



# Keith Arnold Renstrom Jr.

AUG 25, 1952 - MAR 7, 2026



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# Keith Arnold Renstrom Jr.

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**K**eith Arnold Renstrom, Jr. (Little Keith), age 73, passed peacefully on March 7, 2026, surrounded by the love of his family. He was born on August 25, 1952, to Keith and Betty Coats Renstrom.

Keith lived a life rich with music, curiosity, and deep love for the people and places that mattered most to him. Music was one of the great passions of his life. He was forever influenced by the music of The Beatles and especially John Lennon, whose message and artistry resonated deeply with him. The tragic murder of Lennon affected Keith profoundly and remained one of those moments in history that stayed with him throughout his life.

A child of the 1960s and 70s, Keith carried the spirit of that generation with him. He was a bit of a hippie at heart, engaged in the movements and ideas of his time, and remained deeply interested in politics and public affairs. He believed in staying informed and often enjoyed thoughtful conversations about the direction of the country and the world.

Keith was also a musician himself, playing guitar in several bands over the years. Music was more than entertainment to him, it was a way of connecting with others, expressing ideas, and celebrating life.

Keith had a deep love for America and a profound respect for the men and women who serve in the armed forces. He was an avid historian and, like his father before him, had an incredible knowledge of wars and historic battles. He could effortlessly share stories about the people, strategies, and turning points that shaped America's history, bringing those moments vividly to life for anyone who would listen.

Professionally, Keith devoted many years of his life to serving others as the president of a hospital union in Seattle. He was widely respected and beloved for his dedication to workers and his tireless efforts to advocate on their behalf. Those who worked alongside him knew him as a principled leader who stood firmly for fairness and dignity.



## Obituary

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Keith married the love of his life, Kathy, in Hawaii. He often joked that their wedding day was the scariest day of his life because he was giving his heart away, but he soon learned that with Kathy, he was completely safe. Their love was deep, joyful, and filled with humor. Kathy had a habit of calling him “dumbass” when she was frustrated with him, and over time it became one of the most endearing expressions in their marriage. After she passed, Keith often said he missed hearing it.

Keith spent most of his adult life in the beautiful Puget Sound region, a place he loved dearly. Fifteen years ago, he moved to Utah to spend time with his best friend, his dad, and to be closer to the rest of his family. His bonus mother, Jody, even convinced him to try something new: acting. Keith embraced the adventure and appeared in several plays at the Renstrom’s Valley Center Playhouse, bringing his humor and personality to the stage.

Keith was preceded in death by his beloved wife, Kathy; his father, Keith; his mother, Betty; his bonus mother, Jody; his brother, Joe; his sister, Launa; and his cherished parrot, Zeppelin. He is survived by his sister Tamara Peters (Greg); his brothers Greg (Melanie), John (Carrie), and Mike (Luiza); his sisters Leslie Gallagher (Craig), and Julie Day (Steve); and many nieces and nephews who loved him dearly.

Keith lived life to his own rhythm, guitar in hand, stories ready to share, and music never far away. Those who knew him will always remember the laughter, the history lessons, and the spirited conversations. Somewhere, we imagine Keith has picked up his guitar again, sharing a story or two and enjoying the music he loved so much.

And if you listen closely, you might just hear a familiar tune reminding us that love, laughter, and good music never really fade away. In the words of the music he cherished,

“Though I know I’ll never lose affection  
For people and things that went before.  
I know I’ll often stop and think about them  
In my life I love you more.”

-John Lennon



## Tribute Wall

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**Stephanie Lee** posted:

As the daughter of Dan LeBaron, the man who lived in and owned the home where Keith lived for the past many years, I am so grateful for the friendliness and pleasant spirit he brought to his friendship with my dad. Dad often expressed gratitude for Keith's presence and admired his fervor for music, politics, and developing friendships with those with whom he lived with. In the few months since dad's passing, our presence as his four children in dad's home to take care of his belongings and affairs was met with such warmth from Keith and we are so grateful to have had the time to get to know him a little better, to hear him wax poetic about music and the Seattle Seahawks, and to be recipients of small kind gestures he offered us. It was a joy and pleasure to be in close proximity to him for a time and to gain first hand experience of dad's enjoyment of him. I pray that all of Keith's family will be comforted in Keith's new found freedom and that your shared love will bring warmth in the days ahead.- Stephanie Lee

March 8 at 1:00 PM



## **Memories only last if you share them**

Join us in honoring Keith by contributing to a collection of shared memories.



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