



ABF Outlook Express Backup help

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1 Introduction

1.1 Overview

Program overview

ABF Outlook Express Backup is a backup and synchronization tool for the popular Outlook Express mail client. It allows you to backup and restore your messages, address book, settings, mail and news accounts, message rules, blocked senders lists, signatures, and even your favorites. All backup functions can be processed either separately or together. The user can choose the identity to save or restore data, protect backup file with password, create self extracting backup file.

ABF Outlook Express Backup allows you to backup data on the one computer and restore to another. This feature makes **ABF Outlook Express Backup** not just a backup program but also an ideal and perfectly functional synchronization tool.

ABF Outlook Express Backup is easy to use and has a simplified user interface ([Figure 1](#)), very useful for beginners. The user interface is multilingual.

Figure 1: ABF Outlook Express Backup.

ABF Outlook Express Backup is compatible with **Windows 98/Me/NT4/2000/XP/2003** and **MS Outlook Express** Ver 5.0 or higher. Installer and uninstaller are included. Large fonts are fully supported. The program has a huge help manual, so use **F1** key wherever you need.

How to use

ABF Outlook Express Backup is very easy to use. Just select the identity and file name, choose options you want to process and press the button. See [backup](#) and [restore](#) topics for details. If you want to use the program from command line or as a scheduled task, see [command line parameters and task builder](#) topic.

Requirements

- Windows 98/Me/NT4/2000/XP/2003.
- MS Outlook Express Ver 5.0 or higher.

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1.3 How to install and uninstall

How to install

- If you have got the self extracting installation package named **abfOutlookExpressBackupInstall.exe** - just run it and follow the setup instructions.
- If you have got the compressed archive file named like **abfOEB.zip** or **abfOEB.rar** - unpack it to the temporary folder, run the **abfOutlookExpressBackupInstall.exe** file and follow the setup instructions.

How to uninstall

1. Choose **Settings/Control Panel** from the **Start** menu.
2. Open **Add/Remove Programs** applet.
3. Select **ABF Outlook Express Backup** item and click **Add/Remove** button.

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1.4 How to register

Why the program should be registered?

ABF Outlook Express Backup is distributed on a **Try Before You Buy** (shareware) basis. It means that you can download and try free trial version of the program. Trial version has some [restrictions](#). If you like the program and decide to keep it, you will need to purchase a registration key. All limitations will be removed as soon as you register your copy of **ABF Outlook Express Backup**.

Trial restrictions

The evaluation (trial) version

- will only work for **30** days after the first install;
- will allow you to **restore** your **messages only**;
- will **not** allow you to **create self extracting backup files**;
- will show a **trial reminder** ([Figure 2](#)) on the program startup.

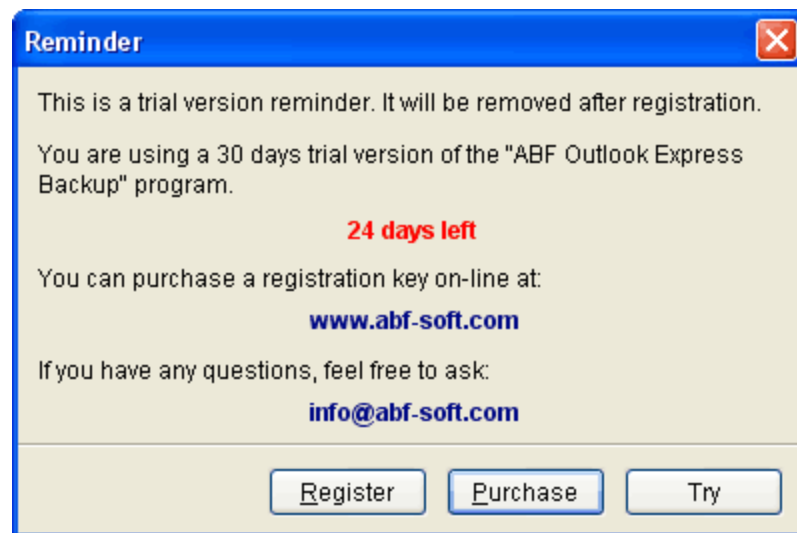


Figure 2: Trial reminder.

How to register?

