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John 'Jack' Forsyth Helms



December 25, 1933 - January 22, 2021

John "Jack" Forsyth Helms passed away peacefully in Walnut Creek on Jan. 22. He was born in Oakland on Christmas Day in 1933. After initially living in Piedmont, the family moved to Fresno where Jack graduated from Fresno High School. He received an Accounting degree from the University of Washington in Seattle, after which time he served three years as a United States Naval Officer. Upon returning to the Bay Area, he earned a Master of Business Administration degree from UC Berkeley's Haas Business School.

Jack married Julie Rapalje Caulkins on Sept. 21, 1963. They moved to Moraga in 1973, where they raised two children, David and Laurie.

He worked in various information technology and financial positions, retiring from the corporate world in 1987. After his retirement, he and Julie studied Spanish and traveled extensively in Mexico and Central America. In addition, they visited various European countries and spent time at their cabin in Lake Tahoe.

One of the greatest gifts Jack shared with his family was his love of the outdoors. Backpacking and skiing were regular family activities. Jack was a 32-year member of the National Ski Patrol and former head of the Homewood Volunteer Ski Patrol. Jack enjoyed fly-fishing since his teen years, and was at his happiest when wading in a sparkling stream in the Sierras.

Jack was a longtime member and former president of the Diablo Valley Fly Fishermen, as well as a member of the Lafayette United Methodist Church. His greatest

joy was his family, and he was a devoted and loving husband, father, and grandfather.

Jack is survived by his son David (Cheryl) Helms of Walnut Creek, daughter Laurie (Peter) Maxwell of Santa Barbara, and five grandchildren: Kiersten, John, Holly, Michelle, and Sarah. He also leaves his sister Susan Vildosola of Fresno. He was recently predeceased by his beloved wife Julie.

The family will gather privately to celebrate his life. In lieu of flowers, memorial gifts may be sent to Yosemite Conservancy.

Reach the reporter at: info@lamorindaweekly.com

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