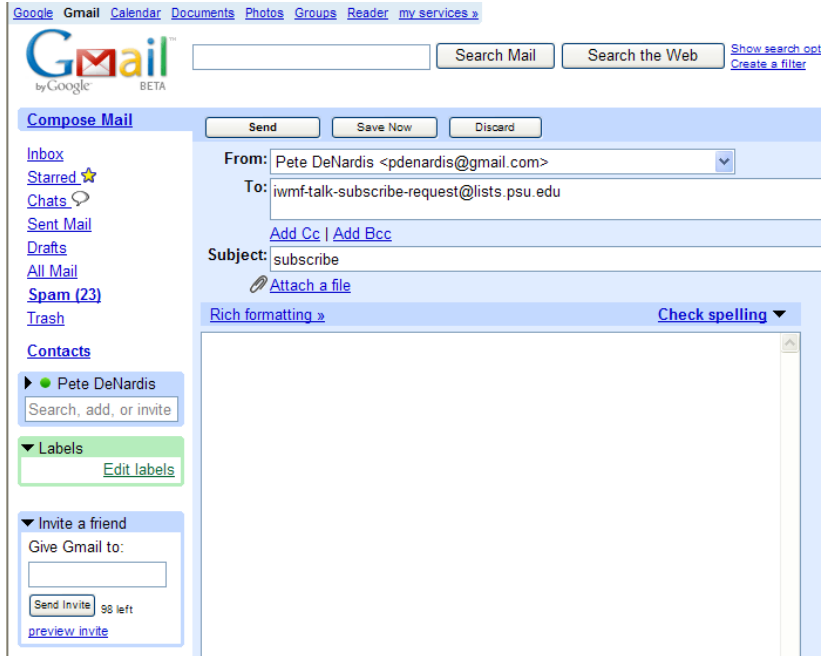


## SUBSCRIBING TO IWMF-TALK

These instructions for entering your subscription to the Talk List use GMail software for the example. You will see the same messages in whatever email program you use such as AOL, Comcast, Outlook Express or other. The graphic headers from your email software program will simply look different than those shown in the examples.

- Send an email to [iwmf-talk-subscribe-request@lists.psu.edu](mailto:iwmf-talk-subscribe-request@lists.psu.edu), type the word "subscribe" in the subject area, and leave the message area blank:



- You will receive an email from IWMF-TALK asking you to confirm your request. All you have to do is click on the link provided in the email.



- After clicking on the link, your web browser (internet explorer, Mozilla, etc) will show the following message:

LISTSERV 15.0 - LISTSERV Command Response - Microsoft Internet Explorer provided by FIS

http://lists.psu.edu/cgi-bin/wa?OK=CD248BCB&L=IWMF-TALK

LISTSERV 15.0 - LISTSERV Command Response

PENNSYLVANIA STATE UNIVERSITY  
**Information Technology Services**  
 LISTSERV 15.0

Subscriber's Corner Email Lists

**LISTSERV Command Response**

OK CD248BCB

Confirming:  
 > QUIET SUBSCRIBE IWMF-TALK Pete DeNardis  
 Your request to join the IWMF-TALK list has been forwarded to the list owner for approval. If you have any question about the list, then you can reach the list owner at IWMF-TALK-request@LISTS.PSU.EDU.

Back to the LISTSERV home page at [LISTS.PSU.EDU](http://lists.psu.edu).

This service is provided and maintained by [Information Technology Services](#) at [Penn State](#).  
 ITS tests systems every day between 5:00 a.m. and 7:30 a.m.  
 During this time, one or more services may not be available.

- You don't have to do anything at this point. Your request has been sent to the IWMF-TALK manager, who has to approve your subscription request. Once your request is approved you will receive the following two email messages:

The first is a welcome message from the folks at the IWMF:

Gmail - Welcome to the IWMF-TALK Discussion List - Microsoft Internet Explorer provided by FIS

http://mail.google.com/mail/?auth=DQAAAHQAAACKIz87FweLCP9MSRuEKE1-moBdVfq0RT1K\_oWluSVngPteqUJH-IOewCZ4a

Gmail - Welcome to the IWMF-TALK Discussion List

Google Gmail Calendar Documents Photos Groups Reader my services »

**Gmail** by Google BETA

Search Mail Search the Web Show search options Create a filter

[Compose Mail](#) Gadolinium dangers? - www.gadoliniumlawyers.com - If you've been seriously injured call 866

« Back to Inbox Archive Report Spam Delete More actions...

**Welcome to the IWMF-TALK Discussion List** [Inbox](#)

☆ "LISTS.PSU.EDU LISTSERV Server (15.0)" <LISTSERV@lists.psu.edu> to me

It is highly recommended that you print this Welcome message and these important instructions for future reference.

Welcome to IWMF-Talk,  
 the near-instant Internet communication link  
 of the International Waldenström's Macroglobulinemia Foundation.

Before you enter, please know that this is a precious place,  
 with the hopes and fears of a unique group of people  
 with a serious disease, a rare blood cancer  
 presently with no known cause nor cure,  
 which threatens to shorten our lives  
 and affect everyone we love.

▼ Labels Edit labels

The second is a welcome message from IWMF-TALK, with instructions on how to post messages, and other administrative matters:



- Once you've received these messages, you will start receiving emails from other IWMF-TALK list members, and you are free to send your own messages to the IWMF-TALK list, by addressing your emails to [iwmf-talk@lists.psu.edu](mailto:iwmf-talk@lists.psu.edu)