At first, you should obtain a registration key. You can purchase it on-line either by credit card, bank transfer or check. Ordering by Phone, FAX, and postal mail is also available. Please visit the registration page (<http://www.abf-soft.com/buy.shtml>) and purchase the program. It costs only **USD 29.95** for the single license. There are some sale propositions for multi-licenses and bundles with other our software products.

Note: The price can be changed in future.

After purchasing you will receive an e-mail with registration key and instructions.

To register the program click on the **Register** item in the main menu or **Register** button in the **About** dialog. A key input form will appear ([Figure 3](#)).

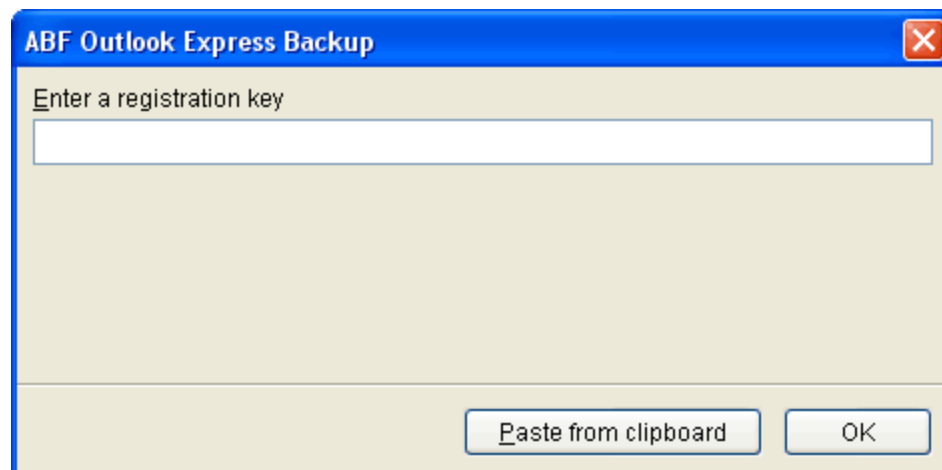


Figure 3: Registration key input form.

Use the clipboard to copy (**Ctrl+C**) and paste (**Ctrl+V**) the key or type it manually. Press **OK** button.

At last, restart **ABF Outlook Express Backup**. If all steps are done right, the **trial reminder** ([Figure 2](#)) will not appear anymore, all trial restrictions will be removed and the registration information will be shown in the **About** dialog ([Figure 4](#)).

Figure 4: Registration information in the About dialog.

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1.5 Contact information

If you have any problems with **ABF Outlook Express Backup**, first make sure that you have the latest version of the software. The problem seems to be solved in it. The latest version always can be downloaded [here](#). If this doesn't help, feel free to contact us:

<mailto:support@abf-soft.com>

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1.6 Credits

The **ABF Outlook Express Backup** is created by **ABF software, Inc.** (<http://www.abf-soft.com>)

Project leader

Dmitry Golovenko

Programming

Tanya Vlaskina

Marketing

Eugene Goncharenko

Help and manual

ABF software, Inc. Team

Special thanks to

Borland - for great software developing tools, especially for Delphi (www.borland.com).

Microsoft - for popular Outlook Express mail client (www.microsoft.com).

EC Software - for Help&Manual authoring tool (www.ec-software.com).

Ethalone Solutions, Inc. - for great Ghost Installer (www.ethalone.com).

All beta testers - for testing, new ideas and bug reporting.

All registered users - for buying, new ideas and inspiration of us.

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2 Backup & Restore

2.1 Backup

Backup is an operation to save a selected Outlook Express data into some file. We advice you always make backup to file on your hard drive, because floppies, ZIPs, or other disks have a limited space and your backup data may not fit the volume. After the backup procedure you can write the file to any media using Windows Explorer or other file manager. If size of you backup file greater then volume of media, you can split the file with any archiver (WinZip, WinRar, etc.) or any file splitting tool. We advice you to use CD-R, DVD-R, Flash Drive, ZIP, or network connection to transfer data to other computer. Also please save a copy of your backup file outside the computer, because the computer or the hard drive could be broken.

How to backup

Run the program and open **Backup** page:

Figure 5: Backup operation.

