



Tell Your Story Guidelines

- Email stories to BASPASTS@cs.com
- Please submit your story in WORD, Notepad, or other text format.
- We accept stories of any length, but typical stories are 1 - 2 pages.
- You may also submit pictures to accompany your story.
- Remember, your story is being posted to the Internet, so be conscious of content.
- VBF reserves the right to accept, reject, or edit stories.
- Please include your contact information. This will not be made public and is only for VBF use to identify the author. Include the following:
 - Full Name
 - Address – Street Address/City/State/Zip Code/Country and Code if outside US
 - Phone Number
 - Email Address