

Celebrating Our Voice Contest

sponsored by the National Spasmodic Dysphonia Association

The NSDA is celebrating its 30th Anniversary in 2019, and we want to celebrate your voice and hear about your journey with spasmodic dysphonia or a related voice condition. The National Spasmodic Dysphonia Association invites you to participate in the *Celebrating Our Voice Contest*. **We are looking for original pieces that highlight determination, resilience, and courage while living with spasmodic dysphonia and/or related voice conditions like vocal tremor and muscle tension dysphonia.**

In composing your piece, think about these questions: Was there an experience that really changed your life-path? What have you learned from it? What new adventures or experiences has SD brought into your life? Did you have a humorous experience you would like to share? There are many ways to share your story and it does not need to be in writing. We are seeking visual arts submissions, too. Submit a photograph, paint or sketch an illustration, or create something that captures the essence of how you feel about your voice or that of someone you have supported. This collection of stories, poems, and artwork should express courage, hope, and motivation about the amazing people in our NSDA community!

You can express yourself in any of three different categories:

- Essay with 1,000 word limit
- Poem
- Artwork/Illustration

Official Rules

- All submissions must be received by **September 10, 2018** at 11 pm CST through the web portal at <http://bit.ly/2M8q8p7>
- You may enter more than one category but only ONE submission allowed per category.
- The NSDA reserves the right not to publish a submission if it does not meet the contest rules or is deemed inappropriate.
- You may only submit original work.
- Every submission, including artwork, must have a title (even if it is "Untitled").
- Essays and poems can be no more than 1,000 words long. File format should be PDF or Microsoft Word.
- All digital files for artwork must be 16 megabytes or smaller, have a minimum resolution of 300 dpi, must be in PNG, JPEG or .jpg format, and must be at least 800 pixels wide (if a horizontal image) or 800 pixels tall (if a vertical image) with high quality compression.
- Photographs should be submitted of paintings, pottery, sculptures, etc. Do not send the actual item(s) to the NSDA.
- Photo of author is optional. Profile photo must have a minimum resolution of 150 dpi and the file format should be a jpg, JPEG or PNG file and must be at least 100 pixels wide (if a horizontal image) or 100 pixels tall (if a vertical image).
- You must agree to the Terms of Use.

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- By entering, you agree to be bound by these Official Rules, and that the decisions of the judges are final and binding in all respects.

Voting and Judging

- Online voting by the public (so invited your family and friends to vote for you) will determine the top 20 entries in each category. Voting for each category will be launched separately and done in three phases beginning in mid-September 2018. The top 20 winners in each category will be announced mid-October.
- The top 20 winners of each category will be reviewed by our Book Committee and narrowed down to the top five. The top five winners will be announced mid-November.
- Top five winners determined by the Book Committee will be reviewed by our expert judges who will pick a winner in each category. Top winners in each category will be announced by mid-December. They will select the winning entry in each category based upon the skill, originality, and relevance.

Prizes

- The top winners in each category will be listed as “contributing authors and artists,” on the cover of the NSDA-published book *Celebrating Our Voice*.
- The top winners in each category will be invited to read or present their image at the NSDA 30th Anniversary Symposium on April 27 in Boston, MA. The NSDA will waive the registration for the Symposium for the top winners in each category. Winners are responsible for their own travel expenses to attend the meeting.
- All appropriate submissions will be included in the *Celebrating Our Voice* book published in 2019 by the NSDA in conjunction with the NSDA 30th Anniversary.
- The top 20 winners from the online voting will receive a copy of the book at no cost.

Questions? Please contact the National Spasmodic Dysphonia Association at NSDA@dysponia.org or 800-795-6732.

Celebrating Our Voice Book Committee

- David Barton
- Mary Bifaro
- Victor Chears
- Carol Doles
- Karen Feeley
- Dot Sowerby

NSDA *Celebrating Our Voice* Contest Terms of Use

Thank you for your interest in participating in the *Celebrating Our Voice* Contest sponsored by the National Spasmodic Dysphonia Association (NSDA). By submitting your piece, you acknowledge that:

- A submission does not guarantee use of your story;
- Your submission is subject to editing;
- If your submission is accepted, it will be posted as part of the online public voting, published on various NSDA social media sites, on www.dysphonia.org, and made available at various print outlets.
- You will receive no remuneration for use or posting of your submission.

The ownership of any submission remains the property of the author/creator, but entry into the competition constitutes the entrant's permission and consent, without compensation, with or without attribution, for NSDA to use, reproduce, transmit, post, distribute, adapt, edit, and/or display the submission.

By submitting a story, poem or photo, you give the NSDA and any of its subsidiaries permission to use, publish, or copyright the story, poem or photo without restrictions as to changes or alterations, for the purposes of medical education, awareness, and fundraising, as related to the NSDA and any of its subsidiaries. The permission includes www.dysphonia.org and all other forms of electronic media including social media and print media. You also consent to the use of any printed materials in conjunction therewith. You waive any right that you may have to inspect or approve the finished, or the educational use to which it may be applied. By submitting, you understand that this universal release shall be valid in perpetuity. You also understand that you will not be compensated for the use of your photograph, poem or story outside of the rules of the contest.

Limitation of Liability

The National Spasmodic Dysphonia Association shall not be liable for any indirect, special, incidental, consequential, or exemplary damage, whether in any action in warranty, contract, tort or otherwise arising out of or in any way connected with your submission and participation in the NSDA *Celebrating Our Voice* Contest, even if an authorized representative of the NSDA is advised of the likelihood or possibility of same.