

# Photography 101

## Get your Post photos published

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Each issue of Checkpoint includes a callout for submissions. While submissions do come in, most have no photos and some with photos that are not acceptable for use.

To increase your chances of seeing the good work of your Post in Checkpoint or even on the pages of VFW magazine, here are a few pointers to consider the next time you take photos at a Post event.

If you have been tasked with taking a group photo, do not line up the group against the wall. Provide depth by bringing your subjects together at varying heights. Some can sit or kneel. Move in as close as you can to take the photo to illustrate crisp, clear faces. Most importantly, encourage the people you are photographing to be energetic and lively, enthused to be representing their VFW Post. Perhaps you can ask some to high-five or fist bump one another or some can stand back-to-back while turning their heads to the camera. Work to make the photos interesting for the reader.

Action shots are best, but not always the easiest to capture. For example, if you are wanting to capture a community dinner at your Post, avoid submitting a photo of a food table with no people. Instead, move in close and take a photo of a volunteer serving someone in the food line. No volunteer servers? No problem. Stand across the table from the person scooping up whatever is being served and catch him or her in the act.

As VFW continues to battle the stigma of the “smoky bar,” avoid sending in photos of folks sitting around the Post canteen drinking.

When possible, use natural lighting as the flash mode on cameras and phones can result in harsh lighting.

Avoid shooting from eye level. Try getting low to the ground and shooting up or find a higher vantage point to shoot down.

Make sure there are no distracting elements in the background that take away from the

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main subject. Common background distractions include exit or bathroom signs.

Most importantly of all, please include who is in the photo, when it was taken, where it was taken and your contact information.

*This article is featured in the 2025 October issue of Checkpoint. If you're a VFW member and don't currently receive the VFW Checkpoint, please contact VFW magazine at [magazine@vfw.org](mailto:magazine@vfw.org).*