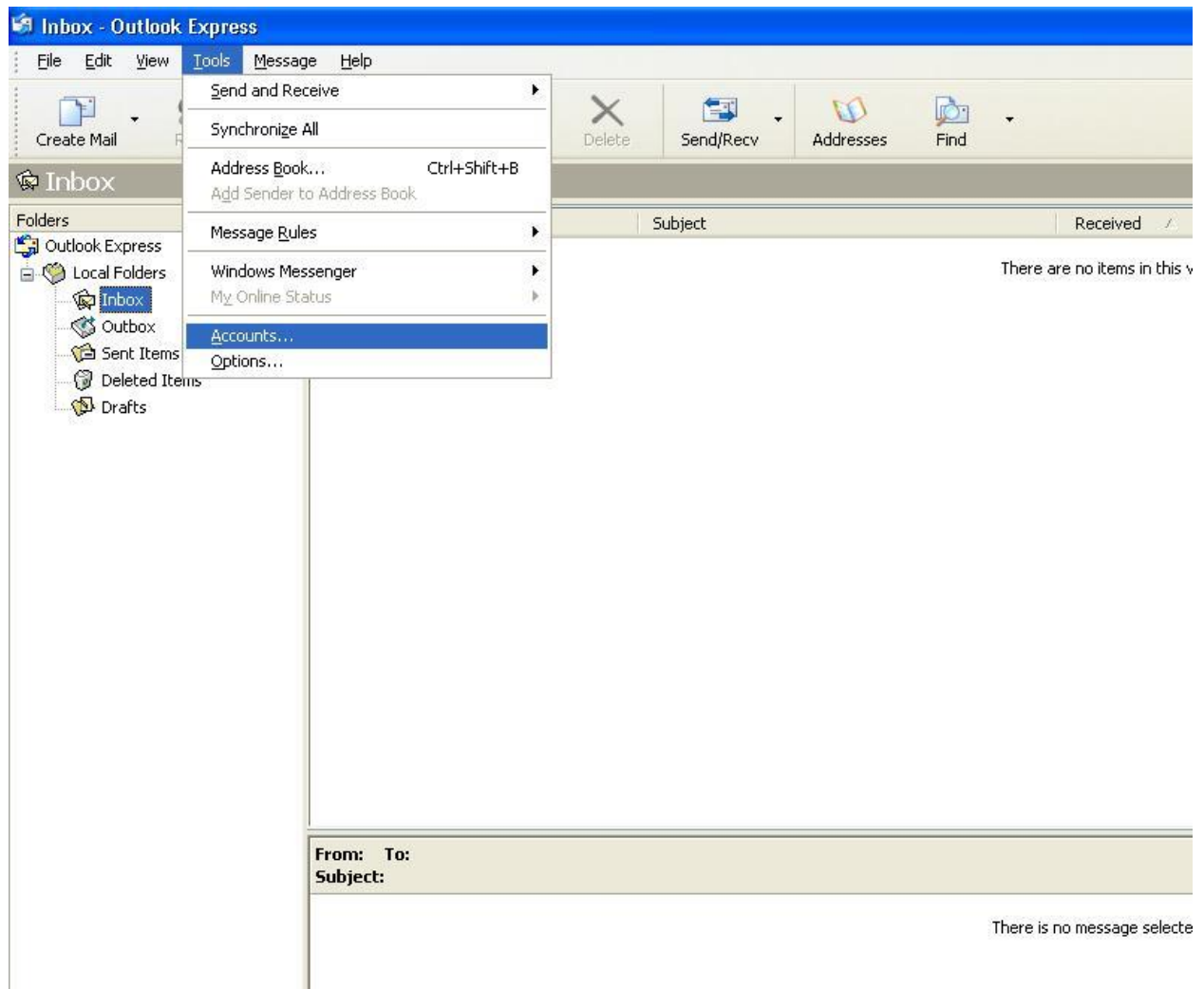


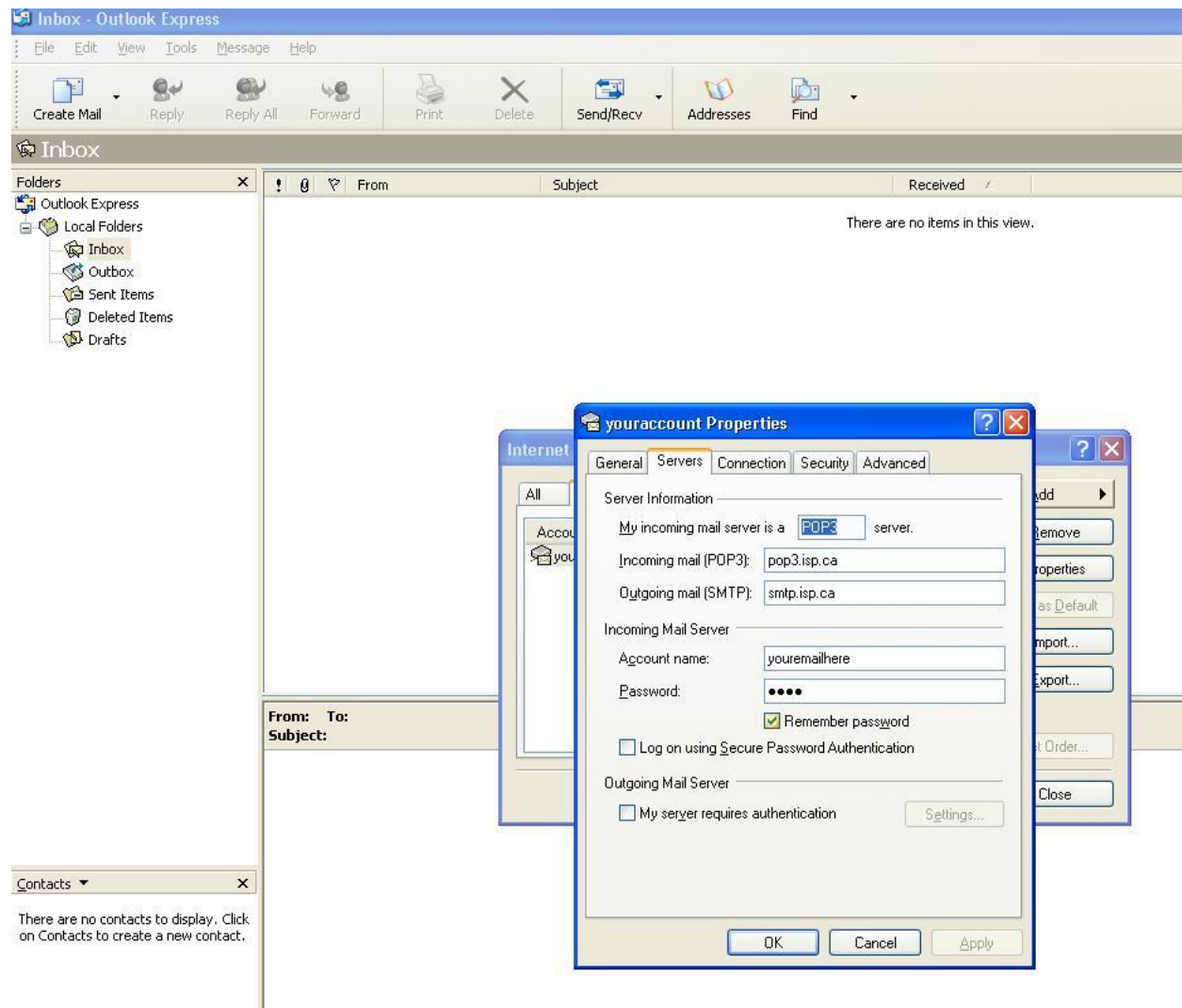
Outlook Express:

Click on Tools>Accounts



Select your account and click on properties

Click on Servers Tab and your screen should look similar to this:



