

Birth, April 15, 1953, Bangor, Maine /USA

Father: The Honorable John M. Norris II, Birth, April 26, 1926, Bangor, Maine. Edu: Univ. of Me.&Me. Maritime Acad. auto dealer ,Politician, Realtor and Legislator, Actuary,Lic.Auctioneer, Arbitrator&Mediator, Merchant Marine War Veteran ,Free&Accepted Mason, Lygonia Lodge#40, Ellsworth, Maine, Chairman of Labor Relations,Legal Affairs and Appropriations Committees, State of Maine.(1946 to date.) Past President,Isaac Walton League of America,coined the slogan,"Don't rule me out and I'll measure up."

Mother: Nancy P. Norris (nee Guynn), Birth, April 15, 1931, Portsmouth, Virginia.Edu: Mary Washington Univ.&New Eng. Cons. of Music. Renowned, Abstract Expressionist Artist. One Person Show, The Copley Art Society - May 1989.(view 8 pieces of her noted artwork in pics and docs). (Price list for certain art pieces available on request.) She has worked in conjunction with Artists, Leonard Craig, Anita Bartlett & Adele Nichols.

Prof. John G. Norris has travelled and worked in 103 countries as teacher/educator and explorer. Leading Expeditions and Eco-Tours including activities: climbing, trekking, mountain-biking, canoeing, fly-fishing, mountaineering, skiing, surfing,sailing and rambling. Through his Company, Adventures Unlimited,(see Pics and docs) he has conducted Yak husbandry studies and high Altitude medical research in Tibet-PRC, at the same time he was working as PR of China National Ski Team Coach and Advisor. Prof. Norris worked with Chinese athletes selected from the Chinese National State Physical Culture and Sports Commissions throughout PR of China and Winter Ski Meet, Schladming, Austria,1982 & Winter Olympic Games held at Sarajevo, Yugoslavia 1984 & Calgary, Canada 1988. In 1994 he was a liason officer at Lillehammer, Norway, OS. In addition to the pre-ceding, he is an accomplished chef and recognized Blues and jazz musician/artist, He has played shows and concerts with Muddy Waters, Johnny Clyde Copeland, Albert Collins, Bill Chinook, James Cotton, Lil Ed & The Blues Imperials, Charlie Bruce, Luther Allison, Steve Damattio, Deborah Coleman, Michael Kern,John Winn,Pam Baker,Justin Lamkin,Shirley King, Road Rangers, Lucky Tim Farrell, Fred Pike, Gregg Utterback&The Spectres,Tony Flame, Lady Jane Lacey, Downchild Blues, Blue Flames,Malcolm Carnwath ,J.B. Hutto, Geno Federico, Peter Howard,Uplifting&Siggi Dalbjartsson,Kaffe Langbruk-Jon Olausson&Jens Sigurdsson,The Blend,T.J.Wheeler,Steve Loane, Milfi Keiser and, Tim Buie (Guinness World record holder for non-stop piano playing.)

Prof. Norris keeps in shape by swimming 3 times a week, roller skiing, X-C and Alpine skiing, bicycling every day, and Sauna/Steam bath.

John G. Norris has led 5 Flag Expeditions for the N.Y. City home based Explorers Club:

1. 1989,July, Flag 109, Lyngen Alps of North Norway in the footsteps of Jan Baalsrud.
2. 1990,March,Flag 161, Death Valley, Calif. USA locating the lost Gunsight silver mine.
3. 1991,July, Flag 17,Baffin Island, Canada, In the wake of J. J. Audobon, sea bird routes.

4. 1993, June-July, Flag 89, Noatak River, Alaska, canoeing. Headwaters to Arctic Ocean.
5. 1994, Summer, Arctic Overland from East to West Arctic Canada

Pending Explorer's Club Expeditions:

2010, In the footsteps of Slavomir Rawicz's, Long Walk - (Siberia to India, via Tibet)

2011, The Oregon Trail - retracing Francis Parkman's epic route by mountainbike. & / Iceland, mountainbike Tour.

2012, Following Mao Tse Tung's, route of the Long March - People's Republic of China. (by mountainbike.)

2013, Walking with the Apostle St- Paul, in his footsteps - Cappadocia, Turkey to ruins of Temple Artemis.

John's daughter , Siri Johanna was born June 8, 1995. - Top Priority.



