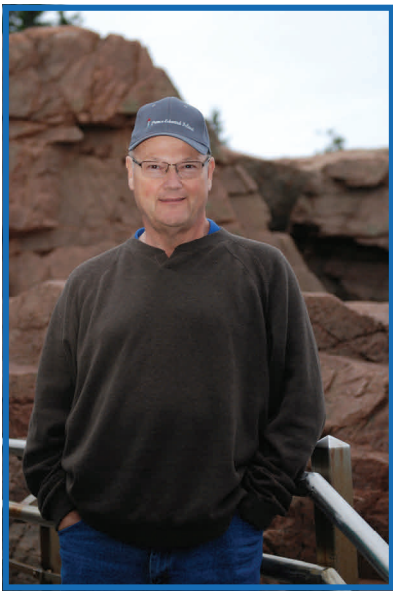


# Former Intel Exec, John Johnson, Finds Retirement Rewarding in More Ways Than One

Interview and Article by Gene Murphy

*Former Intel Corporate Vice President, John Johnson, has quickly adjusted to his life after Intel. After 29 years with the company John decided to retire in 2010 and like many other retirees has found that he is as busy as ever.*



*John on Prince Edward Island*

For those of you who may not know John, he joined Intel in 1981 as a Field Applications Engineer (FAE) in the Minneapolis sales office. Although he was born in San Francisco, his early life was spent in the Midwest. John comes from a large family of eight children where his father worked on a tugboat on Lake Michigan. John attributes much of his success to what he learned by observing his father's strong work ethic. John received a BS in engineering from Purdue and then worked as an engineer at U.S. Steel and Honeywell, where he was one of our customers.

In 1988 John made a significant career move when he relocated to the Folsom site to join Intel's newly formed North American Marketing Organization where he managed the Application Specialist group. Through the next few years John's career progressed as he managed various field technical groups.

Then, in 1999, John once again took a different career path by joining Intel's corporate IT group. Eventually he rose in this organization to Corporate Vice President becoming the head of the organization. Today John resides in Granite Bay, CA with his wife, Kris, also a former Intel employee and their two daughters, Valerie and Katie.

When he first retired John said he enjoyed the ability to have endless free time so he and Kris could enjoy traveling. Although they have made several international trips, what they truly enjoy is going on cross-country road trips. John even confesses that Kris and he are Garrison Keeler groupies having watched the comedian's show at least six times in different locales.



*Kris and John while traveling in Canada*

One of John's personal goals when he left Intel was to improve his overall fitness and health. Through a disciplined approach to nutrition and exercise, John has been able to lose 60 pounds since he retired. He is definitely an inspiration to all of us who have struggled with our weight.



*Golf buddies, Bob Romeo, John Hotze, Gary Anderson and John Johnson*

When he got into a daily retirement routine, John decided to join the Sacramento Angel Investing Group to keep his hand in the business side of things. It was here that John became an investor and a board member of a startup called Glue Networks, which he says is doing a lot of exciting things in the Wide Area Network space. His title with the company is Executive Director, however, he describes his role with the company as more of an inside coach where he has helped them adopt some old familiar Intel disciplines like Managing by Objectives (MBOs) and Best Known Methods (BKMs). Additionally John has used his new freedom to become more involved with the United Way where he has been a member of their board since 2004. He finds this activity to be very rewarding.

When he was asked what he most misses about Intel, John said the experience of working with so many very smart people was truly special. He also stated that being able to focus a team's and his own energy to overcome daily technical challenges and barriers was especially exhilarating.

Lastly John's advice to newly retired and future retirees is to sit back and enjoy your free time just after you leave. In other words don't over commit yourself immediately to too many things. Take time to relax. Also he feels it's important that you find things that keep you engaged; be it a hobby, volunteering or a new career. He says it's critical that you find something, which is not Intel that defines you.

If you have a question or would like to contact John, he can be reached at [john.jj.johnson@gluenetworks.com](mailto:john.jj.johnson@gluenetworks.com).