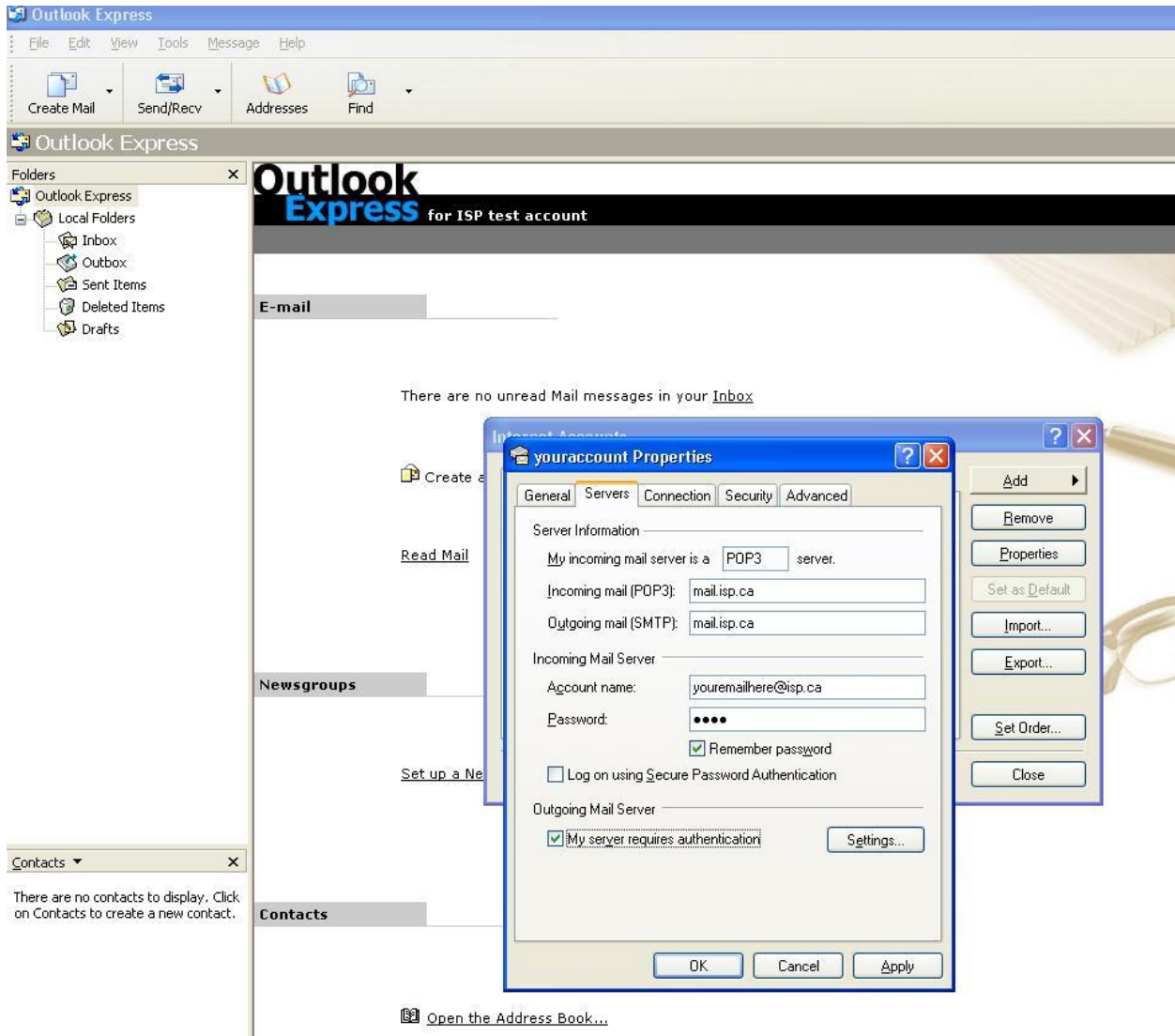
Change your incoming and outgoing mail server address to **mail.{yourdomain}.ca/com** etc

For instance if you have an @isp.ca email address you would change it to **mail.isp.ca**

