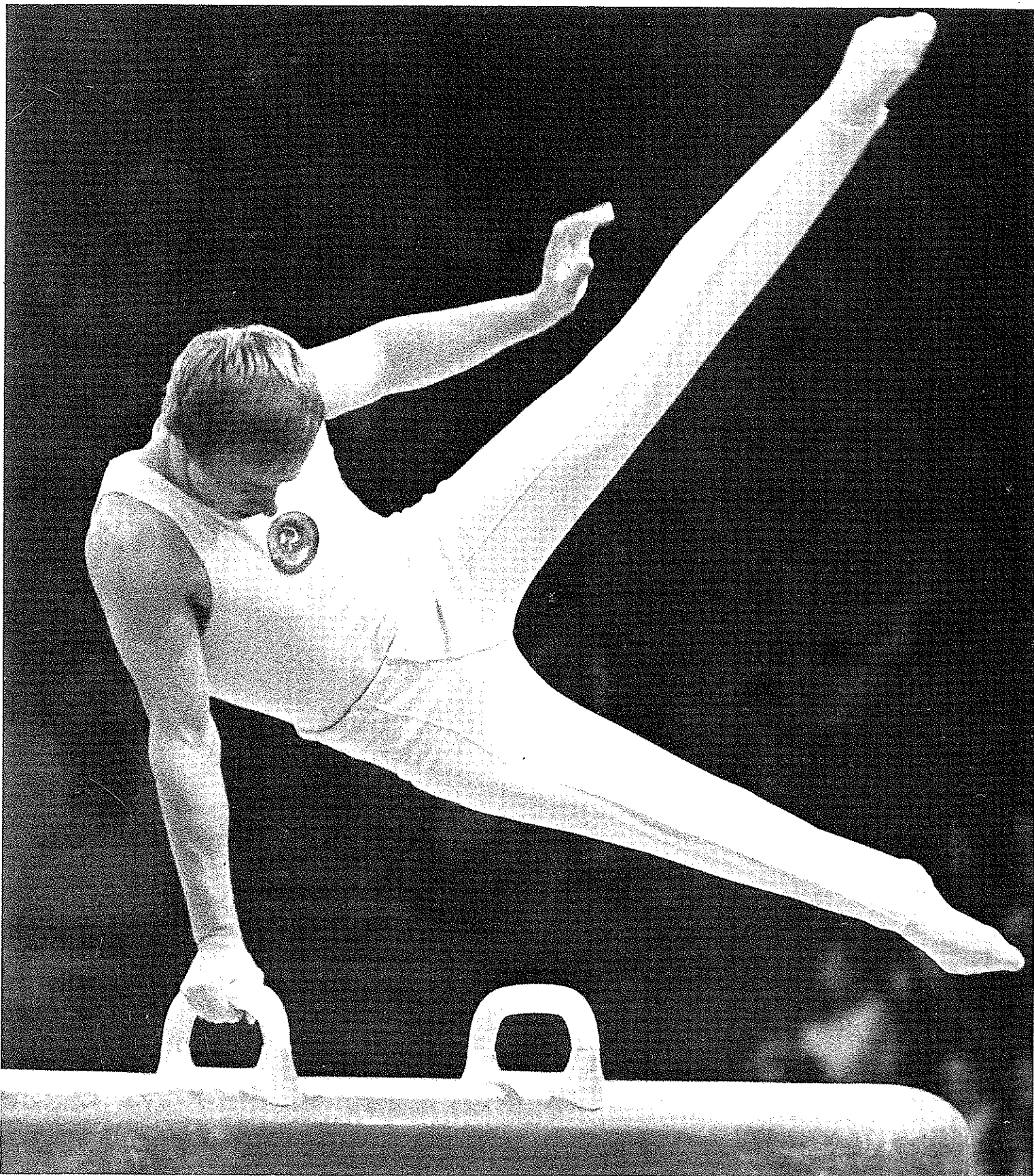


# AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION



Registered for posting as a periodical — Category B

**Price \$1.50**

**DECEMBER 1978**

**Vol. 8, No. 4**

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# The Australian Gymnast

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## FROM THE EDITOR

After five years and twenty issues of The Australian Gymnast I have decided to 'hang up my pen' as it were and allow for someone else to take over the position of Manager and Editor of this publication. This decision was very difficult for me to make as I have enjoyed immensely the challenge and involvement in this aspect of the promotion of our great sport.

