



Configure RMS Express and Winmor WL2K

Provided by

Mike K4MNJ, NNN0IMM

Contents

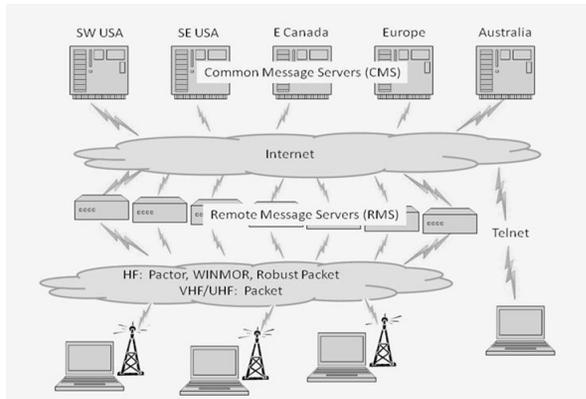
Introduction	1
Download the RMS Express Software.....	3
Install RMS Express	6
Configure RMS Express	8
Send a Message using RMS Express.....	10
Configure Winmor WL2K	12
Connect to the Winmor Station to Send/Retrieve Mail	15
Installing the ITS HF Propagation Software	18
Add a MARS Station to Your Profile.....	22

Introduction

Winlink 2000™ (www.winlink.org) is a worldwide network for passing email traffic over radio. It does not depend on the internet but has connectivity to internet-based stations allowing you to send and receive to other winlink.org recipients AND to email accounts that are internet based. Winlink is used by mariners, RV enthusiasts, MARS, ARES, and many other agencies who need to communicate when the internet is not available.

The Winlink system consists of a group of Common Message Servers (CMS) placed at various locations around the world. These connect via the internet to Radio Message Servers (RMS) in many geographic locations to form a star network configuration. The RMS are the VHF, UHF, or HF RF gateway into the Winlink system. The final component is your station running the software to send/receive messages via your radio.

Winlink messages, like regular email, are sent to specific addresses and may contain file attachments such as pictures, weather maps, spreadsheets, ICS forms, etc.



Since Winlink is a store-and-forward system, stations do not have to make simultaneous connections. This removes time constraints on communications.

Winlink is heavily used by the US and other governments, and many of the RMS servers are restricted to non-amateur operations since they operate on frequencies unavailable to amateur radio operators.

It is possible to make peer-to-peer connections between two client stations within propagation range of each other without going through an RMS. This might be useful in an emergency scenario where Winlink traffic is too heavy or where the RMS gateway is unreachable.

Emails sent through the Winlink on the ham bands must follow the usual rules for amateur radio communication and may not be used for commercial operations, encrypted, or third-party traffic. Winlink messages are monitored by Winlink administrators.

You can visit this site to check the current status of RMS servers:

<http://www.winlink.org/RMSHFStatus>

Click the link below for a tutorial providing background and explanation of the overall workings of WL2K. I encourage you to read both to understand how and why this excellent system works. The author provides a deeper explanation of the different modes and equipment required to take advantage of all that Winlink can do. There is a good troubleshooting section at the end of this document.

http://www.dtreg.com/Getting_Started_with_Winlink_and_WINMOR.pdf

Find detailed manuals, frequency lists, and other documentation at the winlink.org site

