**Otter Aquatics Newsletter – Article Index**

**(this is a work-in-progress and will be updated progressively)**

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Drowning statistics – February 2015 (where they occur and the people affected), November 2017, February 2017, October 2016

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Attack at Shelley Beach – August 2019

Shark Attack – Why does it happen? – January 2015, March 2016 (theories), December 2018/January 2019

Debunking myths – February 2016

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Sharks – should we be worried about them as we venture into ocean swimming? – November 2018

How to stay safe – April 2016

Fear of sharks for OWSers – December 2015, October 2018

Sharks compared with other killing animals – March 2018

Marine Stingers

The curse of the open water swimmer – January 2015, November 2019 and

October 2018

Stonefish – February 2018

Irukanji – February 2017

Catostylus and Bluebottle – December 2016

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Swimming trips

Sydney – April 2016, December 2017 (Cockatoo Island), May 2019

2017 European swimming trips (Helsinki, Zurich, Lake Constance, Italy) – October 2017

2015 (Croatia, Italy) and 2016 (Lake Constance, Montenegro) trips – December 2016

2014 trip – Turkey (the ‘Hellespont’) – October 2014

Swimming personalities

Johnny Weismuller, the first man to swim 100 meters in less than a minute – October 2016

Martin Strel, ‘Fish Man’ and ‘Big Rivers Man’ – March 2019

Sarah Thomas – November 2016, February 2018

Chloë McCardel – December 2014 (video), May 2015, October 2015, November 2015 (triple crossing), November 2016, October 2017

Trent Grimsey – July 2016

Des Renford – June 2016

Susie Maroney – April 2016

Cyril Baldock – July 2015, November 2015

Dawn Fraser – June 2015

Fred Lane – October 2015

Fanny Durack – April 2015

Mina Wylie – March 2015

Annette Kellerman – February 2015

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Collette’s story - October 2018

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Safety near water craft – July 2018

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The joy of OWS/meditation – February 2018

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Plastic contamination reaches Earth's last wilderness – July 2018, May 2017, June 2017

Wildlife (turtles) – March 2017

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Freestyle – May 2015

The Trudgen stroke – June 2015

Lifesaving in Australia (still water and surf) – February 2016

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Queensland teenager completes a double Channel swim – August 2019

Youngest, oldest, first woman – March 2016

Commonwealth Games trials on the Gold Coast by a 99-year-old Australian man. George Corones – March 2018

Sarah Thomas – new non-stop record - February 2018 and November 2016

19th Century advice to women swimmers – December 2017

‘The Fourth Lap’: Chloë McCardel’s attempt at a fourth English Channel crossing – October 2017

Trent Grimsey – English Channel record - July 2016

Training

Aids – February 2018 and November and December 2017 (both on technology)

Fitness – the ‘core’ – November 2017

Stretches:

Lats - March 2017

# Thoracic mobility – April 2017

Deltoids and triceps – December 2016

Swimming and ageing – November 2015, May 2017, March 2018,