

Backing Up Data

E-Mail Messages & Address Book

In Outlook Express

Backing Up Messages: Open Windows Explorer

For information on using Windows Explorer, see ... <http://powers31.info/DataStorageTips.pdf>
<http://powers31.info/WindowsExplorerTips.pdf>

The files to save for **E-Mail Messages** are located in the following folder....

C:\Documents and Settings\Loren\Local Settings\Application Data\Identities\{36771EE6-4973-47D7-88BC-2DB86C4A5B64}\Microsoft\Outlook Express (See Fig.BkUp-04.bmp)

NOTE: The folder “ Loren ” shown below is unique to my computer. Your computer will show something different depending on the name given your computer.

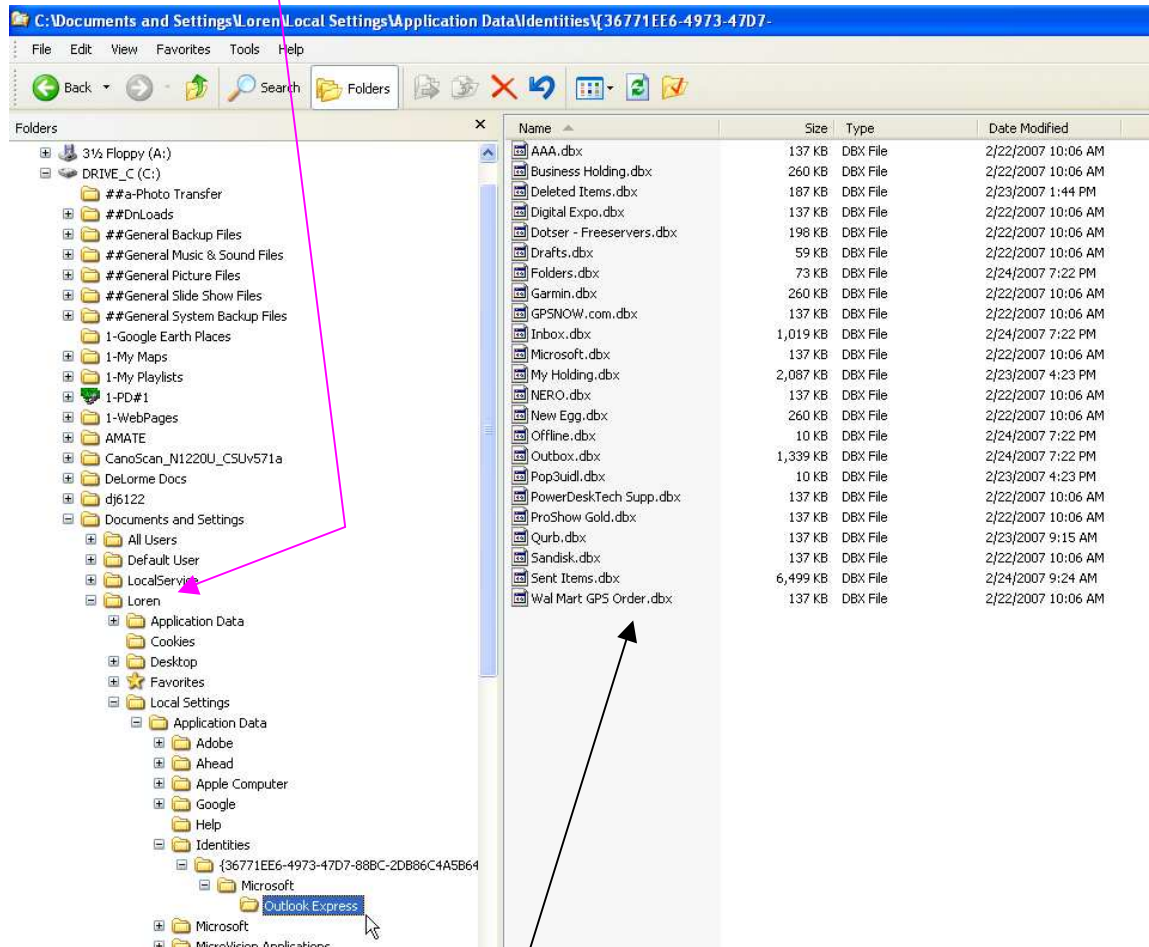


Fig.BkUp-04.bmp

To backup these files, highlight all the *.dbx files in the “ Outlook Express ” folder and copy them to a safe location.
(Like a CD or other storage media.)

Restoring the E-Mail Message files:

Locate the *.dbx files in your storage media and copy them back to the “ Outlook Express ” folder...

C:\Documents and Settings\Loren\Local Settings\Application Data\Identities\{36771EE6-4973-47D7-88BC-2DB86C4A5B64}\Microsoft\Outlook Express

Backing Up Data

Backing Up E-Mail Address Book:

Open Windows Explorer.

For information on working in Windows Express, see...<http://powers31.info/DataStorageTips.pdf>
<http://powers31.info/WindowsExplorerTips.pdf>

Navigate to ...C:\Documents and Settings\Loren\Application Data\Microsoft\Address Book (Fig.BkUp-05.bmp)

NOTE: The folder “Loren” shown above is unique to my computer. Your computer will show something different depending on the name given your computer.

