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Capturing the Doula Spirit
A Contest in Celebration of International Doula Month, May 2010

Have you ever heard the phrase, "every picture tells a story" or the phrase, "a picture is worth a thousand words?" In celebration of International Doula Month, DONA International will honor its members, their doula spirit and the contribution they provide to maternity care by accepting photo action shots that tell your story as a birth or postpartum doula. Photos must be submitted during the month of May, which is International Doula Month. The winners will be announced in the June *eDoula*.

First Prize:

The winning photo will be featured in the December issue of the *International Doula* and on the DONA International web site and the doula contestant will be awarded a free one year membership.

Second Prize:

The second place photo will be featured on the DONA International web site and the doula contestant will be awarded a \$25 gift certificate for the DONA Boutique.

Third Prize:

The third place photo will be featured on the DONA International web site and the doula contestant will be awarded a \$15 gift certificate for the DONA Boutique.

Submission requirements:

- Photo (see photo specifications below)
- Doula's name and credentials
- Doula's address
- Doula's day phone number
- Doula's e-mail address
- Name(s) of each person photographed, listed from left to right
- When and where the picture was taken and why you think it reflects the doula spirit
- A signed DONA International Photo Release form for each person photographed, available on the web site at <http://www.dona.org/publications/id.php>.

Photo specifications:

All photographs will be accepted for consideration. However, the best quality photos for print publication are 300 dpi TIFF files or high resolution compressed JPEG files with good contrast of light and dark. Images intended for cover use must be at least 8"x10" (original size, not enlarged) at 300 dpi and should be sent in their original, untouched/unaltered format. Color photographs must be in RGB color format, but they may be converted to black and white.

All submissions should be sent to PublicRelatons@DONA.org by May 31, 2010.