

John Norman Lam

May 15, 1950 - August 12, 2024

John Norman Lam, cherished husband, father, grandfather, educator and coach, passed away Monday, August 12, 2024, in Alexandria, Virginia. He was 74.

A lifelong Alexandrian, John's passion for sports ignited early. Baseball was his first love, and his athleticism extended to the wrestling mat in high school. He attended Bridgewater College, where he continued to excel on the baseball field while earning his bachelor's degree.

His true calling was in education. John dedicated his 30 year career to inspiring young minds as a physical education and driver's education teacher. Sharing stories of his students brought him great joy and laughter.

In 1973, John married the love of his life, Jenna Northrop. Their enduring bond of 51 years was a testament to their love, companionship, and dedication to building their family.

John possessed a unique ability to captivate listeners with his storytelling. He loved to make people laugh, and his genuine interest in others made him a treasured friend. As a devoted father, he was his children's biggest fan, coaching their teams, watching endless dance routines, and videotaping their family memories.

Even as Parkinson's disease challenged him over 42 years, John refused to let it define him. His spirit remained invincible. He was an avid golfer, and frustrated more than a few of his fellow family and friends when he scored better than them with his "Parkinson's" swing. Sunday football, poker nights, and spending time with his grandchildren brought him immense happiness.

John is survived by his wife, Jenna; children Michelle Conner (Matt), Johnny Lam (Jenn), and Danielle Lam; cherished grandchildren Aidan, Ian, Tessa, Kyla, Avery, and Mac; and sisters Kathryn Jones (Rob) and Kara Kaminky.

Family and friends are invited to gather and celebrate John's life on Friday, August 23, 2024 at Jefferson Funeral Chapel, 5755 Castlewellan Drive, Alexandria, VA 22315 beginning at 9:30 AM. The memorial service will be held immediately after at 11:00 AM.

In lieu of flowers, the family requests donations to the Michael J. Fox Foundation through John's Tribute page, <https://tribute.michaeljfox.org/tribute-page.php?id=2944&np=true>, to honor his courageous battle against Parkinson's disease.

Previous Events

Gathering

AUG **23**. 9:30 AM - 11:00 AM (ET)

Jefferson Funeral Chapel
5755 Castlewellan Dr
Alexandria, VA 22315-5516
(703) 971-7400

Memorial Service

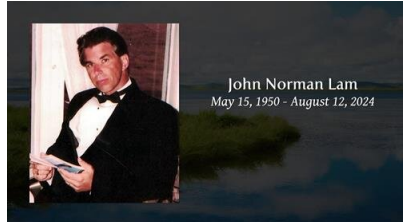
AUG **23**. 11:00 AM - 12:00 PM (ET)

Jefferson Funeral Chapel
5755 Castlewellan Dr
Alexandria, VA 22315-5516
(703) 971-7400

Tribute Wall



“ Jefferson Funeral Chapel created a Tribute Video in memory of John Norman Lam



Jefferson Funeral Chapel - August 22, 2024 at 10:23 AM



“ Jefferson Funeral Chapel created a Webcast in memory of John Norman Lam



Jefferson Funeral Chapel - August 15, 2024 at 04:51 PM



“ I had the opportunity to work with John at the union office. He had a truly sparkling personality and always made me laugh. My condolences to Jenna and his family. May John rest in peace.
Gloria Rubin

Gloria Rubin - August 16, 2024 at 08:30 PM

TT

“ So, so sorry to hear John passed and hope God's peace that passes all understanding will come upon you and the family.

Timothy Wayne Thomas - August 15, 2024 at 08:06 PM

KM

John was a dear friend of over 40 years. His legacy is inspiring, and he will be so missed by many. We will always remember his wit, storytelling, love for friends and family, and his genuineness. We love you John.

Kim Muffler - August 15, 2024 at 09:00 PM