<http://www.winlink.org/webfm#>

MARS members can learn how Winlink supports their groups at

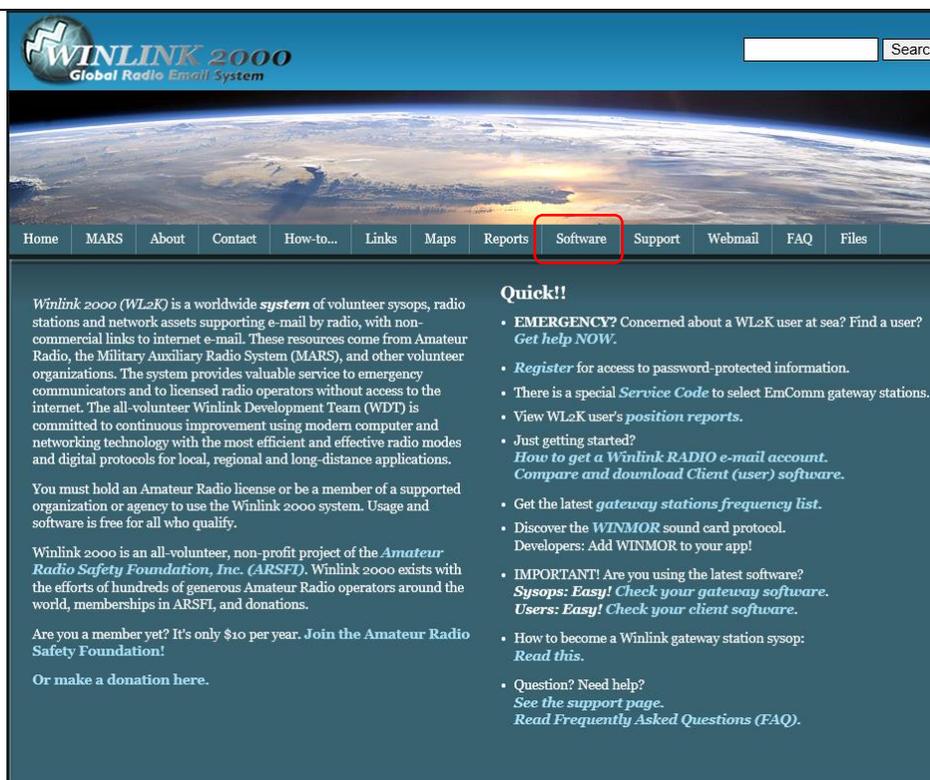
<http://www.winlink.org/MARS>

There is a Yahoo discussion group specifically for WINMOR and RMS Express:

<http://groups.yahoo.com/group/WINMOR/>

Download the RMS Express Software

Open www.winlink.org from your browser
Click **Software**



The screenshot shows the Winlink 2000 website. At the top left is the logo for Winlink 2000, labeled "Global Radio Email System". To the right is a search bar. Below the logo is a banner image of Earth from space. A navigation menu is located below the banner, with the "Software" link highlighted by a red rectangular box. The main content area is divided into two columns. The left column contains introductory text about the Winlink 2000 system, its purpose, and membership information. The right column is titled "Quick!!" and contains a list of links for users, including emergency procedures, registration, and software updates.

WINLINK 2000
Global Radio Email System

Home MARS About Contact How-to... Links Maps Reports **Software** Support Webmail FAQ Files

Winlink 2000 (WL2K) is a worldwide **system** of volunteer sysops, radio stations and network assets supporting e-mail by radio, with non-commercial links to internet e-mail. These resources come from Amateur Radio, the Military Auxiliary Radio System (MARS), and other volunteer organizations. The system provides valuable service to emergency communicators and to licensed radio operators without access to the internet. The all-volunteer Winlink Development Team (WDT) is committed to continuous improvement using modern computer and networking technology with the most efficient and effective radio modes and digital protocols for local, regional and long-distance applications.

You must hold an Amateur Radio license or be a member of a supported organization or agency to use the Winlink 2000 system. Usage and software is free for all who qualify.

Winlink 2000 is an all-volunteer, non-profit project of the *Amateur Radio Safety Foundation, Inc. (ARSFI)*. Winlink 2000 exists with the efforts of hundreds of generous Amateur Radio operators around the world, memberships in ARSFI, and donations.

Are you a member yet? It's only \$10 per year. **Join the Amateur Radio Safety Foundation!**

Or **make a donation here.**

Quick!!

- **EMERGENCY?** Concerned about a WL2K user at sea? Find a user? *Get help NOW.*
- *Register* for access to password-protected information.
- There is a special *Service Code* to select EmComm gateway stations.
- View WL2K user's *position reports*.
- Just getting started?
How to get a Winlink RADIO e-mail account.
Compare and download Client (user) software.
- Get the latest *gateway stations frequency list*.
- Discover the *WINMOR* sound card protocol.
Developers: Add WINMOR to your app!
- **IMPORTANT!** Are you using the latest software?
Sysops: Easy! Check your gateway software.
Users: Easy! Check your client software.
- How to become a Winlink gateway station sysop:
Read this.
- Question? Need help?
See the support page.
Read Frequently Asked Questions (FAQ).

