

MS Self-Help Group Photo Contest

October 1, 2011 – February 29, 2012

We are looking for photos that show off your group or visually demonstrate something about your group that makes you proud.

Contest Details

The contest runs from Saturday, October 1, 2011 through Wednesday, February 29, 2012.

This contest is open to all self-help and support groups where members or the majority of members are dealing with MS. Groups that do not primarily involve people dealing with MS are not eligible to enter.

Whenever practical, the name of your self-help group will be credited if your photo is used in any publication, print or electronic.

Submitting Photos

Contest entries must be submitted electronically to debbie.irwin@mssociety.ca. File sizes should be no greater than 5 MB per photo and no less than 1 MB. We recommend using a free web-based file delivery service such as yousendit.com or send6.com to help ensure delivery.

Entries are limited to six photos per self-help group. Entries that are lost, late, delayed, misdirected, or incomplete are ineligible.

Consent Form

Download a PDF of the consent form from mssociety.ca/bc/SHG_photo.htm or ask us to mail it to you.

Consent forms must be received at this office before the contest closing date, or your entry will not be considered by the judges.

Submit the consent form attention to Debbie Irwin:

Email: debbie.irwin@mssociety.ca

Fax: 604-689-0377

Mail: MS Society of Canada,
1501-4330 Kingsway, Burnaby BC ,
V5H 4G7



2010 First Place Winner:
Lower Mainland Family Member Care Partner Group

Contest entries must include the following information:

- Full name of the group, email addresses for two group contacts, and telephone number for each contact person.
- If you are in touch with or work with an MS Society chapter office, please include the name of the chapter.
- Photo title and brief photo caption stating the what, where, when, and why. Approx 80-150 words.
- Full names of the people appearing in the photo.
- Completed consent forms from individual(s) identified in the photo unless the photo was taken at an MS Society event where participants, staff, and volunteers have signed a waiver. Any photos of children or teens require consent forms signed by the parent or guardian.

Photo Eligibility

Photos must be taken during the contest period. Stock or commercial photos are not eligible.

Photos can be taken by a friend, family member or volunteer but credit for the photo and prizes will be awarded to the group pictured, not the individual photographer.

Photos may be in colour, or black and white.

Acceptable alterations to the original photo include: cropping and black and white conversions, or removing "red-eye." Any other alterations will disqualify the photo entry.

It is not necessary to have all group members in each picture, but pictures that include more than one person are preferred.

Avoid images in which the activity is unclear.

Please provide:

- Images that are in focus, clean and bright
- Images that tell your story or make your point
- Images that capture people in action, including talking to one another, playing a game together, telling jokes, exercising, etc.



2010 Second Place Winner: Victoria Self-Help Group



2010 Third Place Winner:
White Rock Self-Help Group

Judging Criteria

We are looking for photos that show off your group or visually demonstrate something about your group that makes you proud. Three winning photographs will be selected based on the following criteria:

- How well the image tells your story
- Quality and clarity of the photo
- Composition of the subjects

Prizes

Winners will be announced in March and featured in an edition of the Division newsletter, *MS Hopes MS Heroes*.

Prizes will be awarded to self-help and support groups, not individuals.

First place: \$60 gift card or credit to a local bakery or coffee shop of your choice.

Second Place: \$40 gift card or credit to a local bakery or coffee shop of your choice.

Third Place: \$25 gift card or credit to a local bakery or coffee shop of your choice.

Contact

Debbie Irwin,
Community Services Coordinator
Email: debbie.irwin@mssociety.ca

Phone: 604-689-3144

Toll Free: 1-800-268-7582

Yukon Toll Free: 1-866-991-0577