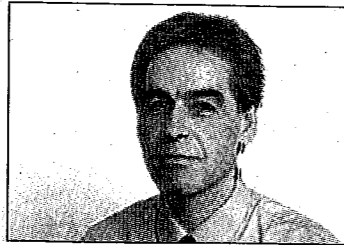


# Third-generation mechanic moves his shop



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Troy Ostrinski rebuilt his first cylinder head at age 14, his first engine a year later and by 21 was a licensed technician.

The third-generation mechanic not only brings family genes to his profession but nearly three decades of his head under the hoods of just about any make and model year you care to mention.

Ostrinski, 43, reached a new milestone in his mechanical career this week with the expansion and relocation of his **Progressive Auto Repair and Maintenance** business due to increasing customer demand.

The Prince George native bought the former **Parker Auto Body** property at 422 Burnside Rd. East, a 3,400-square-foot garage with four

service bays. That's one more bay than his previous location at 570 John St., and a better location for a regular client base that has swelled to more than 1,200 in the past seven years.

Ostrinski said some customers expressed concerns about his last location in the West Hillside Avenue area, which is on the edges of the city's so-called red light district. The new location is close to the Galloping Goose Trail and about a block from **Mayfair Shopping Centre**. "It's a shop that my customers and my technicians deserve," said Ostrinski. He said he'll give clients rides to and from his garage.

Ostrinski said drivers are taking better care of their cars with regular maintenance. Although new automobile pricing remains low and sales are steady, he hasn't seen a trend in people going more to used vehicles. But he said that could change if the global recession cuts deeper and forces more people to consider the used market.

Ostrinski opened **Progressive** seven years ago after local stints working for **John Ladd BMW**, **Dunsmuir's Super Service** and **Wille Dodge**. Prior to arriving in Victoria, he cut his teeth in



Troy Ostrinski, left, and technicians **Burton DeGroot** and **Kyle Griffin** keep busy at the new shop.

the business with his grandfather **Otto Ostrinski** and father **Klaus Ostrinski**, who operated **Foreign Car Centre**, **Queensway Mazda** and **5th Avenue Husky** in Prince George over the years.

"From the time I was old enough to hold a broom, I was in charge of keeping the shops and customer's cars spic and span at the shop," said Ostrinski. And that hasn't changed. Ostrinski has always prided himself in a tidy and orderly shop.

Although they specialize in **Honda** and other Japanese auto makes, **Progressive** offers automotive services to all brands — from engine tune-ups to complete rebuilds. Staff includes technicians **Burton**

**DeGroot** and **Kyle Griffin** and new apprentice **Nick Lalonde**. Call 250-477-2711.

Victoria consultant **Don Monsour** is a busy man these days, splitting his time on three non-profit boards.

He has been named president of the **Crystal Meth Society of B.C.**, replacing **Mark McLaughlin** who moved into the position of executive director. The society's traveling **Meth Info Show** has now been viewed by more than 33,000 high school students across Canada, and the group is seeking new board members from the areas of medicine, education, fundraising and marketing. Call 250-589-1001 for info.

Monsour was also re-elected as chairman of the Victoria branch of the **B.C. Restaurant and Food Services Association** along with vice-chairwoman **Liz DeMatta** and secretary-treasurer **Rick Wolfe**. New board members include **Peter DeBruyn**, chef at the **Strathcona Hotel** and **Sticky Wicket**; **Ryan Bradstock**, chef at **Topo's Ristorante Italiano**; and **Jill Thomas** of **Rock Salt Cafe**. The returning board members include **Steve Walker Duncan** of **Ambrosia Event Centre**; **Nelless Shackleton** of **RC Grillhouse**; **Paul Hadfield**, **Spinnakers Brewhouse**; **Judith Morrissey**, **Super 8** and **Liquor Plus**; **Tracy Holden**, **Garlic Rose Patio & Grill**; **Bob Parrotta**, **Butchart Gardens**; and **Michelle Ouimet**, **The RestaurantCoach.ca**

Monsour was also elected to the board of the **Victoria READ Society**, which helps children, youth and adult students learn basic academic skills through smalls classes and individualized instruction. Other new directors include communications consultant **Carol Carman**, lawyer **Nicholas Mosky**, **Maureen Nicholls**, who is retired, and construction worker **Steve Pickford**, a former student. They join returning directors

**Myrna J. Hall**, past chairwoman and a management consultant, provincial government director **Patricia Kimmet-Huxley**, former student **Gillian Shirreff** and accountant **Jo-Ann L.T. Zelen**. Retired deputy minister **Suzanne Veit** is **READ's** chairwoman while **Graeme M. Kirby**, retired, is vice-chairman; accountant **Angus Iazard** treasurer and management consultant **Linda Bradford** secretary.

**Travis Hansen** has been promoted to executive chef at **Butchart Gardens**, responsible for staff and co-ordinating menus at both the **Blue Poppy Cafe** and **The Dining Room** as well as overall chef training, product management and menu development. Other new additions at **Butchart's** include **Gord O'Neill**, former executive chef at **Sidney's Pier Hotel and Spa**, who has returned to the gardens as **The Dining Room's** chef de cuisine; **Mike Vernon** new sous chef at **The Dining Room**; and **Ruben Fontes**, new chef de cuisine at the **Blue Poppy**. **Butchart's** now has eight **Red Seal** qualified chefs with six other working on certification. The gardens, by the way, has its annual **Christmas Light-Up Ceremony** set for Monday at about 5 p.m.