

from  
"Shenandoah Valley Pioneers  
& their Descendants"

(A history of Frederick Co.  
Va.)

by T. K. Cartmell - clerk  
of Old County Court.

(Helm - Helms - all the same family)

#### The Helm Family

This name appears in Virginia about 1700, when we find Leonard Helm in the territory that was soon to be known as the Shenandoah Valley. His will was probated in Frederick County, Va., Dec. 5, 1745. He mentions his children: Meredith, Leonard, Mayberry, Joseph, Christopher and his youngest daughter, Bridget Madison. Meredith and Leonard qualified as executors. Doubtless the founder of the Valley family left his native country, England, with other members of the older set, landing on Long Island 1675. Thomas Helm was a resident there for several years, and is supposed to be the father of the Leonard named. "A history of the Parochial Chapelry of Goosnargh, Lancashire, England, by Henry Fishnick, F. H. S." gives interesting facts relating to the Helm family, who were prominent during the 16th and 17th Centuries. The family names, appearing in America far into the 18th and 19th Centuries, bear unmistakable evidence that this Leonard Helm was one of this English family. Meredith Helm who appears as one of the Justices of the first court held in Frederick County, 1743, and Sheriff in 1753, and who frequently appears in public life until his death in 1768, lived near Winchester at one time. His plantations were in that part of the county known at this writing as Clarke. He died intestate; but the settlement of his estate shows two of his sons, Mere-

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