This is not a Eulogy.

This is not even the speech I had written a few weeks ago.

I kept hearing a little voice in the back of my head saying: "Throw this away, this is not what I want to say". So, I had to throw it away and start over.

So here it is what she wants to say...

It's not about how to achieve your dreams. It's about how to lead your life. If you lead your life the right way, the karma will take care of itself. The dreams will come to you. This is taken from Randy Pausch's Last Lecture, 2007, at Carnegie Mellon University. You should check it out.

"My father certainly told us that there were no goals we could not achieve. This proved to be hard, but true. I found the secret for making this happen. I want to share this with you.

I may be known as a warrior, but I am a Warrior of the Light. Paulo Coelho says that there is a Warrior of the Light within each of us, you simply need to embark upon the way of the Warrior: Appreciate the miracle of being alive, accept failures, your own imperfection, and become the person God wants you to be.

There is much we need to be grateful for. It is only with struggles and the help of angels that we can achieve things far beyond our own capabilities. With so much gratitude, I have never forgotten my friends and kept helping others. Now an angel myself, I will help you.

I will share that secret with you, my friend. A secret I discovered during my own journey and sometimes the hard way.

Know what you want and do not waste time.

Challenges are there to be met or to make us stronger and learn. Believe in yourself. You are not perfect, but worthy of love; I love you and God loves you. I want to see that gleam in your eyes and a smile on your face as I had in mine. Talk to your heart. Talk to my heart and one day, you will hear the voice.

It does not come easily. That's part of the secret. But you have a destiny to fulfill. And one day, you will join my Company or maybe my Army. Wouldn't that be cool?

Accept my help and God's help. And it will be granted. This is my first step. You need heart and faith. It takes work. Get on it.

You will also need your body. And that takes more work. So start training every day, rain or shine. Pushups, pull-ups and then, the Marathon... I will run with you and help you get stronger. This is the second step.

Of course, you will have to work your brain hard as well but that's the easiest task. It will not feel like work, as it is your destiny to become you.

Carry with you at all times these three things: Faith, Hope and Love. Nothing will stop you. You will have no fear.

Then it will be your turn to help and encourage the little ones around you.

So remember, work hard, train hard and grow your heart and faith.

You are not alone and you can do this.

I will pray for you and then dance with you.

You cannot choose your battles and battlefields. But be certain that you will need my sword more than once. Remember that, as a Warrior of the Light, you are only an instrument."

Saint-Exupéry, a French aviator, told us another secret in the Little Prince: "It is very simple: It is only with the heart that one can see.". True. You may not see me but I am here.

The Little Prince continues: "You will have stars as no one else has them... In one of the stars, I shall be living. In one of them, I shall be laughing. When you look at the sky at night . . . You--only you--will find me! This is my present. And when your sorrow is comforted (time soothes all sorrows) you will be content that you have known me."

You too will always be my friend and you will always find me... laughing... up in the sky on one of those stars.

Caroline, Allison, Alex, Cassidy, Ella, cousins in France and Africa, it is your turn now to pick up my sword. Follow your own path. I will be watching over you with PJ. I will love you and will take you to new heights on my golden wings. Remember, I am not that far away, I'm just in your heart, invisible to your eyes, but I'm there. You will always find me when you need me.



Have No Fear, No Reproach,

LT Valerie Cappelaere Delaney US Navy Prowler Aviator, VAQ 129 USNA 2009, 17th Company

"With Your Shield or On It"