To backup these files:

In right half of window...

Highlight both files listed and copy them to a safe location.

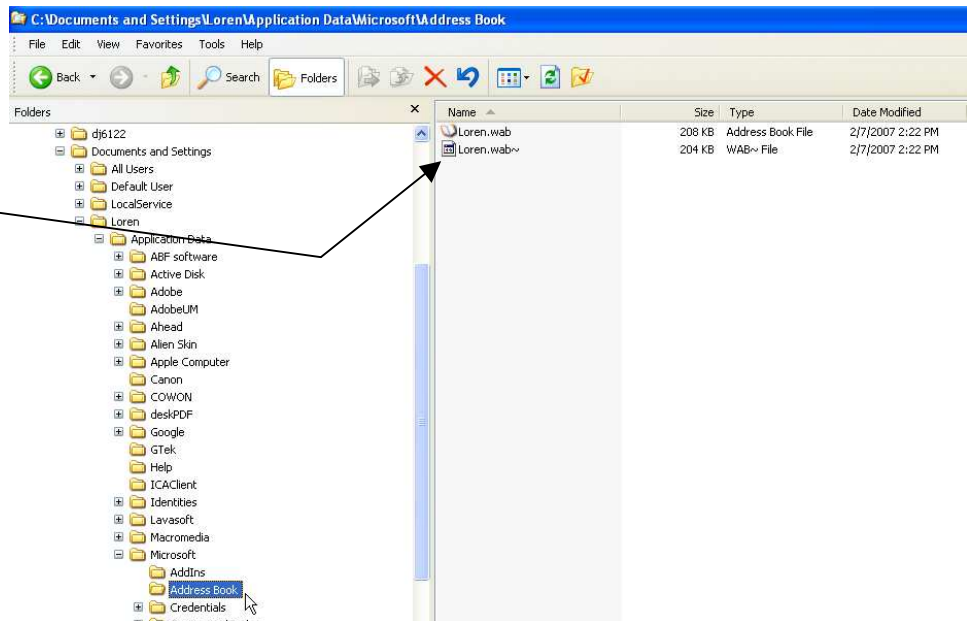


Fig.BkUp-05.bmp

To Restore the Addressbook:

Copy these files from your backup location to this folder.. C:\Documents and Settings\Loren\Application Data\Microsoft\Address Book (Fig.BkUp-05.bmp)

NOTE: The folder “Loren” shown above is unique to my computer. Your computer will show something different depending on the name given your computer.

IMPORTANT:

When restoring files to the above folder, make sure that the folder “Address Book” is highlighted and the cursor is over the highlighted area, when doing the [Paste] operation (See Fig.BkUp-05.bmp)

Backing Up Data

Backup Favorites in Internet Explorer

Open Internet Explorer.

Click on [File] [Import and Export]
(Gives.... Fig.BkUp-06.bmp)

[Next] (Gives.... Fig.BkUp-07.bmp)

Select [Export Favorites]

[Next] (Gives.... Fig.BkUp-08.bmp)
(Your list may look different.)

Select top folder [Favorites]

[Next] (Gives.... Fig.BkUp-09.bmp)

Select..

(●) Export to a file or address
[Browse].. Select a location
in which to save the backup
file.

Name the file and [Save]
(Example: Fig.BkUp-12.bmp)

[Next] (Gives.... Fig.BkUp-10.bmp)

[Finish] (Gives.... Fig.BkUp-11.bmp)

[OK]

In this example the “Favorites are saved in the
file *Favorites(2-26-07).htm*
In the folder *C:\##a-IEFavoritesBackup*
(See Fig.BkUp-12.bmp)

You can choose any medium for your backup to
be stored in. CD, Hard Dr. etc.
Create your own terminology.