I have found it increasingly difficult to keep contact with all the people in the rapidly changing scene as well as to effectively operate in such a remote location as Perth. My forthcoming marriage and consequent family responsibilities have also played a significant factor in arriving at this decision. I would like to place on public record my sincere appreciation to all the supporters of The Australian Gymnast who have helped to make it the viable concern it now is today. The advertisers, particularly the long lasting ones, have provided wonderful support and I trust that they will continue to do so. The news editors, contributors and subscribers all over our vast continent have been responsible for the magazine's development. I would like to pay particular attention to the many photographers (mostly voluntary) who have enabled the quality of the publication in this area to be its strongest asset. There are many who have contributed in this regard but I would like to mention a few in particular — Aldo Zotti, Peter Meyers, Alan Burrows, and Cherie Scott have contributed some excellent work over the years. The Australian Gymnast could not survive without this support.

I am particularly keen to see this periodical continue and see the A.G.F.'s continued involvement in it as being both essential and beneficial. I believe the new position of A.G.F. secretary is the ideal position to operate as Manager and Editor of The Australian Gymnastic Federation's official publication. As a consequence all subscriptions, correspondence and the like should be addressed to — 'The A.G.F. Secretary', P.O. Box 180, Moorabbin, Vic. 3189.

I have also recommended the provision of both a "Rhythmic supplement" as well as a "Gym Coach" supplement in 1979. These additional sections to The Australian Gymnast will demand more work and I envisage two new editorial positions becoming available — that of Rhythmic Editor and Gym Coach Editor. Interested people for these two honorary positions should contact the A.G.F. secretary at the above address.

Julie and myself will be continuing as W.A. News editors and I am looking forward to helping Julie promote The Australian Gymnast more fully in West Australia in the coming year.

In conclusion I would like to confirm my support for the new administration of the publication in 1979 and would encourage subscribers to not only renew their subscriptions early in the new year, but also to indicate their support for The Australian Gymnast by forwarding their article, story, technical topic or just views in general. The one aspect of any Editors job, which is most important, is in the area of obtaining 'feedback' enabling needs to be more fully met. I trust The Australian Gymnast will continue to be the forum of public opinion, the communicator to the remote area clubs and individuals and the medium of technical information it has been in the past. I look forward with confidence and backward with some pride in having played some part in its development.

Rod Sinclair

## DEADLINE FOR FUTURE ISSUES

March — February 20th (+ Gym Coach)  
June — May 20th (+ Rhythmic)  
September — August 20th (+ Gym Coach)  
December — November 20th (+ Rhythmic)

FRONT COVER: Nikolai Andrianov (U.S.S.R.).  
World and Olympic Champion (photograph by Alan Burrows)

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The Australian Gymnast is published quarterly in Perth and printed by

WESCOLOUR PRESS

A division of West Australian Newspapers Ltd.,  
340 High St., East Fremantle 6158

Typesetting and makeup by  
CITY TYPESETTERS PTY. LTD.  
1095 Hay St., West Perth 6005

## 1979 SUBSCRIPTION DETAILS

The price of The Australian Gymnast will remain the same in 1979 ie \$6 for the four issues. However we can now offer two additional supplements at a price of \$2 each. These are the 'Gym Coach' supplement and the 'Rhythmic' supplement, which each will be as big again as the normal Australian Gymnast and will be produced on an alternating basis.

ie March issue + Gym Coach supplement.  
June issue + Rhythmic supplement.  
September issue + Gym Coach supplement.  
December issue + Rhythmic supplement.

