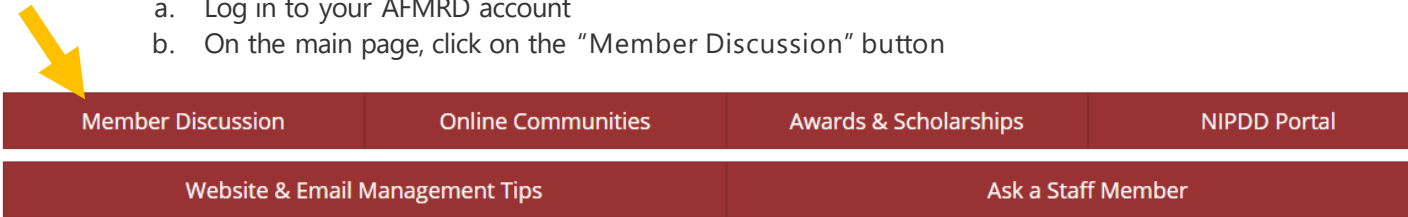


Posting to the AFMRD Online Discussion Forum (formerly known as the list serve / listserve / listserv)

- 1) Please review the [AFMRD Discussion Forum Guidelines](#)
- 2) The easiest and quickest way to post to the discussion forum is to send an email to: Members@lists.afmrd.org. All AFMRD members will receive this email.
- 3) You can also post from the AFMRD website:

- a. Log in to your AFMRD account
- b. On the main page, click on the "Member Discussion" button



- c. From the main discussion forum page, click on the Add a thread button (the plus sign +)



- d. Fill out the form. The subject and message fields are required.

A screenshot of the "Add a Thread" form. The form has a light grey header with the text "Add a Thread". Below the header, there are several sections: 1. A required field labeled "*Subject" with a text input box. 2. A required field labeled "*Message" with a rich text editor toolbar (containing icons for bold, italic, underline, link, etc.) and a large text area. 3. An "Attachments" section with a "Maximum File Size: 20000 KB" limit and an "Add" button. 4. A "Forum Information" section with a light blue background, stating "853 users will receive an email when this thread is released" and "Replies to this thread by recipients will be sent to: List." At the bottom of the form, there are four buttons: "Post Thread" (highlighted in red and pointed to by a yellow arrow), "Preview", "Send Test Email", and "Cancel".

- e. Click on the Post Thread button
- f. Your message has been sent to all those subscribed to the AFMRD Member Discussion Forum