Click the **Software** button

At the dropdown, select **User Software**

Read the feature comparison for each of the options. At the time of printing, RMS Express seems to provide the best coverage, so that's the option we are going to install.

The screenshot shows the Winlink 2000 website. The 'Software' button in the navigation bar is highlighted with a red box, and its dropdown menu is open, showing 'User Software' selected. Below the menu is a 'Client Software Feature Comparison' table.

	Generic "Dumb" Terminal	Outpost	AirMail	Paclink	RMS Express
TELNET	No	Yes	Yes	Yes	Yes
AMPS PACKET	Yes	Yes	Yes	Yes	Yes
FACTOR 1-3	No	No	Yes	Yes	Yes
FACTOR 4	No	No	Yes	No	Yes
WINMOR	No	No	Yes with BPQ32	No	Yes
Transmits compressed data	No	No	Yes	Yes	Yes
Sound card	Yes	Yes	Yes with AMPE and AGWPE	Yes	Yes
Most any TNC (Packet)	Yes	Yes	Yes with AMPE and AGWPE	Yes KISS and AGWPE	Yes KISS
Simultaneous sessions in different modes	No	No	Yes	No	No
Peer-to-peer contacts	Yes	Yes	Yes	No	Yes
Manual "Keyboard" connections	Yes	Yes with included terminal	Yes	Yes with included terminal	Yes with included terminal
OS, CPU requirement	Any	Any	Win95 & up	WinXP & up	WinXP & up Fast CPU for WINMOR
Recommended uses	Single user Testing Diagnostics	Single user EmComm where compatibility with packet networks is important	Single user Routine Maritime EmComm	Single user Multi-user Routine EmComm	Up to 3 users Routine Maritime EmComm

Scroll to the bottom of the RMS Express description

Click **Winlink FTP site**

RMS Express

RMS Express is the preferred Winlink 2000 (W) well-supported. RMS Express is designed to be preset tactical addresses or alternate callsigns, mode WINMOR, as well as support for HF Pactor, SCS R Speed Multimedia [HSMM], D-Star DD mode, or interne

RMS Express is built for use with the Winlink 2000 syste that supports attachments, multiple addresses and tactic directly via RF to other RMS Express clients). RMS Expre catalog of downloadable weather, information and help b program to determine which of the participating Winlink

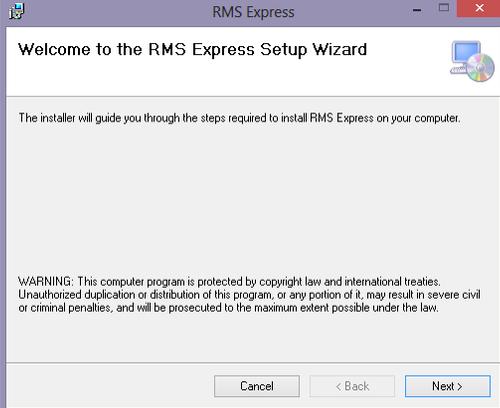
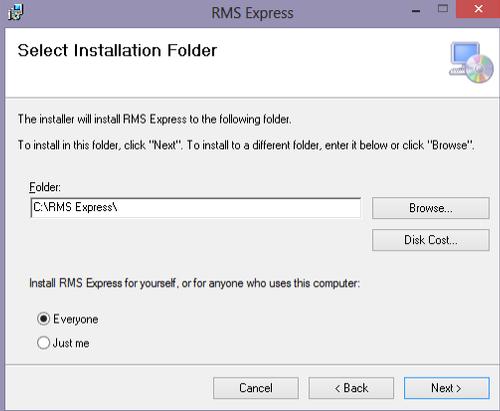
RMS Express may be used as a user client for emergency check with your local EmComm group for transition plan training and support.

System Requirements: 32 or 64 bit Windows OS (Windo using a VM engine or dual boot arrangement. Windows 3 the exception of WINMOR operation. The heavy DSP den 512 Meg of memory. If multiple applications are running

Please go to the **Winlink FTP site** to download the late mechanism.

