



Betty Lou Helms

October 28, 1933 - April 6, 2013

Betty Lou Helms Betty Lou (Guenther) Helms, age 79 of Beaverton went home to with The Lord on April 6, 2013 after a brief illness. Mass of Christian Burial will be on Monday, April 15, 2013 at 11:00 a.m. at Our Lady of the Lake Catholic Church in Lake Oswego, Oregon. Burial will be at Willamette Memorial Park Cemetery in Albany, Oregon. Betty Lou (Guenther) Helms was born on October 28, 1933 in Crofton, NE to Casper and Anna (Hendricks) Guenther. She was one of twelve children. Betty Lou was the ninth child born and the ninth Guenther to pass away. She attended St. Rose Catholic School and Crofton High School in Crofton, NE. Betty Lou moved to Oregon in 1953 to be closer to her sister Mildred and brother, Elmer. When she first moved to Oregon, she worked in the Oregon fruit and vegetable canneries and the Oregon Department of Revenue Service. She met the love of her life in December 1959 and married Dean Helms on September 4, 1960 in Sublimity, Oregon. Dean's work with IBM transferred them to Sioux City, Iowa shortly after they got married. They lived in Sioux City for three years and IBM transferred the family back to Portland, Oregon. They raised their family in Lake Oswego, Oregon. Betty Lou received her Associates Degree at Portland Teacher's Community College (PCC) and later worked at PCC for over 20 years. Betty was active in her church ministries, golf club, quilting club and Red Hat Society. Betty Lou was known for her fabulous cooking and baking. Betty Lou is survived by her two daughters and spouses Michelle and Phil Murray of Portland, OR; Lt Col Lisa Helms Guba and Richard Guba of

Annapolis, MD; four grandchildren- Kincaid Murray, Corrine Murray, Gaelen Murray and Theodore Guba; brother Norbert and wife Karen Guenther of Crofton; two sisters and spouses Eileen and Danny Crespo of Stockton, CA, Carol and Ken Prebay of Bridgeport, MI; three sister-in-laws: Hedwig Guenther of Reesville, WI; Donna Guenther of Crofton, NE and Delores Helms Carroll of Omaha, NE; one brother-in-law and his wife James and Jeanette Helms of LeMars, IA; 70 nieces and nephews and numerous great nieces and nephews. She was preceded in death by her husband, Dean; parents, Anna and Casper Guenther ; brothers Elmer, Art, Earl, Lawrence, Norman, infant brother Richard Guenther; two sisters Mildred Schmid and JoAnn Nelson. In lieu of flowers, donations may be made to Alzheimer's Association; American Lung Association; Maryville Nursing Home or Hospice of the Northwest. Arrangements are in the care of Attrell's Sherwood Funeral Chapel, A Golden Rule Funeral Home.

Tribute Wall

LF

“Michelle, Lisa and families, my heart goes out to you all during this difficult time. Your mother was a dear, sweet lady and she will be missed. She and your dad always took the time to visit and take interest in our families, and of course, play some cards during their trips back to Nebraska. I have fond memories of your family trips to NE when we were kids. I wish we could be closer and that there was more we could do during this time, but I hope you know that our hearts and prayers are with you. It was hard on Dad not being able to make the trip and even harder seeing his siblings pass, but good memories and a strong faith will keep them close. I hope you all know that any time you have a chance to come back to Nebraska we would be so happy to have you and love to catch up. God's blessings on each of you and may memories of your precious mother give you comfort.

Lori (Guenther)Bengston & Family - April 16, 2013 at 12:00 AM

RG

“Sorry to hear about your Mom. I have many great memories of your Mom and Dad coming back to Nebraska and visiting. My thoughts and prayers are with you. Randy Guenther (Norbert & Karen's Son)

Randy Guenther - April 14, 2013 at 12:00 AM

GL

“To the family of Betty Lou, What a beautiful remembrance of your mother! As a niece, I wish had known her better. It sounds like she enjoyed all the things in life that I also do--cooking, baking, sewing, quilting, grandchildren! Sorry that we lived so far apart and didn't have the connection that we could have had. I am sure she will be sadly missed. Gloria Lubenau Art Guenther's daughter

Gloria (Guenther) Lubenau - April 11, 2013 at 12:00 AM

KS

“ *We are thinking about you and will keep you in our prayers*

Karen Stratman - April 10, 2013 at 12:00 AM