1. Select the identity ([Figure 5; Pos 1](#))
2. Select all items ([Figure 5; Pos 2](#)) that you want to backup
3. Select a file name where the data will be stored ([Figure 5; Pos 3](#))

Note: If you select only folder name (for ex. "C:\Backup\") then backup file with default name in format "yyyy MMMM dd, HH-mm-ss.oeb2" (ex. "2006 June 02, 13-24-37.oeb2") will be created.

4. You can create self extracting backup file ([Figure 5; Pos.4](#), read more in [Self extracting backup files](#) topic)
5. You can protect your backup file with password. ([Figure 5; Pos. 6](#)). Type password manually or use [Password generator](#)

Note: Do not forget the password! You'll not be able to restore password-protected backup file without it.

6. You can write a brief description ([Figure 5; Pos 6](#)) to mark your backup file.
7. Press **Backup** button ([Figure 5; Pos 7](#)) to perform the operation.

Note: If your backup file size exceeds critical system size, additional volumes with name in format "backup_file_name.oeb2.zXX" (ex. "MainIdentityBackup.oeb2", "MainIdentityBackup.oeb2.z01", "MainIdentityBackup.oeb2.z02" etc.) will be created. Do not forget to save all these files, as they will be required during restore process.

The **backup** operation takes some time, it's depending on a size of your **Outlook Express** data. You'll be able to see a progress ([Figure 6](#)) during the operation:

Figure 6: Backup operation progress.

You will get **Operation complete** message ([Figure 7](#)), if the backup operation was completed successfully.

Figure 7: Backup complete.

You will get **Backup complete with errors** message ([Figure 8](#)), if errors occurred during backup but you've decided not to abort backup process. Your backup file is valid and you can use it but some items can be missed in it.

Click **Send Error Report** button if you want our support team to investigate the problem.

Figure 8: Backup complete with errors.

You will get **Operation aborted** message ([Figure 9](#)) if the backup operation has been canceled.

Figure 9: Backup canceled.

You will get **Operation error** message ([Figure 10](#)) if some serious errors occurred. Your backup file is invalid, please check if you have enough free space on you disk, make sure that you are not trying to backup to CD or DVD or any other external drive, and redo the backup procedure. Click **Send Error Report** button if you want our support team to investigate the problem.

Figure 10: Some serious errors occurred.

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2.2 Restore

Restore is an operation to place the backed up data from file on disk into the **Outlook Express**. We advice you to copy backup file to your hard disk before operation, because the hard disk is a most fast device. Please be very careful with restoring procedure, you can overwrite some important data if you select a wrong Identity or a wrong data file.

Note: Successful restore is guaranteed only if the current version of **Outlook Express** is the same or higher used during the backup. Also it is strongly recommended to run **Outlook Express** at least one time before restoring on a new computer.

How to restore

We recommend to close **Outlook Express** and other programs that use **OE** internally (**MS Windows Messenger**, etc.) during the restore process.

Run the program and open **Restore** page:

Figure 11: Restore operation.

1. Select a file with backed up data ([Figure 11; Pos 1](#))

Note: **ABF Outlook Express Backup** will ask you for password ([Figure 12](#)) if you select password-protected backup file:

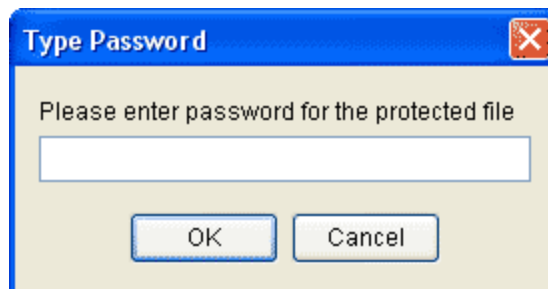


Figure 12: Password query.

Note: There are different backup file formats in **ABF Outlook Express Backup** version **1.x** and **2.x**. So use **ABF Outlook Express Backup 1.x** to restore backup files created with **ABF Outlook Express Backup 1.x** and use **ABF Outlook Express Backup 2.x** to restore backup files created with **ABF Outlook Express Backup 2.x**.

2. You can verify the content of file by description or an internal information ([Figure 11; Pos 5](#))
3. Select all parts you want to restore ([Figure 11; Pos 2](#))
4. Select the identity where the data should be restored ([Figure 11; Pos 3](#))

Note: You can perform restore to an existing identity or create a new empty identity and restore there. Use **Create New Identity** button ([Figure 11; Pos 4](#)) to create a new empty identity.

