



Slate of Candidates for Couchiching Conservancy Board of Directors 2026-27:

Josiah (Si) Lowry (HBSc, MD) is a founding member of the Couchiching Conservancy and has been a passionate advocate for conservation since its inception. An avid outdoorsman, Si enjoys backcountry canoeing, kayaking, hiking, cycling, and skiing/snowshoeing. He earned an Honours Bachelor of Science in Biology prior to completing his medical degree and went on to practice and teach Family Medicine in Orillia for 40 years.

Since 2016, Si has worked to establish Mariposa Residential Hospice, which opened in 2022. His longstanding commitment to community service also includes co-founding the Uthoff Trail—one of Canada’s earliest rail trails—through his work with the Orillia Naturalist Club.

Si’s environmental leadership extends to watershed restoration. From 1992 to 1996, he led the restoration of Silver Creek in Severn in collaboration with the Orillia Naturalist Club, Trout Unlimited Canada, and the Orillia Snowmobile Club, successfully rehabilitating aquatic habitat for brook trout and other species following years of upstream development impacts.

He has been recognized for his contributions with the Ontario Governor General’s Award for Conservation and the Environment (1993), the Ontario Municipal Recreation Award (1994) for significantly enhancing community quality of life, and a Certificate of Appreciation from Scouts Canada for his involvement in the Trees for Canada planting program (1992).

In addition, Si co-authored *Health Effects of Incineration of Municipal Garbage* for the Orillia Medical Society, contributing to a successful community campaign (1990–1994) opposing the proposed construction of a municipal waste incineration facility in Orillia.

Norm Sinclair is a retired rehabilitation professional with more than 30 years of experience supporting individuals recovering from spinal cord and acquired brain injuries. After completing his Master of Social Work at McMaster University, Norm built a distinguished career with the Workplace Safety and Insurance Board (WSIB), where he specialized in rehabilitation services for injured workers across Ontario.

A lifelong resident of Orillia, Norm returned to the community in 1986 to raise his family and continue his professional work. Throughout his career, he developed deep expertise in client advocacy, case management, interdisciplinary collaboration, and community-based rehabilitation services.

In addition to his professional accomplishments, Norm has demonstrated a strong commitment to community service and governance. He has served as a volunteer and board member with The Sharing Place Food Centre, Ontario Brain Injury Association, Orillia Minor Hockey and Orillia Youth Soccer. He has also contributed his time to adaptive sport through the Canadian Adaptive Snowsports program.

More recently, Norm has volunteered with The Couchiching Conservancy, supporting its Bat Monitoring, Ambassador, and Passport to Nature programs. Now retired, Norm remains actively engaged in outdoor pursuits including sailing, cycling, skiing, snowshoeing, and camping.

Protecting nature for future generations

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