



Jason Michael "Jay" "Jay Bird" Post

October 12, 2022

Jason Michael Post, 56, of Stephenson, VA, passed away Wednesday, October 12, 2022, at Winchester Medical Center.

Jay was born in 1966 in Lafayette, IN, the son of George and Bernice Post. He was a graduate of Rensselaer Central High School, Class of 1985, and received his Bachelor's Degree in mathematical engineering from St. Joseph's College in Rensselaer, IN. Jay served our country in the United States Navy as a CH-46 pilot, rising to the rank of Lieutenant. While deployed with the Navy on multiple cruises, he had the opportunity to visit 72 countries. Jay was stationed at different times in San Diego, CA, Pensacola, FL, Guam, and Whidbey, WA. He went on to receive the National Service Medal, Sea Service Deployment Ribbon (2), Southwest Asia Service Medal (2), Coast Guard Meritorious Unit Commendation, Navy "E" Ribbon, Navy and Marine Corps Overseas Service Ribbon, Navy Commendation Medal, Armed Forces Expeditionary Medal, Pistol Sharpshooter, Navy Unit Commendation, Meritorious Unit Commendation, and Navy and Marine Corps Achievement Medal. After the military he worked and retired from the Fairfax County Police Department as Chief Pilot.

Jay was a devoted father, former member of Shenandoah Valley Golf Club and current member at Winchester Country Club. He was an avid outdoorsman, car enthusiast, mathematician, and competitive swimmer. Jay

enjoyed snow skiing with his children and family.

He is survived by his sons, Aiden Julian Post and Wyatt Xavier Post of Winchester, VA; sister, Suzy Lax (Timothy) of Columbus, IN; brother, Brian Post (Michelle) of Tampa, FL; as well as numerous nieces, nephews, and cousins.

A time of gathering will take place on Sunday, October 23, 2022, from 12-2pm at Omps Funeral Home, Amherst Chapel. A memorial service will take place during that time at 12:30pm at the funeral home, officiated by Rev. Ike Hendershot. Everyone is invited for a time of food and fellowship following the service at a place to be determined.

In lieu of flowers, memorial contributions may be made to the charity Jay co-founded. The Five Star Merit Corporation awards an annual scholarship to a St. Augustine School (Jay's elementary school) fifth grader who excels in Academics, Leadership, Christianity, Sportsmanship and Loyalty. Upon graduating high school and enrolling in a vocational or undergraduate program the student receives a monetary award from the scholarship fund. Checks may be made out and sent to:

Five Star Merit Corporation

C/O Brian Egan
128 S College Ave
Rensselaer, IN 47978

Please visit obituaries and tribute wall at www.ompsfuneralhome.com

Tribute Wall

RS

“ Roger & Vicki Steffen lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post



Roger & Vicki Steffen - October 21, 2022 at 08:05 PM

EG

“ My condolences to the family. 💜



Elaine Gembala - October 21, 2022 at 05:21 PM

BE

“ God bless the two of you and your family. We will remember Jason in our Sunday Mass this coming weekend. Peace and prayers, Bob and Gail Evans.

Bob & Gail Evans - October 21, 2022 at 09:43 AM

JS

“ Sincere sympathy to George and Bernice Post and family.

Judy Smith - October 19, 2022 at 07:18 PM

JB

My heartfelt sympathy to the Posts and their family on the death of Jason. It is the worst that can happen to a parent.

judy beehler - October 19, 2022 at 08:35 PM

JB

“ *Judy Burvan lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post*



Judy Burvan - October 19, 2022 at 07:58 AM

JH

“ *Jessica Hayes lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post*



Jessica Hayes - October 18, 2022 at 04:44 PM

GW

“ *Glen And Linda Wood lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post*



Glen and Linda Wood - October 18, 2022 at 03:56 PM

GK

“ *George &Joan Kanne*



George & Joan Kanne - October 18, 2022 at 03:50 PM

JS

“ *Judy Siegrist lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post*



Judy Siegrist - October 18, 2022 at 02:57 PM

JK

“ *Sorry to hear of Jason's passing. Keeping the family in our thoughts and prayers during this difficult time.*
Joann (Onder) Kirkman



Joann Kirkman - October 18, 2022 at 01:52 PM

MB

“ *Myles Beeching lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post*



Myles Beeching - October 18, 2022 at 07:58 AM

DG

“ *Diana, Steve Gaines lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post*



Diana, Steve Gaines - October 17, 2022 at 10:59 PM

MA

“ I grew up with Jason out in Antcliff subdivision. All the kids out there were close. I remember Jason and his dad pulling us on a sled behind his dad's car in the winter. I also graduated with Jason. He will be missed. Prayers to the family.

Mary Arnott - October 17, 2022 at 08:43 PM

JM

“ Jim & Renee Mattocks lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post



Jim & Renee Mattocks - October 17, 2022 at 03:49 PM

DW

“ Don & Gloria Waymouth lit a candle in memory of Jason Michael "Jay" "Jay Bird" Post



Don & Gloria Waymouth - October 17, 2022 at 02:45 PM