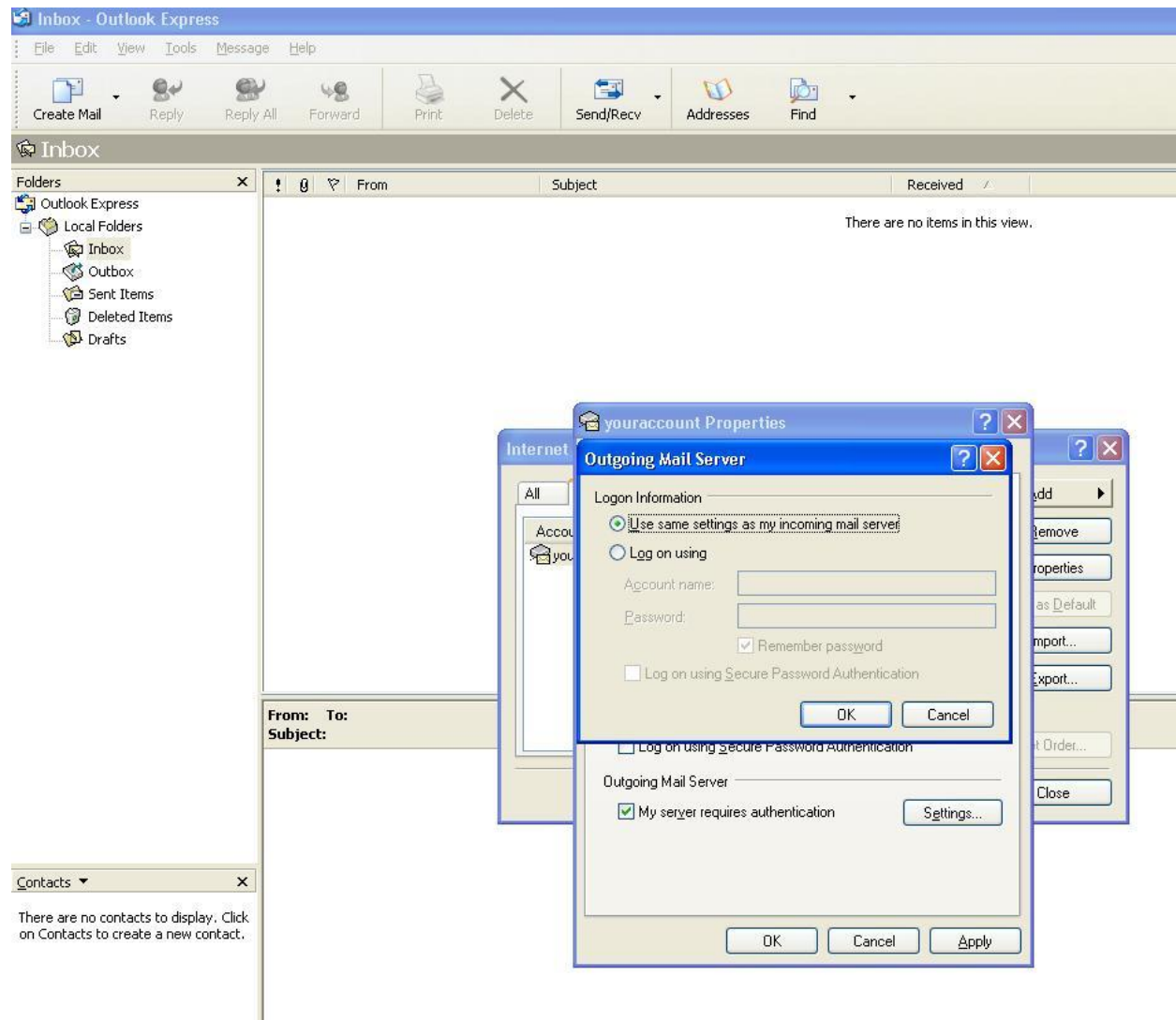
Change your Account name to your full email address

Place a check mark in My Server requires authentication

It should look like this.



Click on Settings beside My server requires authentication and choose Use same settings as my incoming mail server.



Hit OK, then apply and OK then close. You should now be all set to go!