As a consequence subscribers have the choice of three separate levels of subscription:

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2. Australian Gymnast + Rhythmic supplement, OR + Gym Coach supplement (4 issues & 2 supplements) \$8
3. Australian Gymnast + Rhythmic supplement AND + Gym Coach supplement (4 issues & 4 supplements) \$10

In addition the Australian Gymnast still offers discounts for bulk purchases by clubs, associations etc. at the following rates:

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For 50 or more subscriptions — deduct 20%  
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## FROM THE AUSTRALIAN GYMNASTIC FEDERATION

### WOMENS TECHNICAL REPORT

Congratulations to the Australian team, recently returned from the World Championships in Strassbourg, France. They acquitted themselves very well, bringing credit to Australian gymnastics.

On the girls side we obtained the following results:

Total number of competitors — 214

Marina Sulicich	102nd	with	70.65
Carol Marsh	107th	with	70.10
Karen Edelsten	112th	with	69.75
Kerry Bayliss	117th	with	69.60
Sandra Jones	125th	with	68.95
Margaret Jack	140th	with	67.45

Both our reserves, Kerryn Bailey and Debbie Connell were used for the Judges practical session.

One major initiative to develop was the formation of the "Commonwealth Gymnastics Federation" with a Board of Directors and Technical Committees established. I was elected Technical Co-ordinator for all three disciplines. The Technical Committees were based as follows:

One member from Australia, Canada, New Zealand and U.K. making a Committee of 4, with an appropriate person as Chairman, to bring the total to a 5-man committee.

The chairmen selected were:

Men's Artistic — Paul Williams (U.K.)

Women's Artistic — Frances Thompson (Aust.)

R.S.G. — Evelyn Koop (Canada).

Two major International events take place early in the new year which we cannot participate in. These are the European Championships (Copenhagen 11th, 12th May), World Cup (Tokyo 2-4 June).

The New Zealand tour is progressing well although at this late stage officials have not been appointed. Fortunately we have had the services of Katja Mihailovic, or else the tour would not have eventuated.

At present the top U.S. coach, Scott Crauss, is touring Australia conducting clinics and we anticipate some great benefits from this visit.

Frances Thompson

### REPORT ON F.I.G. WOMEN'S TECHNICAL ASSEMBLY — 18th October, 1978.

Among many of the items which were discussed were the New Code of Points and consequent rules. The new code is to be ready in French, German and English in January 1979 and some of the rules include the following.

- The proposal of having six Judges would only apply to major tournaments — i.e. World Championships and Olympic Games.

- The new code will make use of the Referee Judge in a more positive way and not just as 'secretary'. Video and 'expert' judges would be recommended for double control.

- It is likely the requirement of wearing the Federation emblem on the leotard will return again.

- For Competition I, the requirement is likely to be 1 C-element, 3-4 B and A-elements and bonus points for special elements (0.2 for Risk, 0.2 for Originality). An explanation of R.O.V. will be in the new code.

- Deductions for each event will be given listing general execution faults as well.

- The new code will be valid from 1st. September, 1979.

The new compulsory exercises for 1981 will be demonstrated at the 1979 World Championships and a Trainer's symposium

early in 1980. The exact exercises were not given but vague ideas were:

#### BARS

Currently two exercises were under consideration, both having 8 elements each. 4 mediums and 3 superiors based on the current code. The 4 mediums are connections, the exercise comprised kips on both bars, circle and swing elements on both bars and 3 different changes between the bars. The 3 superiors involve a mount on the low bar involving a release to catch the low bar again, a handstand on the high bar and a dismount from the hecht group from the high bar.

#### FLOOR

The music is complete and modern and lively. The exercise comprises 8 mediums and 3 superiors. Elegant movements from R.S.G. are stressed.