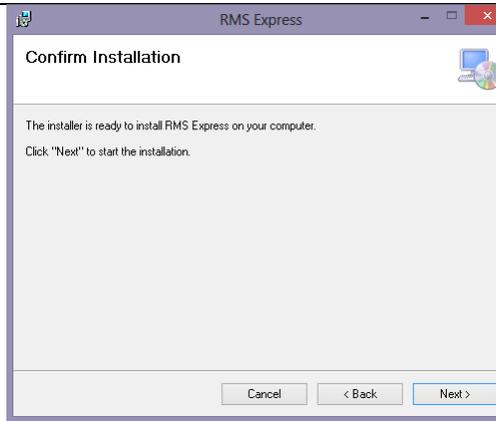
<p>Click User Programs</p>	<p>FTP root at autoupdate.winlink.org</p> <p>To view this FTP site in File Explorer: press Alt, click View, and th</p> <table border="0"> <tr><td>11/18/2012 12:00AM</td><td>Directory</td><td>INFO</td></tr> <tr><td>02/05/2013 11:16AM</td><td>Directory</td><td>Sysop Programs</td></tr> <tr><td>01/26/2013 04:02PM</td><td>Directory</td><td>User Programs</td></tr> <tr><td>09/07/2011 12:00AM</td><td>Directory</td><td>WINMOR TNC</td></tr> </table>	11/18/2012 12:00AM	Directory	INFO	02/05/2013 11:16AM	Directory	Sysop Programs	01/26/2013 04:02PM	Directory	User Programs	09/07/2011 12:00AM	Directory	WINMOR TNC												
11/18/2012 12:00AM	Directory	INFO																							
02/05/2013 11:16AM	Directory	Sysop Programs																							
01/26/2013 04:02PM	Directory	User Programs																							
09/07/2011 12:00AM	Directory	WINMOR TNC																							
<p>Click on the RMS Express Setup xxx.zip link. Select Save As Select the directory where you want to save this file. Click OK</p> <p>Repeat the process for the itshfbc xxx.zip file.</p> <p><i>This is the propagation software we install later.</i></p>	<p>FTP directory /User%20Programs/ at autoupdate.winlink.org</p> <p>To view this FTP site in File Explorer: press Alt, click View, and then click Open FTP Site in File Explorer.</p> <p>Up to higher level directory</p> <table border="0"> <tr><td>07/25/2012 12:00AM</td><td>3,233,022</td><td>itshfbc 120722.zip</td></tr> <tr><td>10/10/2012 12:00AM</td><td>1,723,540</td><td>FacLink Setup 1.9.4.0.zip</td></tr> <tr><td>06/29/2011 12:00AM</td><td>1,111</td><td>README Install Instructions.txt</td></tr> <tr><td>07/16/2012 12:00AM</td><td>7,522,601</td><td>RMSMessages 1.4.1.zip</td></tr> <tr><td>01/26/2013 03:57PM</td><td>9,558,641</td><td>RMS Express setup 1-2-9-0.zip</td></tr> <tr><td>05/13/2012 12:00AM</td><td>12,176</td><td>SCS PIC-11usb and emd of PIC-11usb IIpro IIex.pdf</td></tr> <tr><td>06/23/2012 12:00AM</td><td>3,483,544</td><td>V4Chat 1.0.4.0 Full Install.zip</td></tr> <tr><td>09/07/2011 12:00AM</td><td>200,155</td><td>WINMOR TNC 1.4.0.0.zip</td></tr> </table>	07/25/2012 12:00AM	3,233,022	itshfbc 120722.zip	10/10/2012 12:00AM	1,723,540	FacLink Setup 1.9.4.0.zip	06/29/2011 12:00AM	1,111	README Install Instructions.txt	07/16/2012 12:00AM	7,522,601	RMSMessages 1.4.1.zip	01/26/2013 03:57PM	9,558,641	RMS Express setup 1-2-9-0.zip	05/13/2012 12:00AM	12,176	SCS PIC-11usb and emd of PIC-11usb IIpro IIex.pdf	06/23/2012 12:00AM	3,483,544	V4Chat 1.0.4.0 Full Install.zip	09/07/2011 12:00AM	200,155	WINMOR TNC 1.4.0.0.zip
07/25/2012 12:00AM	3,233,022	itshfbc 120722.zip																							
10/10/2012 12:00AM	1,723,540	FacLink Setup 1.9.4.0.zip																							
06/29/2011 12:00AM	1,111	README Install Instructions.txt																							
07/16/2012 12:00AM	7,522,601	RMSMessages 1.4.1.zip																							
01/26/2013 03:57PM	9,558,641	RMS Express setup 1-2-9-0.zip																							
05/13/2012 12:00AM	12,176	SCS PIC-11usb and emd of PIC-11usb IIpro IIex.pdf																							
06/23/2012 12:00AM	3,483,544	V4Chat 1.0.4.0 Full Install.zip																							
09/07/2011 12:00AM	200,155	WINMOR TNC 1.4.0.0.zip																							
<p>Open the RMS Express Zip File. Extract the RMS Express Setup.msi file to the desktop</p>																									

