

# LIFE OF A LETTER CARRIER



## Photo contest for NALC members

**G**ot a great eye and a camera? With a little effort and imagination, your winning vision could be seen by almost every letter carrier in the country and be preserved in the union's historic archive.

NALC is looking for photos that capture the high spirits and hard struggles of letter carrier work. In the office or out on the route, interacting with co-workers or delivering to patrons, in rain, snow, sleet and on those sunny days, we want to see what you've got.

The *Life of a Letter Carrier Contest* will run from January 1 through June 30, 2010, so we want to see carriers in all kinds of weather and seasons.

The best photos will be recognized in an upcoming issue of *The Postal Record*, put on display at the NALC convention in Anaheim in August, and exhibited at the Vincent R. Sombrotto Building in Washington, DC.

"Letter carriers are the hardest-working men and women in America, and this contest is one more way that we can honor their work," NALC President Fred Rolando said in announcing the contest. "We hope the membership will join in and deliver images that show everyone who sees them just what an integral thread letter carriers are to the fabric of the nation."

Entries will be accepted in either hard copy or digital format and must be received by June 30. All submissions must be labeled clearly with the

name and branch of the photographer and identification of people and locations in the photo. Be certain that all subjects are aware they are being photographed for the NALC contest and might be displayed by the union. Photographers are limited to 25 entries. All entries become property of NALC.

### Suggestions for better entries:

- ❖ No photos of people standing around looking at the camera, please. Seek action shots of carriers doing their work.
- ❖ Try to picture as many different carriers as you can; we want to see members of both sexes and all races to best represent the diversity of the United States Postal Service and our union.
- ❖ Consider framing and backgrounds, lighting and shadows to capture the best photo.
- ❖ For hard copy entries, please submit prints that are done professionally or printed on photo paper with the proper color configuration.
- ❖ Digital photos should be at least 3.5 megapixels or 300 dpi.

For entries by mail, send to: Letter Carrier Photo Contest, NALC, 100 Indiana Ave. NW, Washington, DC 20001-2144.

Send digital entries by e-mail to: [postalrecord@nalc.org](mailto:postalrecord@nalc.org), with the subject line Photo Contest. ✉

