



## Fred Donald Helms

July 25, 1933 - October 22, 2011

Fred Helms of Scottsdale, Arizona passed away on October 22, 2011 at age 78. Fred was a beloved husband, father, and grandfather. He was a firm believer in God, a loyal Democrat, a die-hard OU football fan, and an avid golfer, (making two holes in one!)

Fred is survived by his wife, Kathryn; two sons, Fred Helms and Roger Helms (wife Darla); two daughters, Kristi Wilson (husband Jim), and Shary Meadowcroft (husband Charles); nine grandchildren, Kacy Wilson, Dillon Helms, Raimi Wilson, Kelli Helms, Carson Helms, Quincy Helms, Addison Helms, Raquel Velasquez (husband Johnny) and Jenny White; and great grandchildren, Alyssa, Kaleigh, Kadan and Kyler. He is also survived by a brother Bob Helms (wife Carolyn) and many nieces, nephews, other relatives, and friends.

Fred was preceded in death by a daughter Stacy; his parents, Benjamin and Florence Helms; and siblings Geneva Straun, Johnny Helms, and Elmer Lee Helms.

Fred was born and raised in Payson, Oklahoma. He began his 46 year career working for Oklahoma Natural gas Company in 1952 at Shawnee, Oklahoma. He received several promotions which led him to Edmond, Alva, Woodward, and Muskogee, Oklahoma. While working, Fred obtained a degree in Business Administration and Economics from Northwestern Oklahoma State University.

Fred retired from ONG as Vice President of Operations in 1998. He received

many career related awards. He was also Chairman/President of many services organizations over the years including Rotary, Junior Chamber, Salvation Army, Muskogee Port Authority, and United Way.

A reception will be held immediately following at the Runnymede.

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# Tribute Wall

CP

“ sending my condolences to all may you find peace in God, your faith, and your family and friends...Fred will be missed by many...know my dad Lloyd (JR) Brockus really thought alot of Fred and they spent many yrs together through ONG...”

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**carlotta perkins** - November 04, 2011 at 12:00 AM

PT

“ Always such a gentle, kind soul. Kathy you and your family are in my prayers.  
Paula Tarkington

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**paula tarkington** - November 03, 2011 at 12:00 AM

SM

“ Kathy, I am so sorry for your loss. I have a lot of great childhood memories of Fred, you and your family. My prayers are with you go out to you and your family.  
Love, Steph

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**Stephanie (Davis) Moss** - November 02, 2011 at 12:00 AM

AD

“ Dear Kathy and family,  
I just heard about Fred and am so very sorry for your loss. I always got such a kick out of him and loved his laugh. He always seemed to have a twinkle in his eye and a funny joke. Roger and I admired him very much. Thinking of you and keeping you in my prayers.  
All my love,  
Ann

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**Ann Davis** - November 02, 2011 at 12:00 AM

TH

“ I workd with Fred a long time ago. Fred was the best advocate ONG ever had and he was a wonderful supervisor. Fred really understood people and recognized the different levels of ability each individual had. Fred was interested in every employee and he wanted every one of them to have the opportunity to be the best they could be. Thank you Fred.

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**Terry Hada** - November 01, 2011 at 12:00 AM



“ A sympathy card has been sent to the family of Fred Donald Helms c/o Wharton Funeral Chapel funeral home.

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November 01, 2011 at 12:00 AM

KS

“ Kathy-- so sorry to hear about your loss.

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**Kathy Dawson (dice's sister)** - November 01, 2011 at 12:00 AM