Install RMS Express

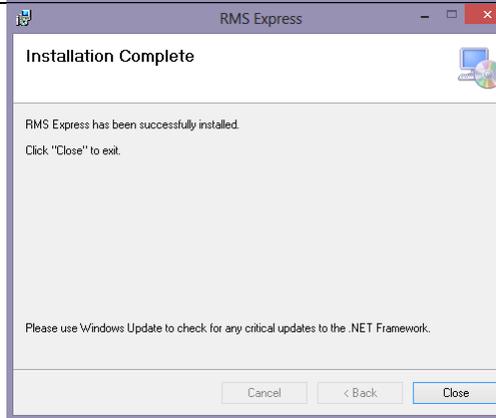
<p>Double click the file you extracted.</p>	
<p>Click Next</p>	
<p>Click Next <i>Use the default location unless you are very comfortable with software and Microsoft Windows.</i></p>	

Click **Next** to start the installation.

If the User Access Control window pops up,
Click **Yes** to allow it to install this application.



When complete, click **Close**.



RMS Express has been installed on your computer. Now we need to configure this to work with your rig.

Configure RMS Express

Double Click the **RMS Express** Icon



The *RMS Express Properties* Dialog will appear. If this does not appear, click *Files*, *RMS Express Setup* to see this window.

Setup basic information as follows

My Callsign: **<your callsign>**

My Grid Square: **<Your Locator>**

Set Service Codes to **PUBLIC EMCOMM**

Service Codes determine the type of RMS you connect with. If you are a MARS member or affiliated with a non-ham organization, changing this code will provide access to other stations. If you are not working with EMCOMM, you can simply leave this as PUBLIC.

Click **Update**

At this point, You have *RMS Express* Installed. The client software is comparable to *gmail*, *Hotmail*, *AOL* or other email software. On the left you have your folders including *inbox*, *sent mail*, *outbox*, *saved*, and *deleted* items.

Across the top you have some options. For now, note the *Open Session:* button and the *Drop-down* list beside it.

Telnet WL2K requires an active internet connection and is useless when infrastructure is failing. However, *Telnet* is fast and helpful during normal at-home use. We will use this mode in a little while to test the *RMS Express* system.

RMS Express Properties

Call Signs: My Callsign: K4MNJ Aux Call 1:
 Add callsign suffix if required (optional): Aux Call 2:

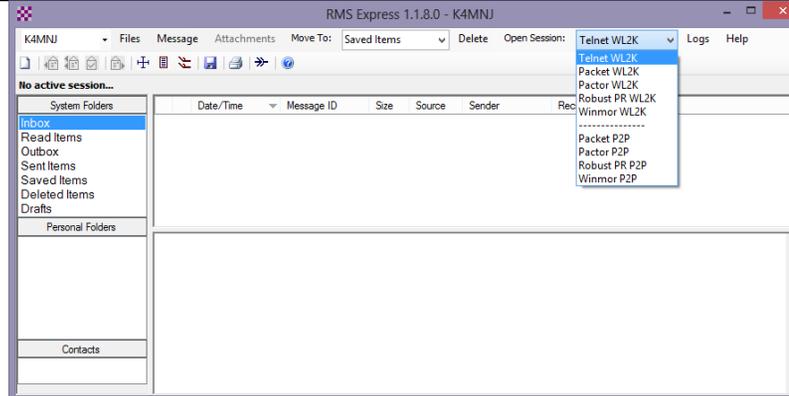
My Grid Square: EM73QW Lat/Lon to Grid Square
 My Password (optional): Use Secure Login
 NOTE: A password is required only if you use secure login.

