

# Karma Lou Armstrong

*August 12, 1932 ~ August 16, 2021*

Karma Lou Armstrong (Steinbach), 89, passed away on August 16, 2021, in Salt Lake City, Utah, with her family by her side.

Karma was born August 12, 1932 to Emile and Carol Steinbach in Tooele, Utah, where she attended Tooele High School. After graduating in 1950, she attended the University of Utah. Karma was a very active member of Kappa Kappa Gamma Sorority, Delta Eta Chapter, where she made many lifelong friends. She was a member of the Spurs Honor Society and her fun outgoing personality on campus earned her the title of Sweetheart of Sigma Chi. Around that time, Karma met James Moyle Armstrong Jr., whom she married on September 12, 1952. Later, they were sealed in the Salt Lake Temple.

An exceptional wife and mother, Karma was known for making six different meals for her children plus any neighborhood friend who happened to be at her table. She could make the best of any situation, including cooking a full turkey dinner on a two-burner stove on the family boat, with her cheery helped her children and grandchildren with the school projects, poems, and crafting elaborate costumes. She was a member of the Church of Jesus Christ of Latter Day Saints, where she served as Primary President and Mutual President. Her church callings gave her many opportunities to bring people together, and for her creative side to show as she organized fun parties and events. She cared deeply for her family and neighbors.

Karma made friends everywhere she went. For twenty-seven years she ran the Foothill Diet Center, where she made many connections. Reunions with Tooele High School friends, Kappa Kappa Gamma Bridge, and Daughters of Utah Pioneers meetups were some of her favorite times. Karma also loved being outdoors, traveling to Jackson Hole, and her garden could rival any in the neighborhood. She enjoyed making the most out of any occasion, and loved hosting fun holiday parties with her family. Her giving spirit and positive attitude were contagious. She gave to every charity that asked. She included everyone, and she made them feel loved and welcomed in her home. Karma always ensured that anyone who crossed her threshold was safe, happy, and had a full belly. Her generosity, kindness, and devotion to her family and friends will not soon be forgotten.

Karma was predeceased by her husband, James Moyle Armstrong Jr.. She is survived by her sister-in-law Mary (Mike) Mattsson, children Bill Armstrong, Anne (Jim) Crockatt, Patti (Chad) Service, David (Bonnie) Armstrong, Brad “Brock” (Shauna) Armstrong, and Jeffrey Armstrong, as well as her 17 grandchildren and 24 great-grandchildren.

A viewing will be held Friday, August 27, 2021 from 6:00-8:00 PM at Larkin Sunset Lawn Mortuary located at 2350 East 1300 South, Salt Lake City, Utah, 84108. Graveside services and interment to follow on Saturday, August 28, 2021, at 11:00 AM at the Salt Lake City Cemetery, located at 200 North E Street, Salt Lake City, Utah, 84103.

For those who wish to join via Zoom, may do so here: https://us02web.zoom.us/j/84517804857
Please note that a Zoom account is necessary to enter. For those who do not have a zoom account, when clicking the link, a dialogue box will appear. Click on "sign up" and follow the prompts from Zoom. If there are any questions, please call Larkin Mortuary to walk you through the process. No passcode required. Host will begin meeting 5 minutes prior to services. Access to mic and camera will not be given. A recording of the services can be accessed and downloaded by the end of the day.