

# Hometown Heroes Worksheet

Teacher Version | Aaron Hale

## **What was Aaron's first job in the Military and why?**

Aaron started cooking when you could just reach the counter. He joined the Navy in 1999 and spent 8 years cooking for the Admiral of the Navy, dignitaries, and royalty. Wherever the ship pulled into a port and raised the flag, he cooked.

## **Why did Aaron change his job and pursue a military career with EOD? (Bomb squad)**

2006 Aaron decided he wanted to play a more direct role in the military. He never met anyone in the military bomb squad. But they had a huge, armored truck, a robot, and other cool equipment.

## **What was Aaron afraid of after his injuries?**

2011 he was 8 months into a year deployment (includes any movement from a military Service Member's home station to somewhere outside the continental U.S. and its territories) in Afghanistan. An explosive charge went off and he found his life changed. He didn't want to be just one of those disabled veterans that sat on the couch and felt sorry for himself.

## **What/who inspired Aaron to get up and go for a run?**

He was inspired by a blind man that reached the summit of Mount Everest and climbed 7 summits. If he could do that, then Aaron felt he could get off his bottom and go for a run. The runs became a team sport. He ran a 5k and then 4 Marathons. He then went white water rafting, cycling and climbed 3 summits.

## **What abilities did Aaron lose from the bomb blast? \* Instructor activity**

Aaron lost his sight and then his ability to hear.

## **Aaron wanted to feel a sense of purpose. What skills did he use to find this purpose?**

He enjoyed exercising but wanted something more. Cooking was his thing. He loved making desserts. The cooking was therapeutic. He came up with new recipes and flavors. He started smiling again because he had purpose.

## **Aaron got excited about creating something and sharing it with others. What was this?**

Each day he was excited about the next one because he was creating new recipes. While he was busy in the kitchen, his wife was busy building a business. E.O.D. Extra Ordinary Delights Notice how he took the EOD relating to the military and changed the meaning for his new business.

**Complete this sentence: Aaron would never have become successful in life if he hadn't**

\_\_\_\_\_.  
Kept going and found purpose. If he didn't express an attitude of "never give up" or "it's not a problem, it's a challenge" or "Yes, I can" – all steps on our Leadership Ladder. He expressed qualities of resilience, perseverance, courage, determination, and love. Taken a chance.

**What business and company did Aaron and his wife build?**

E.O.D. Extra Ordinary Delights. They make fudge, pies, candy etc.

<https://eodfudge.com/shop/> E.O.D. Fudge shop online

**We learned in the video that Aaron works out almost every day. In your opinion, why does he live such an active life?**

Aaron worked out because he did that for the military. It was something he could do on his own. It gave him something he could achieve and feel good about. He wanted to be challenged. Aaron loves to be active and creative. He wanted to have an active mind and active body!

**What kind of physical activity do you like?**

[ open ended ]

**Did you know that there are many jobs in the military that do not require you to be in combat or in harms ways?** *There are careers in: healthcare (dentist, nurse, doctor), math, science, technology, aviation, logistics (ensure that operations stay on schedule) and operations, maintenance, and repair (of airplanes, trucks, tanks), law and order (lawyer, police, security). There are around 233 different jobs!*

**What is your special interest or talent? \*Instructor activity**

[ open ended and the instructor can mention those listed above to choose from]

**Do you have a goal for your future?**

[ open ended ]

**How could you work toward that goal?**

[ open ended ]

**How did this video make you feel? (circle all that apply)**

**How did this video make you feel?**

[ open ended ]

**On the other side of this page, use words or pictures to express how you feel after watching this video.**

**Use words or pictures to express how you feel after watching this video.**

After the students fill out the sheet, lead them in sharing their answers. This can be done with the whole group, or by breaking down into smaller groups. Encourage honest sharing and good listening.