Winmor registration key (optional):
 Display list of pending incoming messages prior to download
 Warn about connections to stations holding messages
 Disable Peer-To-Peer Message Transfer
 Path to propagation forecast program: C:\vshfbc\

Service Codes
 PUBLIC EMCOMM
 (Use PUBLIC for ham call signs. Separate multiple service codes by spaces.)
 If you change service codes, you must update the list of channels.

Recalculate HF path quality if SFI changes more than: 25
 Keep logs for 2 weeks

Update Cancel Remove call sign



Winmor WL2K is the mode we will configure. This enables you to use low-cost sound card interfaces to network with the Winlink 2000 system.

Send a Message using RMS Express

Click the **Message** button at the top of the RMS Express window.

Select **New Message** from the drop-down values

The Compose Message box will open. This is comparable to the compose message options when using gmail, hotmail, or other commercial mail software.

The Enter a New Message dialog should look slightly familiar.

Enter information as follows:

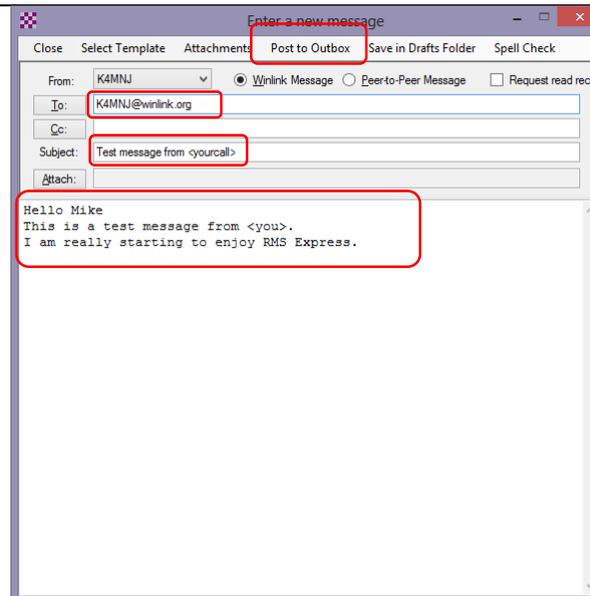
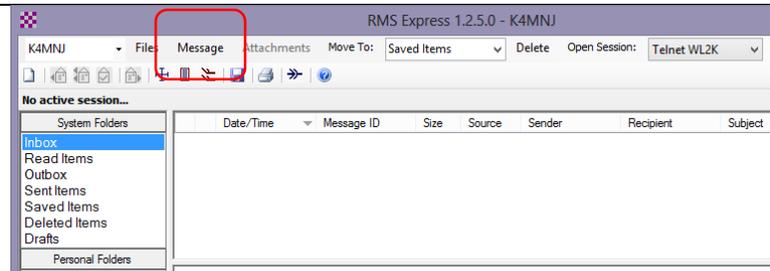
To: K4MNJ@WINLINK.ORG

Subject: Test Message from <your callsign>

Body of message: <Whatever you want to say to me>

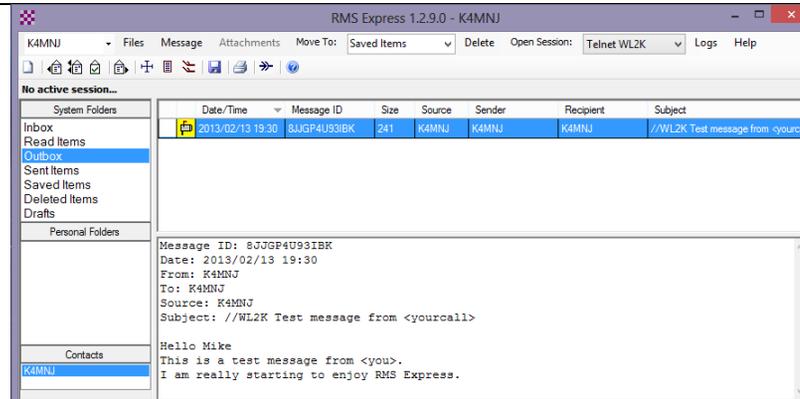
Click Post to **OutBox**.

