

heñte? kw | hello

My name is Lisa Post. I am an Indigenous woman with historical family roots in northern Shuswap. I am the youngest of Stella Post (Abel/Hunter) and the late Johannes Post. My father and his family settled in the Nicola Valley in the 1950s from Holland as visitors to nte?kepmx territory. He met and married my mother, a tiny and lively Indigenous woman who was born in Canoe Creek, raised by the late Emma Abel (Hunter/Haller) and Quin Abel an Irish/Cherokee Gang Ranch cowboy. My mother attended the Williams Lake mission school and landed in the Nicola Valley at the age of 16yrs. I grew up on a ranch in Petit Creek and spent most of my time riding horses, fishing at Lightning Lake and picking morels & sxusem berries on Stoyoma. I have four adult children, two of whom are traditionally adopted from Siksika Nation.

I have extensive leadership background with many years experience working with Indigenous families and communities both within the profit and non-profit sectors. My most lengthy tenure was in Blackfoot territory with Siksika Nation where I was employed for over twelve (12) years and volunteered in many other capacities for an additional five (5) years: food bank, outreach school/prenatal program, flood recovery; homelessness, affordable housing and the original creator of a youth centre for Indigenous youth in Strathmore (small town adjacent to Siksika Nation). I excitedly returned to the Nicola Valley two (2) years ago as the Executive Director of Scw'exmx Child and Family Services Society, where I've realized a long desire to contribute to my home community.

I have been gifted by our Ancestors with a purpose and passion for change; to advocate for our People across many realms: socially, politically and culturally. Integrity and ethical leadership, collaboration and proven experience in the successful integration of traditional values through Elder's teachings and Knowledge Keepers are forefront within my leadership approach. I am grateful to have a number of cultural guides to support this journey both personally and professionally.

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Lisa Post

