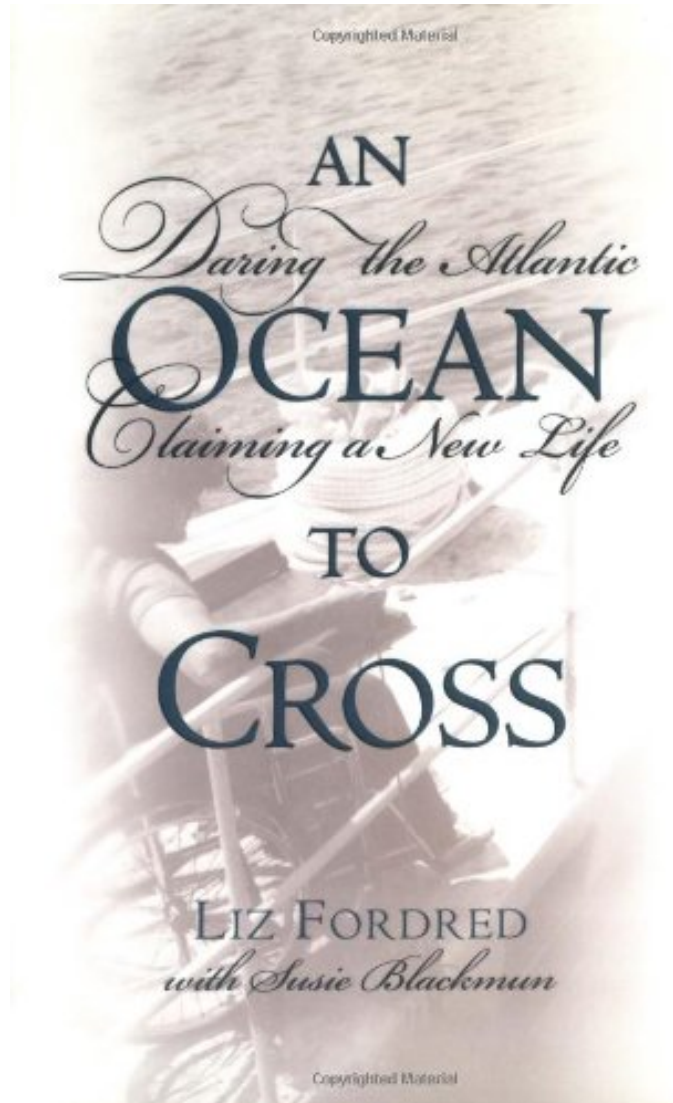


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An Ocean to Cross: Daring the Atlantic, Claiming a New Life

Liz Fordred, Susie Blackmun

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Liz Fordred, Susie Blackmun : An Ocean to Cross: Daring the Atlantic, Claiming a New Life before purchasing it in order to gage whether or not it would be worth my time, and all praised An Ocean to Cross: Daring the Atlantic, Claiming a New Life:

4 of 4 people found the following review helpful. Quiet Hero...By FoleyDear Reader, I first met Liz and Pete Fordred just after they had completed their epic journey across the North and South Atlantic Oceans to America as told in her book: An Ocean to Cross. You couldn't meet two finer, capable people with a great story to tell! Liz personally taught me celestial navigation as well as (Pete) rebuilding the engine on my sailboat (a center cockpit ketch) in Fort

Lauderdale! I've personally been on their boat, the Usikusiku [Say: 'U-see-ku;see-ku'(dawn's light) They are adventures, marine architects, builders, sailors, and now Liz adds 'writer' to her many talents. If you are looking for adventure and inspiration wrapped up in a real life story, then get comfortable in you armchair and listen as a master mariner tell how (extra)ordinary people become quiet heroes....two if by sea... ..with grace and a touch of class... Sincerely, Phil Foley, Altus, America0 of 0 people found the following review helpful. Absolutely inspirationalBy J. KinnearI am still in absolute amazement of this awesome person, Liz. She is my husbands cousin I got the privledge to meet her when she came out with her beautiful daughter Jane for a family visit to Utah. This book is almost unbeleivable until you meet the people that wrote it. That this story has not been picked up in Hollywood made into a movie is astonishing.My husband I are proud to be related to such inspirational beautiful people.We Love you All so very Much,Scott Nicole5 of 5 people found the following review helpful. Nothing Is Impossible! Liz and Pete live it.By Van HutchinsonFrom [...]We all can get bogged down in our shortcomings and faults and then begin to mentally--and physically shut down. When this happens, I like to read about people like Pete and Liz Fordred--then I begin to remember that "impossible" and "possible" are states of mind. I met them last weekend (10/18/03) at the "Abilities Expo" while researching options for an exciting project for paraplegics called Eaglewings. ed.Don't say, "You can't" to Liz Fordred, or her husband Pete. Paralyzed in her teens, Liz met Pete Fordred through her work at the same Rhodesian hospital where she had been nursed back to life. Pete was in a rollover at age 19, and some thought his career as an electrician would be over. Not Pete, and not Liz. Shortly after they were married, they hit upon an idea: Why not build a sailboat? Why not learn to sail? And why not sail the boat across the Atlantic?"Many people thought they were daft and told them so. (There were no wheelchair ramps, let alone awareness of paraplegics' true capabilities in the late 70s in landlocked Rhodesia, which later became Zimbabwe.) With their families' amazing support, they built a boat from a concrete form in a huge hole in Mum's flower bed. The amazing couple worked day jobs and built every square inch of their boat at night and on weekends, using borrowed tools and improvized parts.The part that amazed me in the detailed and often humorous narrative is the sheer willpower it takes to haul, grind, position, and weld heavy parts with only a wheelchair or arms for mobility. Moreover, the fiercest obstacles they overcame were not debt, bureaucracy, illness, lack of experience, or tropical storms. It was doubt and derision. Yet they overcame all these--especially the last, with wit and a will to show that disability is only the state of mind of those who think the disabled cannot do what others can. Read Liz's book--it will strengthen your resolve to cross the Ocean only you know you must cross.(For more inspiration, learn about one paraplegic man's amazing invention, "Eaglewings," which allows paralyzed people the ability to traverse long distances with a handcycle that attaches to one's wheelchair. With no need to transfer to a separate vehicle, bruises leading to pressure sores are eliminated.

