



## Howard T. Post Jr.

April 27, 1954 - September 21, 2024

Howard Taylor Post Jr., age 70, passed away peacefully at his home on September 21, 2024 surrounded by his family, after fighting a courageous battle with pancreatic cancer.

Born on April 27, 1954 in Suffern, New York to Howard Post Sr. and Ethel Post, Howard grew up in Waldwick, New Jersey where he spent his childhood playing ice hockey and fishing on the pond near his home. After graduating from Waldwick High School in 1972, he enlisted in the United States Navy where he served on the USS Aylwin for four years. Howard married his high school sweetheart, Paulette, on August 7, 1976. After completing a tool and die apprenticeship, the couple moved to Michigan where Howard began a 43 year career at Consumers Energy.

Outside of work, Howard enjoyed completing home improvement projects for family. He also spent time biking, traveling and growing flowers. Howard was a devoted husband, father and grandfather. He loved watching his grandchildren participate in dance, tennis, hockey and cross country. Summer days were spent watching boats on the channel and fishing with his family.

Howard is survived by his loving wife of 48 years, Paulette; his children, Kristen (Brian) Chan, Christopher (Tessa) Post, and Brian (Inthasone) Post; as well as seven grandchildren, Avery Jane, Maxwell, Adelyn, Evelyn, Ellen,

Dean and Quincy.

Howard is preceded in death by his parents, Howard Post Sr. and Ethel Post.

The family plans to hold a private celebration of life.

The family is being served by Langeland-Sterenber Funeral Home. To leave a condolence and for more information, please visit [www.langelandsterenberg.com](http://www.langelandsterenberg.com).

# Tribute Wall

JW

“ Justin W. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Howard T. Post Jr..

Justin W. - October 04, 2024 at 01:10 AM

CD

“ Many memories of time served with Howie onboard the Aylwin. Wish I would have made connections with him earlier. Farewell and smooth sailing to a great fellow sailor  
CJ Sunny Sundstrom

CJ Dundstrom - October 03, 2024 at 03:43 PM



“ I am so very sorry to hear of Howie's passing. I am proud to have served with Howie in the Navy and will always consider him my brother even though I haven't seen him in some time. My sincere and heartfelt condolences to Paulette and all who loved and miss him. Will be joining you soon, Oscar

Bill Chapman - October 03, 2024 at 01:18 PM

AD

“ Autumn D. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Howard T. Post Jr..

Autumn D. - September 25, 2024 at 06:19 PM

MH

“ My heart breaks for you and your entire family Paulette. With love and friendship Mary Jean Harris

Mary Jean Harris - September 25, 2024 at 05:10 PM



“ *Beautiful in Blue was purchased for the family of Howard T. Post Jr..*



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September 24, 2024 at 04:12 PM



“ *Mervenne B. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Howard T. Post Jr..*

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**Mervenne B.** - September 24, 2024 at 04:12 PM



“ *Our deepest condolences to Paulette and family. I worked for Howie many years. He was a very considerate, knowledgable leader. We had many laughs together and shared life. He has been with his family in our prayers. We feel privileged to have known this man.  
Pete & Char Ekster*

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**Pete Ekster** - September 23, 2024 at 03:19 PM

HF

“ *Paulette and Family, I know this has been a hard 18 months for you. Know that Howard loved you all so much. We would talk about all the accomplishments of his kids and grandkids. I think I was as excited as Howard was when his granddaughter said she was going to Hope. Max was always a big topic of his...he excels in everything he does. The list of his talks about his kids/grandkids could go on and on. I miss hearing all his stories and those of his travels. I know it doesn't compare to what his family is feeling. Just know, Howard was thought highly of at work. Please let me know if I can help with anything or you just need to talk or sit with someone in silence. Keep all his love for you in your heart and smile when you think of him... With Deepest Sympathy, Helena*

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**Helena Flannagan** - September 23, 2024 at 01:31 PM