Her arrival spurred him on to new adventures as a Father and Dad; taking his daughter with him on Expeditions to Lake Inari, N- Finland, USA overland, Fishing in Nova Scotia, Newfoundland, Labrador and Quebec, Canada, Sailing on Norwegian Sea aboard S/Y Framstig. Fishing at Lake Törnträsk, N. Sweden, fishing at our summer cottage at Skarberget, N. Norway and Nord Lenangen. N. Norway. Jeep overland trek through hinterlands of Iceland from Vik to Akureyri. (see Tour Photos)

Education & Lectures:

1971 Brewer High School, Brewer, Maine (High School Diploma)

1974 New England College, Henniker, N.H. BA Poli Sci & Education (Dean's List)

1976 SAIS, Johns Hopkins Univ. Wash D.C. economics, asian studies, Law & Education.

Research Associate-Woodrow Wilson Center for Advanced study, Smithsonian Institute. (see previous work.)

1979 Middlebury College, Auditor, Breadloaf Writer's Conference (see previous work)

1980 Chengdu Radio Engineering Inst., Chengdu, PR China. Lecturer & Foreign Expert /Lund Univ. China Course. Lecturer and attendee.

1984 Ethnografiska Museet, Stockholm, Sweden, Lecture on Tibet,

1990 Aspen Co. USA, Lecture on Tibet

Memberships and Inductions:

1971 PSIA, Professional Ski Instructor of America

1972 Lions Club, Dist 41-I, Stratton-Eustis, Maine -USA
1977 ISIA, International Ski Instructor Ski Assoc. (see pics & docs)
1980 Free and Accepted Mason, St. Andrews, Lodge #89, Bangor, Maine /USA.
1982 US Ski Coaches Assoc.
1984 Royal Geographical Society Fellow, London, England (see pics & docs)
1989 Explorers Club N.Y.City/ USA FN 89 (see pics & docs)
1994 Permanent Resident of Finland
1997 Finnish Society of Literature (see pics & docs)

Achievements & awards: (Years Gone By)

1960 Junior div. Judo , /Cup recipient (age group), Bangor, Me./USA.
1962 Began piano lessons and competitive swimming (all 4 strokes).
1963 First piano recital and the beginning of more piano shows.
1965 Family trip to Quebec&Thetford Mines, CAN./Mt.Wash., N.H, USA-(very windy on summit,80mph)
1966 Gold Crown winner, ski meet, Chalet Cochand, Quebec, Canada. (See: Emile Cochand in Pics&Docs)
1967 Climbed Precipice mtn., Mt. Desert Island, Acadia Nat'l Park, Maine / USA. Iceboating excursions began on frozen Lakes of Maine/USA
1968 100 yd. breast-stroke champion, E.div., State of Maine./ X-C ski tours of: Flag, Flying Moose&Cadillac Mtns. Hancock Cty.,Maine/USA.Began playing Harmonica- (Mississippi saxophone) in concerts and shows
1969 Climbed Mt.Katahdin, Maine&Mt. Washington, N.H. /USA (highest peaks in each state.)
1970 Presidential Physical Fitness Award recipient./ Senior Life Saver-Lifeguard recipient, issued by YMCA and International Red Cross.
SL&GS ski champion, High School div., State of Maine
1971 SL&GS ski champion, High School div., State of Maine
High School coveted letter award for 4 sports: track & field, skiing, swimming & shooting. (this culminated in receiving the esteemed, Letter Sweater.) / Arborist, Tree Nursery Inc.
1972 Winner, N. Am. alpine-traverse race, Sugarloaf USA, Maine.Winner, Narrow Gauge X-C ski race: Moose Ramble, Carrabassett Valley, Me.,USA
1973 Began playing saxophone in concerts and shows. / BMHI, psychologists ass't, Bangor, Me. USA / Jess Ranch - Chief irrigator, Apple Valley, Ca. USA
1977 Forerunner, DH Spring Nationals, Sugarloaf USA./
Recognition in the press and TV Guide as; Internationally renowned Lumberjack Style Chef with Cordon Bleu Cuisinier, Bernard Pfanner. Winter's Inn, Klingfield, Maine, USA./ Ye Kimball Shoppe, ass't. mgr. N.E. Harbor, Me.USA/
Climbed Matterhorn mtn., Switzerland
1978 ran 1st of countless 10K road races. PB 38.58.12 - to date. /sailed Whitbread yacht,La Cautiva to Antigua
1979 GS winner, Swiss Fed. div. race, Jura, Switzerland. /1st visit to PR of China - (36 visits to date.) /Shipton's Arch,PR China.(see tour photos)
1980 Began teaching Courses on international Cooking styles&recipes. /Earl MacIntosh story (see pics&docs)