Fig.BkUp-06.bmp

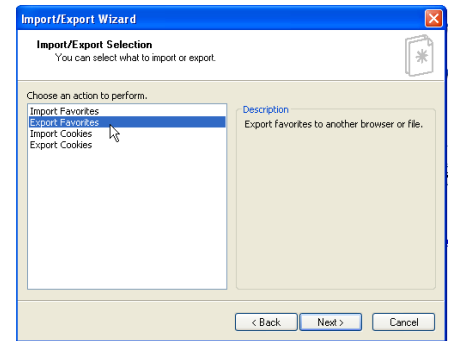


Fig.BkUp-07.bmp

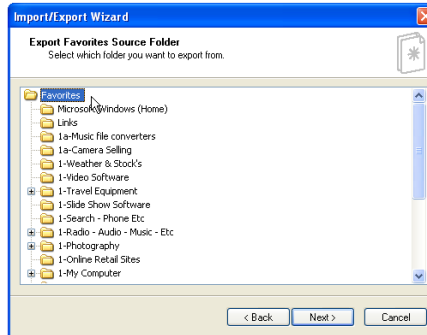


Fig.BkUp-08.bmp

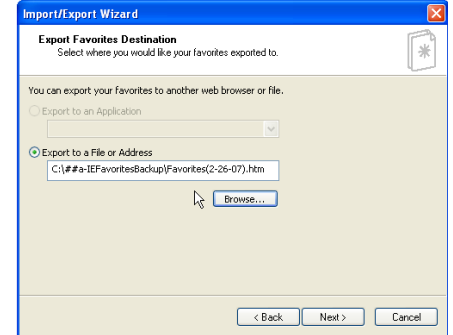


Fig.BkUp-09.bmp

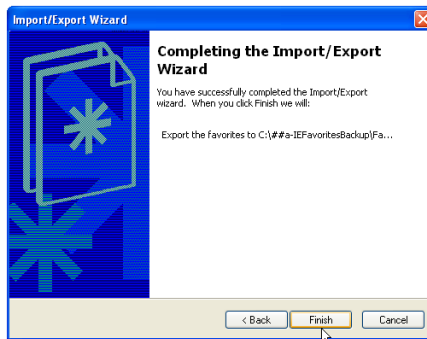


Fig.BkUp-10.bmp



Fig.BkUp-11.bmp

Fig.BkUp-10.bmp

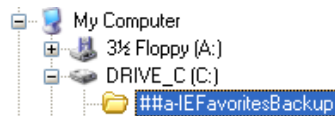
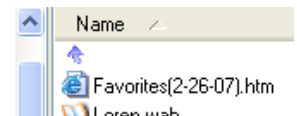


Fig.BkUp-12.bmp



Backing Up Data

Restoring Favorites in Internet Explorer

Open Internet Explorer.

Click on [File] [Import and Export]
(Gives.... Fig.BkUp-06.bmp)

[Next] (Gives.... Fig.BkUp-07a.bmp)

Select [Import Favorites]

[Next] (Gives.... Fig.BkUp-09a.bmp)

Select..

(●) Import from a file or address
[Browse].. Select the location
in which the backup file is
saved.
Select the file and click..
[Save]
(Example: Fig.BkUp-12.bmp)

[Next] (Gives.... Fig.BkUp-08.bmp)

Select “ Favorites “

[Next] (GivesFig.BkUp-10.bmp)

[Finish] (Gives.... Fig.BkUp-11.bmp)

[OK]

In this example the “Favorites are saved in the
file *Favorites(2-26-07).htm*
In the folder *C:\##a-IEFavoritesBackup*
(See Fig.BkUp-12.bmp)

You can choose any medium for your backup to
be stored in. CD, Hard Dr. etc.
Create your own terminology.



Fig.BkUp-06.bmp

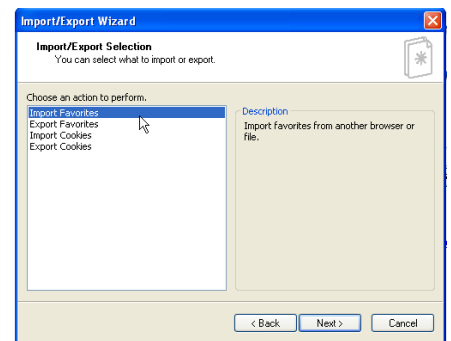


Fig.BkUp-07a.bmp

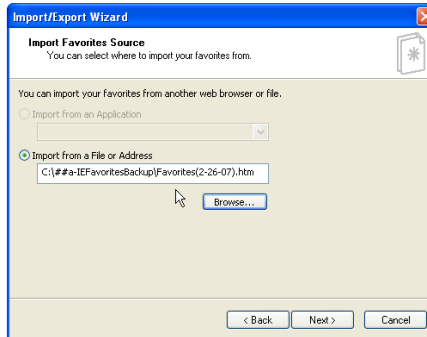


Fig.BkUp-09a.bmp

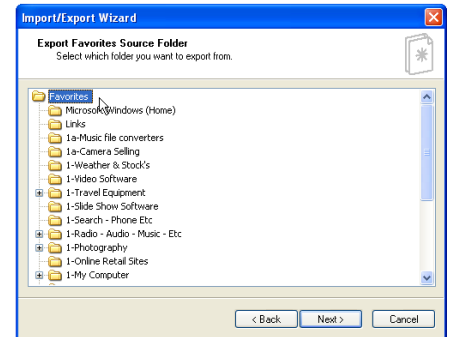


Fig.BkUp-08.bmp

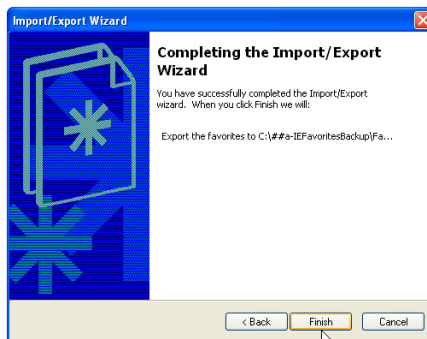


Fig.BkUp-10.bmp



Fig.BkUp-11.bmp

Fig.BkUp-10.bmp

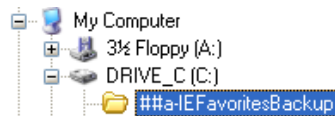


Fig.BkUp-12.bmp

