



# How to sign up for the FOML Listserv

1. Go to the FOML website at <http://foml.org/>
2. Under the “Resources” tab, select “FOML Listserv.” (Or you can go directly to the listserv link at: <http://inform.palnet.info/mailman/listinfo/foml>)
3. Enter your email address, name (optional), choose a password and tell the moderator which language you prefer to display your messages.
4. Also at this screen, you can click the link to see prior postings to the listserv in the FOML Archives.
5. You can also change your existing subscription on this page.
6. To post a message to all the list members, send email to:  
[foml@inform.palnet.info](mailto:foml@inform.palnet.info)