The 8 mediums comprise — handstand pivot, a large leap with full split of legs, two different 360° turns in different directions, a variation of a back walkover, and acrobatic series with two forward handspring type elements and flic-flac combination. The 3 superiors were an acrobatic series involving a stretched backward sault, an aerial walkover forwards and a superior flic-flac series.

#### VAULT

This has not been decided but the vault will come from group 2 or 3. There is a possibility of more than one compulsory vault for the gymnast to select.

#### BEAM

2 superior and 5 medium elements combined in a way involving six passages along the beam.

The 5 mediums were the mount from the side of the beam (one foot take-off to two feet on with 180° turn). Five turns in total; 2 are 360°, one forward and one backward, one on two feet, one on one foot; 2 are 180° on one foot and one turn is 180° in handstand. Four leaps and jumps; one two foot take-off and land in vertical position, one one foot take-off to land on other foot, one leap with great amplitude and split of the legs, one one foot take-off to land on the same leg. One jump sideways along the beam with 2 foot take-off to land on one foot. Two acrobatic elements — a flic-flac to one foot and a forward walkover series. The dismount to be to the side of the beam from the sauto-family. Three different body waves — one forward, one backward and one sideways.

For the World Championships in 1979 (Fort Worth, Texas) the U.S.G.F. have pre-booked 980 rooms at four different Hotels. All will be in walking distance. The climate will be warm but not hot. A special stamp will be struck for the Championships by the U.S. Postal Dept.

Programme as follows:

Sun. Dec. 2nd	Opening Ceremony
Mon. Dec. 3rd	Women's compulsory exercises.
Tues. Dec. 4th	Men's compulsory exercises.
Wed. Dec. 5th	Women's Optional exercises.
Thurs. Dec. 6th	Men's Optional exercises.
Fri. Dec. 7th	Competition II for Women.
Sat. Dec. 8th	Competition II for Men.
Sun. Dec. 9th	Competition III for Men and Women.

The W.T.C. of the F.I.G. expressed the hope that all member Federations would send their delegates (a maximum of 3) to the 5th cycle Inter-Continental Judges course. This is likely to be held either in Man/June or in September and in Great Britain.

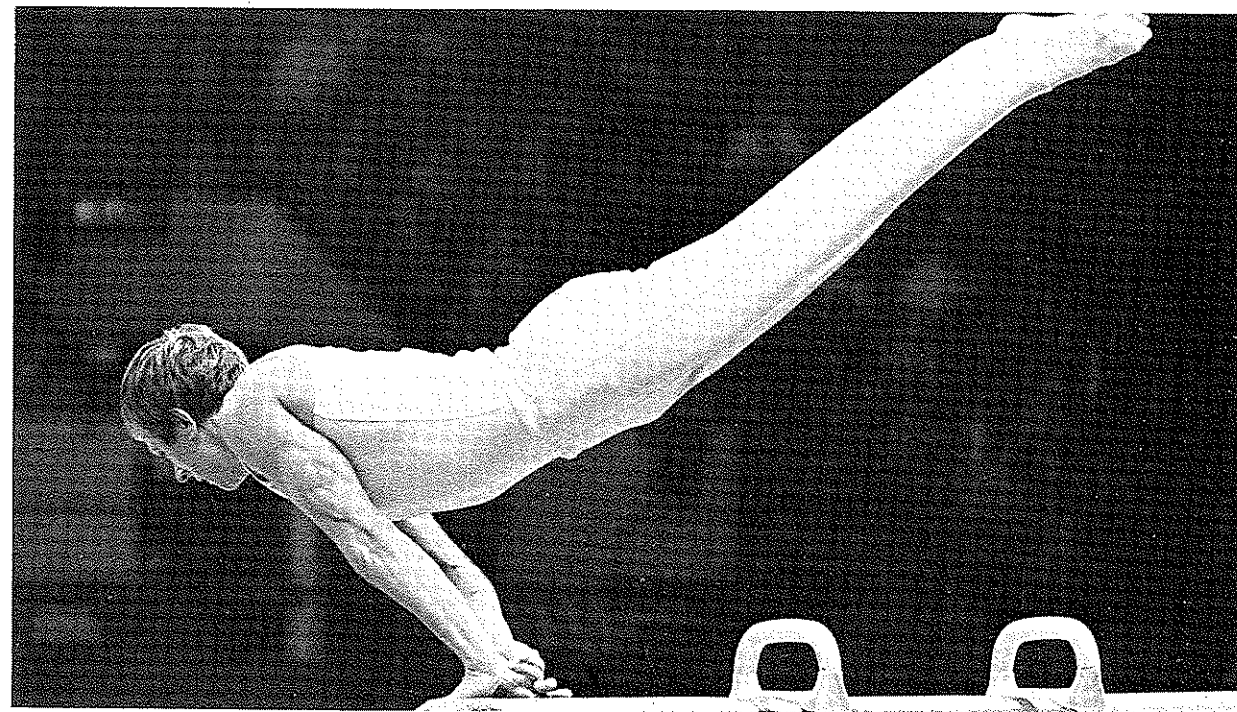
It is of interest that the F.I.G. also conducted a survey of the attitudes of coaches towards new equipment which was tested at the training gymnasia. It is hoped that this will aid in the development of manufactured equipment and to make recommendations to manufacturers.

