

Dr. Ralph Michael Helm

August 1, 1926 - May 22, 2004.
Dr. Ralph Michael Helm, age 77, of Park Rapids, MN, formerly of Thief River Falls, MN, passed away at his home on Saturday, May 22, 2004.



Ralph was born on August 1, 1926 to Michael and Erna (Gra) Helm in Streeter, ND. He attended grade school in Jamestown, ND and

moved to Grand Forks, ND at the age of twelve. As a boy, Ralph was involved in the Scouting program, earning his Eagle Scout Award.

He graduated from Central High School in Grand Forks with the class of 1944. He did his undergraduate work at the University of Wisconsin-Madison where he was enrolled in the Reserve Officer Training Program (ROTC). He proudly served his country in the United States Navy in the Pacific Theatre of World War II.

Following his honorable discharge in 1946, Ralph attended the National College of Chiropractic of Chicago, Illinois and after graduation in 1950, he practiced in Thief River Falls for 41 years.

On November 28, 1947, Ralph was united in marriage to Helen Tweten, the prettiest girl in East Grand Forks. They made their home in Thief River Falls until their retirement to Two Inlets Lake near Park Rapids, MN.

Ralph was an active member of Zion Lutheran Church and was the church's first president. He was involved in the Elks, Eagles, American Legion, and the Veterans of Foreign Wars. He also served on the Thief River Falls School Board.

Ralph loved living at his lake home and traveling in his RV around the country. Ralph and Helen fulfilled their dream of seeing the entire United States.

He had many hobbies including hunting, bowling and reading. He had a profound interest in history and in building fine furniture. Above all, he loved his family, friends, and his dog, Sandy.

He will be missed by everyone that knew and loved him. He will be lovingly remembered by his wife of over 56 years, Helen; his daughters, Kathy Siwek (fiance Mark, Nephew) of Crookston, MN; Kristy (John) Buck of Naples, FL; Kerry (James) Seim of Minnetonka, MN; his son, Red (Dolene) Helm of Minneapolis; his grandchildren: Shawn Siwek (special friend) Stephanie