

## AMAZINGLY FREE PROGRAMS FOR DEPLOYED PERSONNEL AND THEIR FAMILIES!

Canvas on Demand appreciates our troops! That's why we started **Operation Hi Honey**, a program that gives hundreds of our deployed military men and women a free fine-art canvas that will be presented to their spouse on their anniversary. The beautiful 16"x20" PixelPainted™ canvas, created from a favorite photo, has the look and feel of a traditional custom painting. It's a personalized keepsake that their Honey will hang in a place of honor and cherish for years to come.



So if you are a deployed member of the United States military and want to surprise your Honey on your anniversary, you can apply. Recipients will be selected randomly each week, and the canvas will be delivered to your Honey in time for your anniversary. Be sure to apply at least 6 weeks before your anniversary date. All submissions and photos will be posted on our website and can easily be forwarded by email to friends and family. If you know someone who qualifies, we need your help in spreading the word! Most of us have some connection to a man or woman serving overseas in the U.S. Military. Please pass along this information about **Operation Hi Honey** by forwarding this blog to them or to someone close to them

[www.canvasondemand.com/hihoney](http://www.canvasondemand.com/hihoney). By working together, we can make anniversaries very special for our troops and to their dedicated spouses on the home front! It's our way of honoring those who serve and protect our country.



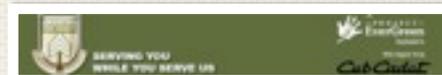
**Free Long Distance Bedtime Stories for Military Parents and Soldiers in the U.S. Armed Forces:** The team behind A Story Before Bed is dedicated to connecting children with parents, grandparents, and loved ones through reading. And we're especially dedicated to connecting families and loved ones who can't always be together. When parents give up seeing their children for weeks or months at a time in the service of their country, we want to do our small part. Who: Parents who are members of one of the branches of the U.S. Armed Forces who are deploying or already deployed away from their children for any amount of time are eligible to sign up for free recordings. Just go to [www.astorybeforebed.com/military](http://www.astorybeforebed.com/military)



### Free USO Photo Book:

Now friends and family can create a 20-page personal photo book and ship it to any APO, FPO, or MPO address for **free**. These full-color, 5x7 softcover books fit perfectly in a soldier's cargo pocket, yet hold over 60 photos. RocketLife prints the books for free, and the USO pays for shipping.

<http://USO.RocketLifeProduction.com>



### GreenCare for Troops:

GreenCare for Troops is a nationwide outreach program coordinated by Project EverGreen that connects local green industry professionals with men and women serving our country in the armed forces away from home. GreenCare is in the process of helping hundreds of volunteers provide free lawn and landscape services for thousands of military families nationwide. The cost to manage the GreenCare for Troops Program is underwritten by Cub Cadet. For more information visit <http://projectevergreen.com/gcft/>

# CHECK IT OUT!

**Operation Kid Comfort:** The Armed Services YMCA's innovative Operation Kid Comfort program creates custom-made quilts and pillows for children of deployed U.S. military personnel who experience grief from missing their mom or dad. Photos of the deployed parent are printed onto fabric and sewn into the quilt or pillow. Each child received a quilt/pillow depending on age. Children 6 and under receive a quilt, 7 and older receive a pillow. Both quilts and pillows contain pictures of the deployed parent. Each quilt takes eight hours of volunteer sewing, as well as \$45 worth of quilting materials. The program started at the ASYMCA Fort Bragg location as has expanded to serve military families nationwide. For more information check out <http://www.asymca.org/what-we-do-3/national-programs-services/operation-kid-comfort/>



**HEROES at Home  
Wish Registry**  
Application Form

REGISTRATION IS COMING SOON!

The Heroes at Home Wish Registry Application will open at 1:00 PM Central Time on Thursday, August 30, 2012.

Registration is open only to individuals 17 years of age or older who are on active duty between August 30, 2012 and December 5, 2012 in the U.S. Army, Navy, Air Force, Marine Corps, Coast Guard or Reserves. Registration is limited to the first 20,000 eligible individuals, and ends when such number is reached or at 11:59:59 PM Central Time on August 30, 2012.



### Child Care Program for Army Families

The DoD funded this program especially for you!

Activate your free membership today to find quality caregivers in your neighborhood.

To activate your DoD paid membership go to [sittercity.com/dod](http://sittercity.com/dod)

**Sittercity helps you find...**

- ✓ **Babysitters**— For after-school, school vacations, extended work hours, special needs children, and last minute care needs.
- ✓ **Nannies**— For full and part time, infant and young child care
- ✓ **Certified CDH/FCC care providers**
- ✓ **Authorized access to an installation care providers**
- ✓ **Senior care, pet care, housekeepers and tutors**

**Your Sittercity benefit gives you...**

- ✓ Complete background checks
- ✓ Access to references
- ✓ Caregiver profiles
- ✓ Reviews from other military parents like you

*"I found a great babysitter on Sittercity to help me while my husband was deployed. It was a life saver having someone reliable to take care of my kids!"*

*—Bridget D. Austin, TX*

► Activate your membership at [www.sittercity.com/dod](http://www.sittercity.com/dod)

## Operation Free Ride (Horses for Heroes)

<http://horses4heroes.org/join/programs/operation-free-ride/>

An opportunity to ride a horse for free! *Operation Free Ride* is a program that offers weekly, hosted or sponsored horseback riding sessions that are free for every member of their family! This program serves military families with a deployed family member, as well as families who have a family member with a disability or serious illness. While our program is not able to serve the needs of the developmentally disabled or those with serious or terminal illnesses, we invite the other family members to enjoy the distractions and benefits to body and soul that only a day with horses can provide. *Operation Free Ride* is just one of the programs that help *Horses4Heroes* fulfill its mission to make horseback riding affordable for, and accessible to, the families of the heroes in our community.