Frances Thompson  
Women's Technical Director

## WORLD CHAMPIONSHIPS 1978 — STRASBOURG

At the time The Australian Gymnast went to print no comprehensive report had been received to cover this event. Unfortunately our photographer in France was unable to forward prints and the full results have not been forwarded to our office.

From all indications the Championships were a great success with some exciting prospects occurring. The Japanese men and Russian women were victorious once more and Australia fielded a full team in the womens competition and three individuals in the mens competition.



### REPORT ON WORLD CHAMPIONSHIPS TOUR — STRASBOURG, FRANCE 1978

It is with delight and pleasure that I am able to report to you on behalf of the A.G.F. of, I'm sure, the most successful tour away from Australia, of a World Championship contingent of 28 enthusiastic young people from all corners of Australia.

After a long and tiring flight to Frankfurt, we were picked up at the airport by the energetic and enthusiastic gentleman from the Siegen Gymnastic Club, Mr. Helmut Schweisfurth. A bus tour of the Rhine Valley with stops off at villages, castles, vineyards, all to the delight of our team. The arrival of the team at Siegen to be met at the steps of the Town Hall, by the Mayor and his Councilors. We were then whisked off to be introduced to our billets for the next four days. These days were a mixture of delight and overwhelm for our young team members.

Official functions, training in very adequate Gymnasiums to the delight of hundreds of school children. Outings in the Siegen-land forest to the century old castles, caught the imagination and interest of everyone of the Australian team. The love and affection that the Siegen Club showered on every one of us, was appreciated and will not be forgotten for many years. This Club is about to arrive on our shores and I would like personally, to think that all Australians will support this tour as much as possible.

On Tuesday, via bus, we set off for Strasbourg, but firstly a brief stopover at the German Gymnastic School in Frankfurt, where our girls tried their luck in the pits to the shrieks of laughter and delight, some of the boys renewed old acquaintances with some of the German boys in training.

Strasbourg turned out to be a most enchanting and hospitable town nestled on the Rhine between Germany and France. The Hotel was a typical French style accommodation, sadly lacking in washing facilities.

The next week was full of different activities, depending on what your purpose for attending Strasbourg was. E.g., Gymnasts training, delegates meetings, medical profession meetings, pianists' competition for new compulsory music for the next World Championships. Our Manager spent most of his time under a lot of stress, trying to get loads of papers translated regarding the Competition. A translator at this stage would have been worth his/her weight in gold.

Security was very strict, due to the involvement of the Israel team, and the French armed forces were out in force safeguarding the wellbeing of a handful of Competitors.