1981, Solo World Bicycle Tour. (see pics&docs)
1982 Leader/Founder; International American Tibetan Expedition to Tibet.(CMA Endorsement letter.) 1st visit to Tibet,(11 visits to date.) see pics&docs
1983 Survived cancer. /Started windsurfing. /Climbed Holy Buddhist, Emei mtn. Sichuan Prov. ,PR of China./Storsjön rundt bike comp. Swe. 3rd place
1984 Honorable mention, Rolex Awards for Enterprise: assisting Tibetan refugees on returning to Lhasa from Nepal to visit their families whom they had not seen in years./Skutsjutet DH ski race; Åre, Swe. 3rd place
Director, Ski Nordic - Saddleback Mtn. Rangeley, Maine, USA. /Ran 1st marathon, Linköping, Sweden (12 to date), PB 3.59.17.
1985 1st visit to New Zealand,/ Climbed Fujiyama in Japan&Trans-Siberian railway tour: Helsinki,Peking,Lhasa with Heath K. Norris.
1986 U.S.Ski Team Coach, Topolino Winter Games, Trento, Italy,(2 Gold medalists from that Competition)/ Guide&Lecturer- Organon, Wilhelm Reich Museum, Rangeley, Me-USA
1987 Dudh Kosi river Canoe Expedition, Nepal. (a dangerous journey with huge whitewater.)/
Guide&Lecturer Organon, Wilhelm Reich Museum, Rangeley, Me.- USA
1988 Bronze Medalist, Beijing Marathon - Amateur division / Honorary member, Sons of Norway.
Lions Club award for bicycling Maine to Nfld. for Lions Internat'l conv. promoting Lionism./Skiing Hall of Fame, inductee.
1990 Began playing Nat'l Steel resonator Acoustic guitar in concerts and shows.
1991 Expedition to Mt. Silisili, W.Samoa, S. Pacific (see Video on Eco-Tours)
1993 Liason Officer, World Cup Ski Final, Åre, Sweden./Climbed Mont Blanc, France
1996 Press Chief, World Cup Ski Jumping, Kuusamo, Finland./applied for Sec.Gen.post ,Amnesty Internat'l (see pics&docs)
2000 Director, Hasamäki Ski stn., Juva, Finland.
2003 Tours on Framstig (see Tour photos & Home Page and, video on Eco-Tours))
2004 Teaching English&cooking&music - N. Finland (to date)

Acknowledged Works:

Prof. Norris has written and assisted in the research and writing of innumerable articles worldwide in newspapers and magazines pertaining to exploration, travel, skiing, marathon running and high adventure. In addition, he is credited for maintaining Diplomatic Relations between the PR of China and USA during his tenure of China Coach from 1981 to 1997. His ongoing work was called 'Skiing Diplomacy', (1988 Skiing Hall of Fame.) after President Richard Nixon's visit to the PRC in 1971 inaugurated 'Ping Pong Diplomacy'. Prof. Norris was former Russian President, Vladimir Putin's Ski Instructor in Feb of 1999 for 2 weeks at Ruka, Finland. He has also invited former President Bill Clinton to ski with him. (click here to see enclosed [letter](#) from The White House.)

Prof. Norris has taught: Business Law, Economics, English, French, Swedish and many Cooking/Chef courses in; USA, Sweden, China and numerous cities in Finland at various schools and Adult Ed. centers. His lectures are noteworthy and inspiring events.

Articles/Enclosures: Truly important.

What follows are many various letters, articles and enclosures and TV/Video/DVD recordings that attest to John G. Norris's many and interesting memberships, contacts, media exposure and work over the years in the fields of Diplomacy, Education, sport, cooking, exploration, adventure and Expeditions. ((NOTE: Since 1975, detailed diaries have been kept to date of Expeditions and adventures.))

CONTACT:

Prof. John G. Norris can be contacted for lectures and private Eco-Tours,(price list on request) at the following:

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