



Helen Chrest

May 30, 1948 - August 19, 2025

Helen (Colter) Chrest was born on May 30, 1948 to Jim and Dorothy Colter in Glendive MT. She was raised on the family farm near Bloomfield and attended rural schools until the family moved to Richey in 1960 when Dorothy began teaching at RHS.

Helen may have been shy at first in her new school but that did not last long. She soon made friends; a talent she had her entire life. She was involved in all extracurricular activities in high school plus adventures outside of school hours, many involving her brother and his shenanigans. After graduating from RHS in 1966, she attended Eastern Montana College (now MSU-B) graduating with a degree in education. Helen got her masters degree in education in 1981 from the University of Montana.

Helen's teaching career began in Cowley WY in 1970. The next year she moved to Helena, MT where she got a job teaching at Capital High School and to be closer to Ken Chrest, whom she married in 1973. She later moved over to Helena High School. Helen taught physical education using innovative ideas to encourage participation by all students no matter their athletic ability. She was involved at the leadership level of the state, district and national Health, Physical Education, Recreation and Dance (HPERD) organization and recognized for her contributions with the Montana Teacher of the Year, the Northwest District Teacher of the Year and Honor Award recipient at the national level.

After retiring, Helen and Ken began wintering in Arizona where Helen found a

passion for golf. She spent many hours on the links developing her game but also making many friends, which meant the world to her. Helen, the original Silver Fox, played and worked at the Fox Ridge Golf Course during the months in Montana, sharing her knowledge and passion. Helen learned golf to keep her body active and bridge to keep her mind active. She continued playing both until a few months before her passing.

A few years after her divorce, Helen moved to Glendive and was able to spend more time with her sister, Carol, before her passing in 2022. In the fall of 2024, Helen chose to become a full time Arizona resident but returned to Montana in late spring of this year for a family reunion, a graduation and to spend time with family and close friend, Teddi. The diagnosis of pancreatic cancer in June resulted in a return to Arizona for treatment, hoping for a little more time. Helen passed away at her home in Arizona on August 19.

Helen was unforgettable with her stylish dress, her laugh and her ability to visit with everyone she met. Medical staff, salesclerks, bank staff and friends of nieces and nephews all knew Helen and remembered her. She was thrilled to hear of her nieces and nephews' accomplishments and supported them as much as she could. Every dog was special to Helen especially labs and cockers. She couldn't walk by a dog without giving them love and treats.

Helen was preceded in death by her parents, and sister, Carol Metzger. She is survived by her brother, Bill (Cyndy) Colter, sister Patti (Bill) Raisl and Uncle Del Schmelzer. She will be greatly missed by many cousins, nieces and nephews. Our family is richer with memories and love because of Helen.

Memorials to honor Helen's are suggested to the Glendive Community Cancer Fund, PO Box 1144, Glendive MT 59330 or Seeds of Hope, 702 East Cottonwood Lane, Casa Grande, AZ 85122. Both organizations meant a lot to Helen.

Helen's life will be celebrated in the communities that meant the most to her - at the Glendive Alliance Church, Glendive MT at 10 am on September 27, at the Fox Ridge Golf Course Clubhouse, Helena MT at 1 pm on October 2 and at the Fairways Recreational Center, Casa Grande, AZ at 2pm on November

9.

Silha Funeral Home of Glendive has been entrusted with the arrangements in Glendive. Remembrances and condolences can be shared with the family at: www.silhafuneralhomes.com.

Cemetery Details

Dawson Memorial Cemetery

2816 West Towne Street
Glendive, MT 59330

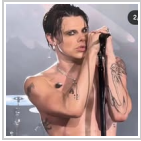
Previous Events

Celebration of Life

SEP 27. 10:00 AM (MT)

Glendive Alliance Church
105 Highland Park Road
Glendive, MT 59330

Tribute Wall



“ *Kymberley Allen lit a candle in memory of Helen Chrest*



Kymberley Allen - September 23, 2025 at 05:19 PM

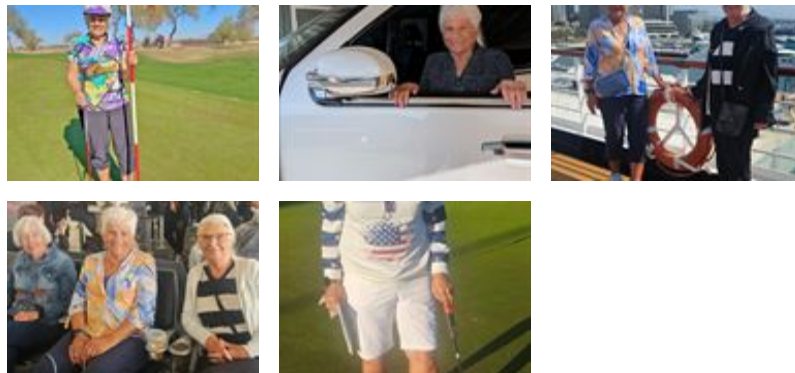


“ *I am so sorry to hear of Helen's passing. My memories go back a long long way... all of them fond. She worked with my aunt Jude Gleason and the two of them were always up to something.... RIP Chrest and please take good care of Mother Goose!!*

Jan Gregson - September 13, 2025 at 05:07 PM



“ *121 files added to the album LifeTributes*



Silha Funeral Home - September 12, 2025 at 01:34 PM

SQ

“Helen and I go way back as professional colleagues in secondary education, golf enthusiasts, dog lovers (i.e. Labrador retrievers) and major supporters of women’s opportunities in education. She loved to shop and I enjoyed tagging along to see the final results. I shall miss my dear friend! We enjoyed many happy times, as well as each other’s counsel. Helen, keep everyone in line up there in heaven!! Love, Sandy Quickenden

Sandy Quickenden - September 11, 2025 at 06:09 PM

PD

“Our prayers are with Helen's family. Helen and I were "teacher buddies" for many years at Helena High School. She is the reason my husband and I became "winter visitors" in Casa Grande AZ and eventually moved there full time. She was such a treasure. Such wonderful memories of our many shopping excursions both in Arizona and Mexico. Oh the stories we could tell. Helen is brightening up heaven!
Pat and Mike Davis

Pat Davis - September 10, 2025 at 12:30 PM

LD

“Our condolences and thoughts to the family of Helen. We knew Helen from working at Fox Ridge Golf Course in Helena and presiding over our Foxy Ladies League for years, which were the best! She was a great lady and are glad she is no longer suffering. God Bless, Lynn & Dennis Doherty

Lynn Doherty - August 30, 2025 at 01:40 PM

MH

“ *Sending my prayers for comfort to the family. I have many fond memories of going to school in Bloomfield while your mother and my mother taught together.* ”



Margo Udem Hellickson - August 24, 2025 at 03:22 PM

MM

“ *Patti and family, my thoughts and prayers are with you at this sad time. Helen was a great person who will be missed, not only by you, her family but by all whose lives she touched in her own unique way. I will always remember Helen with a big smile and great sense of humor.* ”

Mae Miller - August 23, 2025 at 01:28 PM