The R.S.G. Congress, I found to be an unequal unique experience in the 20 years of my Gymnastic experience, and I recommend that, in the future, any meetings of this nature where possible, must be attended by our representatives for the future

of Australian R.S.G. Dates were decided upon, and are as follows:

1979 — R.S.G. Congress — World Artistic Championships — Fort Worth, Texas, 3rd-9th December.

1979 — World Championships — London — 1st-6th July.

1980 — European Championships — Holland.

1980 — 4 Continent Championships — Brazil.

1981 — World Championships — Artistic — Mexico.

1981 — World Championships — R.S.G. — Munich, Germany.

1979 — Inter-Continental Judges' course, 19th-24th May, Switzerland.

1983 — Gymnastrada — Zurich, Switzerland, 1st July.

I would publicly like to thank Mrs. Lyn Otto, who did a splendid job in taking the minutes for me at the R.S.G. Congress. These will be sent to all interested persons, as soon as they have been typed.

The Championships were a success to the organizing committee, as were the welcome tea, banquet, and extra activities that were arranged.

I believe our girls worked at their personal best as did the boys. This is all we can expect from our youngsters, as I feel not just competing for Australia is the main purpose, but the international relations between nations, the making of truly lasting friendships, is just as important and was very evident during the two weeks we were in France.

The international relationships was proven when the French Association invited two male and two female Gymnasts and their Coaches to tour France with representatives from Canada, Hungary, Poland, Russia, Czechoslovakia and Rumania, around France for a week of displays. The rest of the team were invited to attend the French National School for Gymnasts.

Without the personal presence of people of Mr. J. Barry and Mrs. F. Thompson, such tours would be impossible to organize and I would personally like to thank them for their devotion and time spent in the promotion of the Australian Gymnastic Federation.

Whilst we were away, a Commonwealth Gymnastic Federation was formed for Mens, Womens and R.S.G. by all Commonwealth countries present. The inaugural meeting was held in Strasbourg with their aims and objectives for the future being discussed. Mrs. Frances Thompson was elected as Chairwoman, and I am sure that she will serve Australia with distinction.

Margaret Lanz

## AROUND THE STATES

### QUEENSLAND REPORT

While six of our representatives were at the World titles, the home State remained busy. Some highlights were:—

1. The Brisbane Y.M.C.A. conducted its annual gymnastic spectacular. Approximately 600 spectators saw 250 boys and girls from the many branches perform various gymnastic items. Highlight of the night was a performance by Y.M.C.A. "old boys" Graham Bond, Bob Mahoney and Neil Stuart. Graham's swinging rings and high bar "crawl" routines were entertaining interludes. Congratulations to Vicki Still and Gill Carter for their efforts in producing a successful evening.
2. The Valley Police Club conducted their annual invitational club competitions. These events provide a great opportunity for experience for the younger gymnasts. Congratulations to Trevor Dowdell and Clare Beveridge for their wins in the senior events.
3. The Q.A.G.A. A.G.M. resulted in the re-election of almost all the incumbent office bearers and we congratulate these people.  
President — Dr. J. Wilby  
Secretary — Sonja Hellier  
Treasurer — Neil Phillips  
Vice Presidents — Geoff Baird, Mac Miller  
M.T.A. — Janne Redhead  
W.T.A. — No nomination
4. Two successful mens Grade I coaches courses were conducted in Cairns and Beerwah resulting in 19 new qualified coaches. Phil Ward has been doing a great deal of work in creating a standardized course and assessment based on the Men's Technical Manual.
5. The Brisbane Y.M.C.A. will send a team of 20 gymnasts (various levels) to tour the North Island of New Zealand in early December for ten days. Glenda Fitzsimmons will be manageress of the tour which will visit many clubs and Y.M.C.A.'s.
6. Mitchelton Youth club conducted its annual club titles for all levels of gymnasts. With the extensions to their hall completed, the task of running the competition was much easier than in the past. Congratulations to Paul and Jan Edelsten for their respective wins in the senior events.
7. It is pleasing to see that many State Associations have confirmed their dates for their 1979 State titles. The concept of "staggering" these will provide our top gymnasts with the opportunity to compete more around Australia and provide for maximum promotion of our sport.
8. Congratulations to Mac Stirling, Mike Moore, Colin Miller, Karen Edelsten, Debbie Connell and Margaret Jack on their inclusion in Australia's World Championship team. The experience gained by them in their individual quests in Strasbourg will prove a great boost for the sport in Queensland.

