

Michael Stanley Prokop

It is with heavy hearts that we announce the sudden passing of Michael (Mike, Mikey) Stanley Prokop, age 59, on November 9, 2025, at the Cardiac Care Unit, Royal Jubilee Hospital, Victoria, B.C.

Born on Sunday, January 23, 1966, at East General Hospital, Toronto, to Lynne Barbet and Cliff Gilmore (Mary) (deceased), he was lovingly named Darryl, a name meaning 'beloved,' which would come to define his life. At three months old, Mike was adopted by Lloyd and Gwen Prokop (both deceased) of Sault Ste. Marie, Ontario, becoming the fifth child in their family.

Mike grew up in Sault Ste. Marie and Barrie, Ontario, always enjoying being outside and taking road trips with the family each spring. His favorite childhood activity was spending summer days at the family cottage, circling around the bay in his little aluminum boat. He continued to enjoy being close to water, always living within view or walking distance to water in Vancouver and Victoria, BC.

Mike is deeply mourned by his loving wife and partner in all of life's journeys, Sue Prokop (nee Bennett). He absolutely loved becoming, and building, a family with Sue and it showed. He was the adored "Papa P" to Zelma Moore, and a special stepdad to Becky Bennett (Grant).

He was the baby brother to Barb, Ross, Lexie (Jim), and Patricia Prokop, and older brother to Erik (Kristin). He is also survived by his mother-in-law, Janet Bennett (and the late Gerald Bennett); brothers-in-law and sister-in-law: Wendy Galligos (Steven), Edward (Tracey), and Randy (Kim); nieces and nephews Dana & Anthony (Rochelle) Worthington, Sara & Nicole Anderson, Ryan (Angela), Vicky (Jenny), Craig (Lisa), Callum (Drew), Carmen (Jared), Blair, and Cam (Cam); and great nephew and nieces Kaius, Tao, Rylee, Talya, and Gracie. They

will all deeply miss his laughter and hugs.

Mike was cherished by his extensive group of friends, whom he met and kept throughout his life. In particular, his close friend and best man, Patrick, sat vigil with the families during his hospital stay, sharing stories of their adventures together. Friends share that Mike was universally loved by all, always willing to help, accepted people from all sides of life as his friends, had a great giggle, and exuded positivity. He will be deeply missed for his infectious laughter, jokes, and storytelling.

Mike's career spanned over 30 years as a Management Consultant and Program Manager. A proud alumnus, Mike held an MBA from the University of British Columbia ('94) and an Economics degree from the University of Waterloo ('90). As was his character, Mike was consistently chosen as Class President throughout his undergrad and post-grad studies. Classmates remember him as someone who never forgot a name or face and was always laughing and enjoying the moment.

His professional journey began at Accenture which led him to successfully establish his own consulting firm, specializing in internet and wireless technologies, establishment of data centre facilities and cyber security. Mike was also a founding member of the Workforce Wellness AI health care platform. He generously served as a mentor for MBA students at the University of British Columbia's Sauder School of Management and as a team coach for Simon Fraser University's web strategy workshops. He also participated in the Vancouver Green Capital Trade Mission to the World Expo in Shanghai. He was a lifelong learner and was passionate about sharing his knowledge and experience with others.

The world seems to be a lot quieter now as his beautiful star has dimmed its light. Mike will be greatly missed by all. May he rest in peace.

Condolences may be offered to the family below.

McCall Gardens

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