Premanently crippled in a fall from a horse, Liz Fordred refused to accept the limitations assumed for her in the Rhodesia of the late 1970s. She met and eventually married an equally (if more quietly determined) accident survivor named Pete Fordred, and together they hatched an audacious plan to build a boat and sail around the world. That they lived more than 1000 miles from the ocean and had never sailed before did not stop them. Neither would their lack of money or the fact that basic boat equipment was impossible to obtain in Rhodesia. Fabricating metal parts, learning carpentry, and resolutely tackling one seemingly insoluble problem after another, they built their boat in three years, trucked it to the South African coast, rigged it, learned to sail and ultimately sailed the boat to America, where they forged a new life in Florida.

From Publishers WeeklyLiving far from the ocean in Rhodesia in 1980, Fordred and her husband, Pete, decided to sail across the AtlanticAeven though neither of them knew how to sail, and they are both paraplegics due to accidents in their teens. With Olympic-sized will and the support of family, friends and the innumerable generous strangers who befriended them along the way, the resourceful pair built a yacht customized to suit their strengths, then refined, tested and refined it. As Fordred's down-to-earth narrative makes clear, she and Pete don't measure success simply by the result, but by the process of doing the work and maintaining the determination and courage to carry on. With wit and biting realism, Fordred describes the six challenging years it took her and her husband to prepare for their journey against formidable obstacles (particularly their lack of funds, lots of bureaucratic red tape and unrelenting public criticism). Her account of successes and setbacks vividly conveys how it felt to be in the hull of their ship breaking a sweat. The book may appeal more to readers seeking a story of inspiration over adversity rather than a straightforward adventure story, however, since the Fordreds' yearlong journey from South Africa to Florida, where they have since settled, receives less emphasisAperhaps because both the author and her readers know that once the Fordreds have reached the point of departure, absolutely nothing can stand in their way. (Oct.) Copyright 2000 Reed Business Information, Inc. "A spirited story of adventure on dry land and the high seas....Highly inspiring for the disabled, and for anyone interested in making an adventure of life." -- Kirkus, October 2000 (starred review)From the Back CoverParalyzed from the chest down when she was thrown from a horse at age eighteen, Liz might have sunk into a twilight of self-pity but for her indomitable spirit. She met and married Pete Fordred, who had been paralyzed in a car accident, and together they fought to regain the independence and self-sufficiency they had known before their

accidents. Eventually, they formed a seemingly impossible plan: to build a sailboat, and in it, see the world. They were disabled, intermittently broke, had never sailed, and lived in landlocked Rhodesia (now Zimbabwe), a country embroiled in civil war and subject to global trade sanctions in the 1970s. But none of that would stop them. Pete and Liz dedicated four years to building a livable, seaworthy boat from a bare hull. They constructed decks and cabins. They installed plumbing and wiring. They fabricated metal parts they couldn't buy, designed and built hydraulic lifts to get them on deck and below, and resolutely tackled one seemingly insoluble problem after another. At last, they trucked their boat 1,200 miles to Durban, South Africa, where they rigged it, learned to sail and navigate, and set forth into the vast Atlantic. Whether battling bureaucrats, fighting seasickness and homesickness, fixing broken gear, or dragging themselves over slippery decks in a three-day storm, Liz and Pete never exhausted their reserves of fortitude. They endured and transcended every difficulty, countering frustration with laughter and developing an uncanny sense of when and how to lift each other's spirits. One driving force that carried them across an ocean and into a new life was their determination to spread a message of hope and empowerment to other people with disabilities. Their pioneering journey did just that, while demonstrating to the world that physically disabled doesn't mean physically incompetent. *An Ocean to Cross* is an inspiring story of courage, self-empowerment, and ultimate triumph.