5. Press **Restore** button ([Figure 11; Pos 6](#)) to perform the operation

If **Outlook Express** is still running you'll get a warning message:

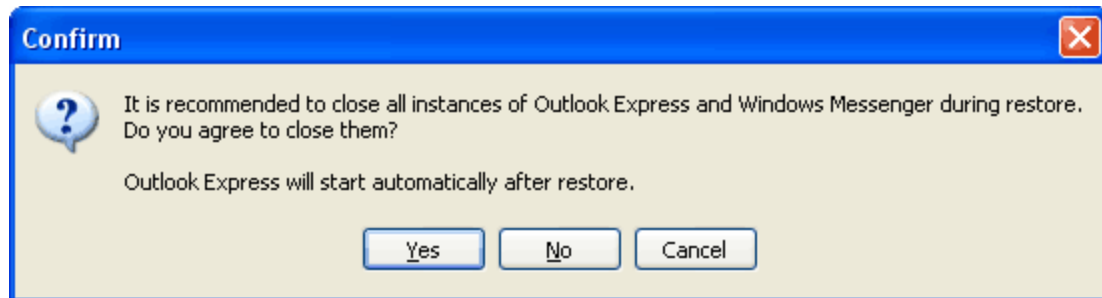


Figure 13: Warning message.

We recommend you to close all instances of **Outlook Express** and other programs that use **OE** internally (**MS Windows Messenger**, etc.) You may press **No** button, but we don't guarantee that restore will be successfully finished in that case.

The **restore** operation takes some time, it's depending on a size of data. You'll be able to see a progress ([Figure 14](#)) during the operation:

Figure 14: Restore operation progress.

You will get **Restore complete** message ([Figure 15](#)), if the restore procedure was completed successfully.

Figure 15: Restore complete.

You will get **Restore complete with errors** message ([Figure 16](#)), if errors occurred during restore but you've decided not to abort restore process. Your backup data were restored but some items can be missed.

Click **Send Error Report** button if you want our support team to investigate the problem.

Figure 16: Restore complete with errors.

You will get **Operation aborted** message ([Figure 17](#)) if the restore operation has been canceled.

Figure 17: Restore canceled.

You will get **Operation error** message ([Figure 18](#)) if some serious errors occurred. Please check if you have enough free space on you disk, close all instances of **Outlook Express** and other programs that use **OE** internally (**MS Windows Messenger**, etc.) and redo the restore operation.

Click **Send Error Report** button if you want our support team to investigate the problem.

Figure 18: Some serious errors occurred.

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2.3 Self extracting backup files

Overview

Self extracting (SFX) backup files allow you to perform restore operation without installing **ABF Outlook Express Backup** on the destination computer.

How to create SFX backup file

To create SFX backup file check **Self extracting backup file** option on backup tab ([Figure 5; Pos. 4](#)) before performing backup operation.

Note: You can create SFX backup files only in registered version of **ABF Outlook Express Backup!**

How to restore from SFX backup file

You do not need to install **ABF Outlook Express Backup** on the destination computer to restore SFX backup file. You also do not need to apply registration key for **ABF Outlook Express Backup** on the destination computer.

Just copy SFX backup file to the destination computer hard drive, run it and then perform restore operation as described in [Restore](#) topic.

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2.4 Data transferring and Synchronizing

It is possible to transfer a backup file to other computer and restore data there. You can use this ability for synchronization purposes. You need to transfer only your *.exe SFX backup file, you do not need to install **ABF Outlook Express Backup** on both computers. You can also transfer your *.oeb2 backup file

(with additional *.oeb2.zXX files, if they exist), but **ABF Outlook Express Backup** has to be installed on both computers in that case. You can transfer the file via network, on CD-R, DVD-R, Flash drive, ZIP or floppy disks. Also you can email backup file to yourself, but you need a very fast Internet connection, because the size of backup file is tens or hundreds of megabytes.

ABF Outlook Express Backup has no ability to make a partial backup of your messages, so you can use it only for "all at once" synchronization. All messages will be overwritten on each restore, so if you have quite different messages on 2 or more computers, we advise you to create additional identity on each computer and synchronize data only between these identities. You can create, manage or switch identities right in the **Outlook Express** (Menu/File/Identities).