Jeff Cheales

### IN VICTORIA

A very quiet quarter in Victoria has brought the year to a close. The Annual General meeting provided the V.A.G.A. with the following office bearers.

President — John Wallace  
Vice Presidents — Ken Williamson, Shirley Reid  
Acting Secretary — Graeme Heath  
Treasurer — Barry Nelson

We look forward to the German tour and other events early in the New year.

Merry Xmas to all.

Geraldine Mahony

### OBITUARY

Brian Harvie's death recently was a sad loss to all of us in the gymnastic community who knew him. Brian was a lovable person who served his family and the community admirably. His whole hearted generosity and willingness to involve himself in the community saw him serving gymnastics on the Executive of the V.A.G.A. for a period of time and in the Mordialloc Community Youth Club for several years.

I will always remember Brian for what he was, a genuine person and a real friend. To Cobie, Rob and Julie, your loss has been tragic and one with which we share a common grief.

Farewell my good friend.

Rod Sinclair

### A REPORT FROM THE A.C.T.

The ACT Championships were held on November 4 and 5 with the following results:

Level 9	L. Carter (YMCA)
Level 8	1. M. Franzen (YWCA) 2. A. Sharp (Canberra City) 3. L. Maher (YMCA)
Level 6	1. A. Milward (YWCA) 2. X. Wood (YWCA)
Level 5	1. K. Dundas (YWCA) 2. C. Blunn (YMCA) 3. K. Jones (YWCA)
Level 4	1. C. Archer (Woden High) 2. K. O'Regan (YMCA) 3. E. Kelman (YWCA)
Level 3	1. S. Brayhaw (YWCA) 2. R. Lewis (YWCA) 3. F. Robb (YWCA)
Level 2	1. N. Moore (YWCA) 2. S. Andrew (YWCA) 3. J. McIvor (YWCA)
Level 1	1. S. Thompson (YWCA) 2. A. Sinclair (YWCA)

Our thanks to the organizing committee of Les Sharp, John Straatsma and Katja Mihailovic for conducting such a successful competition in this our tenth year as an Association.

Our secretary, Chris Timpson, was manager of the Australian World Championship Team. We trust that all the gymnasts had a successful tour and benefited from this experience.

Congratulations to David McKillop who performed well at the Nationals and also to Michelle for gaining her judges accreditation.

Marlene Maher  
Publicity Officer

### IN THE WEST

Level 7 girls championships have been held recently and level 4 gradings tests as well.

We look forward to Barry Martin's visit this month and to the U.S. coach Scott Crauss as well.

The year is coming to a close and we are all looking forward to the break. Some of the girls however are preparing for the N.Z. tour and we wish them well for this tour.

Julie Harrison.

### SPECIAL OFFER TO SUBSCRIBERS

The Australian Gymnast has secured reciprocal rights with the New Zealand Gymnast publication as a distributing agent. We can now offer a yearly subscription to both magazines at a greatly reduced rate.

The New Zealand publication comes out nine times per year and is priced at \$11 in New Zealand. It is an excellent publication for the gymnast and coach.

Now only \$12 (Aust.) will secure both subscriptions on the one order, i.e. for an additional \$6 only, Australian Gymnast subscribers can receive the nine issues of the New Zealand publication produced in 1978 — What a bargain!

