Commander Randall W. Smit Cates

September 23, 1947 ~ January 8, 2016

Our beloved husband, father, brother, son, uncle and friend Commander Randall W. Smit Cates passed away January 8, 2016. Randall was born September 23, 1947 in Boise, Idaho to Frank H. and Lillian Blenda Smit. He was married 5 times and had seven children whom he loved dearly: Jeffrey, Jeanene (Neil), Jennifer (Ted), Jessica (Anthony), Jaime (Sean), Justin and Jocelyn (Mike). He was married to lifetime friend, companion and wife Sherry Lords Cates on May 18, 2004. Solemnized August 26, 2014 in the Bountiful LDS Temple. He had four step sons: Denny, Kevin, Bryan and Tim. Randall also had 27 grandchildren and 3 great grandchildren.

Randall graduated Antioch University with a degree in Counseling and Psychology and later went on to earn his Maters and Doctorate Degree. He also has a degree in Theology. Randall became an entrepreneur at an early age by selling his mother's flowers and vegetables. He later turned that into his life-long occupation. He joined the navy in 1971 serving in Vietnam and the Army Special Forces "Green Beret". He was a lifetime member of the VFW, DAV, and Vietnam Vets of America in Bountiful and served as the Commander of The American Legion post 79 for over 10 years, a position he took great pride in. Randall also had the honor of serving as Grand Marshall in the July 4th parade. After leaving the service he started his own construction business, American Builders. He owned and operated this business for 25 years. One of his greatest joys was his grandchildren calling him Grandpa Cowboy, his love of animals, and breaking wild horses. He won many trophy buckles in his early days.

Randall is survived by 6 siblings Denza, Ralph, Gary, Lawrence, Jerry and Greg. He is preceded in death by his loving mother Blenda Smit, husband Frank H. Smit, Ralph W. Cates, wife Carolyn J. Winters, wife Katherine Winters and daughter Janelle Cates.

Funeral services will be held at 11:00 a.m. on Friday, January 15, 2016 at Larkin Sunset Gardens, 1950 East Dimple Dell Road (10600 South) in Sandy. Family and friends may visit Thursday from 6:00-8:00 p.m. and Friday 10:00-11:00 a.m. prior to services at the mortuary.