Some kinds of synchronizations

Everyday synchronization, for extensive working with e-mail at home:

- Evening: Backup data on office computer, copy file to notebook, restore data on notebook.
- Morning: Backup data on notebook, copy file to office computer, restore data on desktop.

Weekend synchronization, if you are working with e-mail only at weekend:

- Friday evening: Backup data on office computer, copy file to notebook, restore data on notebook.
- Monday morning: Backup data on notebook, copy file to office computer, restore data on desktop.

One direction weekend synchronization, if you are only reading e-mail during weekend:

- Set "leave messages on server" options for each e-mail account on notebook.
- Friday evening: Backup data on office computer, copy file to notebook, restore data on notebook.
- Monday morning: Office computer will automatically download all messages that you were reading during weekend.

Useful tips and tricks

We advice to compact all folders (OE Menu/Folders/Compact All Folders) before backup, it will remove unnecessary information and decrease the size of backup file.

If attachments become grayed and you cannot open some of them, uncheck "Do not allow attachments to be saved..." option in OE Menu/Tools/Options/Security. This option is on by default after installing of OE6 SP1.

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3 Additional

3.1 Command line parameters and Task Builder

ABF Outlook Express Backup supports command line parameters and can be used as a task in the system scheduler. There is an integrated **Task builder** ([Figure 19](#)) in the program. You can build a command line for any kind of operations or tasks.

Figure 19: Task builder.

Supported command line parameters are:

- b** - Backup operation flag
- r** - Restore operation flag
- f=xxx** - File to process (where **xxx** is a full file name)
- i={xxx}** - Identity to process (where **xxx** is identity **Global Unique IDentifier**)
- p=xxx** - Password for password-protected file (where **xxx** is password)

o=mwsarbgtf - Options parameter. Any combination of: **m** - Messages, **w** - Windows address book, **s** - OE settings, **a** - Email and news accounts, **r** - Message rules, **b** - Blocked senders, **g** - Signatures, **t** - Stationeries, **f** - Favorites
sfx - SFX backup file flag (for backup operation only)
v - Visibility flag. The user can see a progress of operation if this parameter is set

Also you can easily add a selected operation right to the system scheduler, use the **Add task to scheduler** button. After that you can tune up the new task using a scheduler. See a help manual of the system scheduler for details.

Note: Do not change user name in "Run as:" option of task properties, as the program will not work correctly in this case.

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3.2 Password generator

Password generator ([Figure 20](#)) is an additional tool that helps you to protect your backup files.

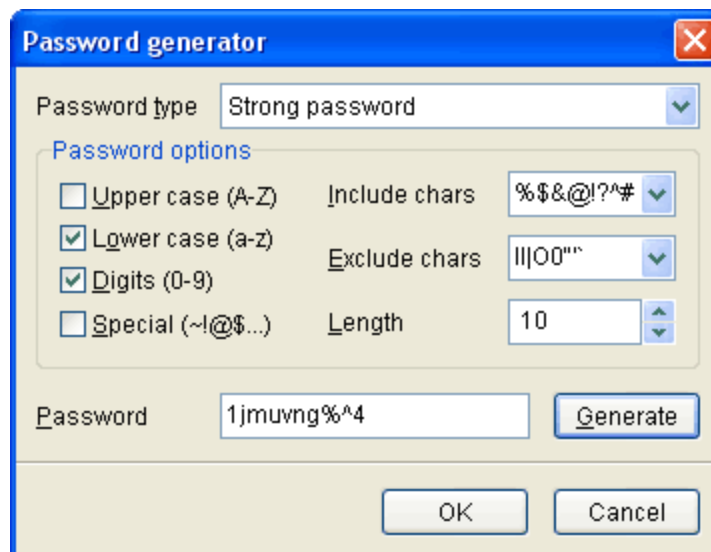


Figure 20: Password generator.

It can generate both strong and easy passwords:

- easy password can contain only digits and letters in lower case. It has to be one or more characters long.
- strong password can contain digits, letters in lower and upper case, special symbols. It has to be six or more characters long. You can also include and exclude any character you want from password generation engine.