This offer will continue in 1979.

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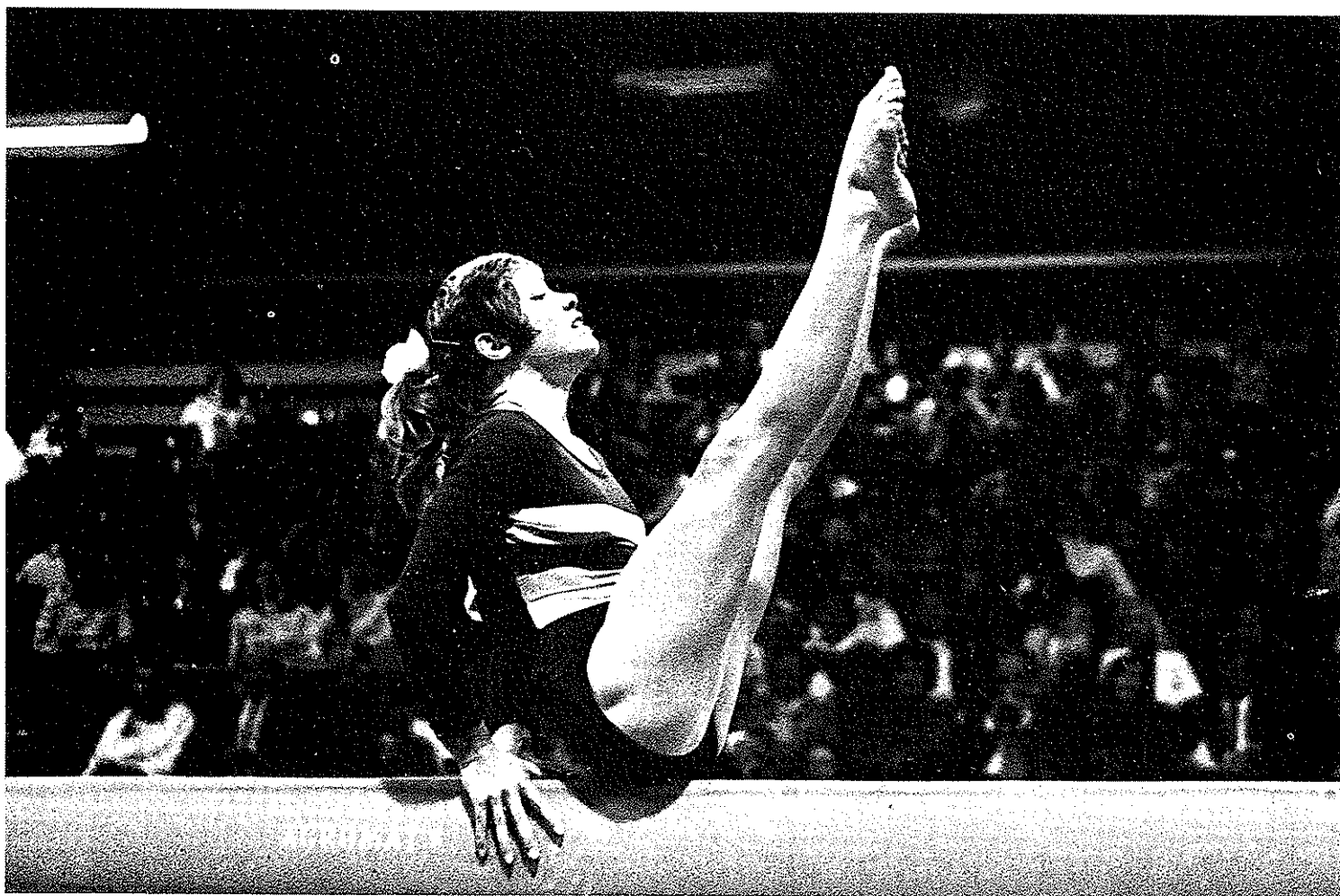
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