Use password generator to generate really safe passwords and protect your backup files.

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3.3 Upgrade from the web

The **ABF Outlook Express Backup** can upgrade itself from the web. You should be connected to the Internet to provide an upgrading. To start the upgrading process, click an **Upgrade** item in the main menu or **Upgrade** button in the **About** dialog. The application will check if the new version available or not.

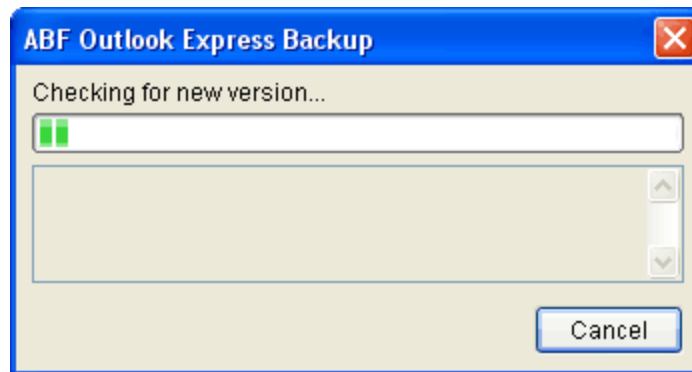


Figure 21: Checking for new version.

If the new version has been found, press appeared **Upgrade** button to complete the process.

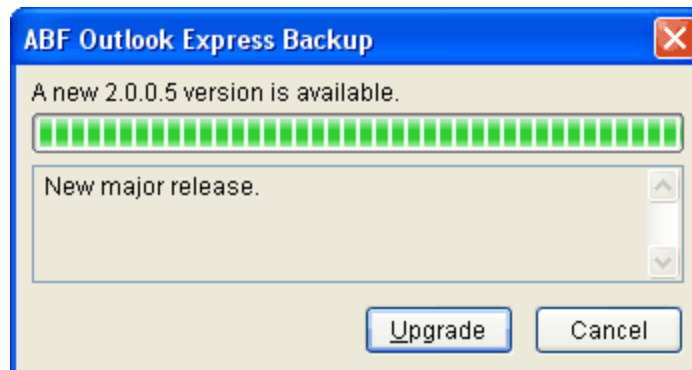


Figure 22: New version has been found.

If the new version has not been found, the following message will appear.

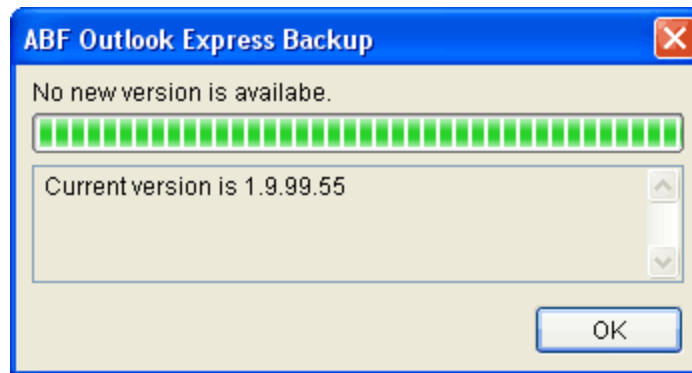


Figure 23: New version has not been found.

If there was a problem with connection to the Internet, the following message will appear.

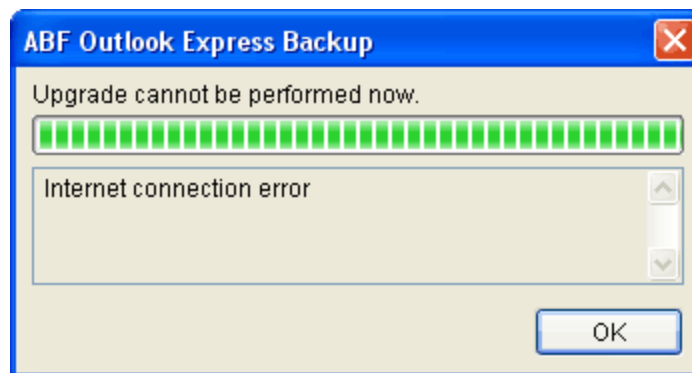


Figure 24: Problem with connection to the Internet.

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