You may also send your first message to your own commercial email box. Once you have done this, you can send email from your commercial mailbox to your winlink mailbox by including //WL2K in the beginning of the subject. For MARS messages, add //MARS X/subject where X is the appropriate priority code.

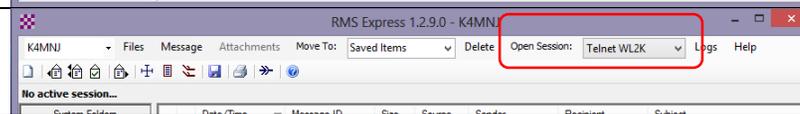


Click the **Outbox** system folder.

The message you created is waiting in your outbox to be sent to me when you next connect to the Winlink network.



Be sure **Telnet WL2K** is selected in the Session dropdown, Click **Open Session**:



Click **Start** to initiate the telnet mail transfer session.

THIS WILL NOT WORK if you do not have a fast internet connection.

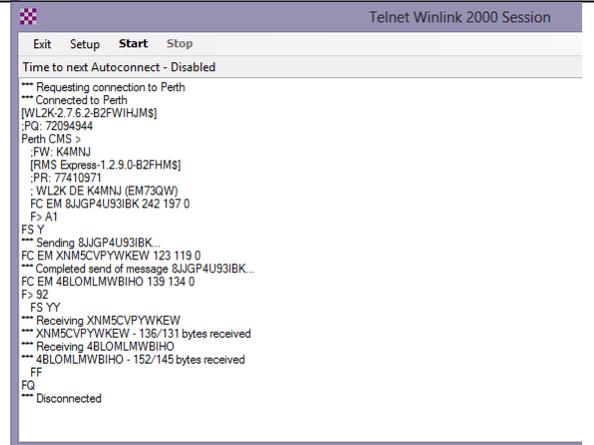


The Telnet session will connect to a remote telnet server and will create your Winlink email account. You have to send a message at least once every 400 days or so to keep this account active.

If there are messages waiting for you, it will retrieve them and place them in your inbox system folder.

Click **Exit** to close the Telnet window.

You have successfully created a Winlink account and sent your first winlink message.



Configure Winmor WL2K

Tip: If you have sound modes working on other software such as Ham Radio Deluxe, open the software, find the menu where you identify your sound card interface, and make a note of four things:

- 1) The COM port used to control your rig
- 2) The COM port speed
- 3) The sound card capture device (the device that sends sound INTO your computer)
- 4) The sound card playback device (The device that plays sounds OUT of your computer)

Write this information down →

Select **Winmor WL2K** is selected in the Session dropdown, Click **Open Session**:

- 1) COM Port _____
- 2) COM Port Speed _____
- 3) Sound Capture Device _____
- 4) Sound Playback Device _____

The WINMOR Setup window will appear.

This is where it gets a bit tricky.

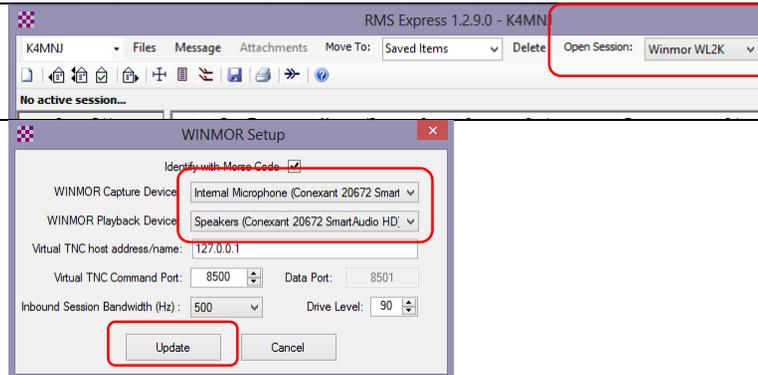
If you are using a Signalink USB or other USB-style sound card interface, select the options that include the words USB.

If you are using a computer sound card, select the options that best match.

Select the appropriate **Capture Device**

Select the appropriate **Playback Device**

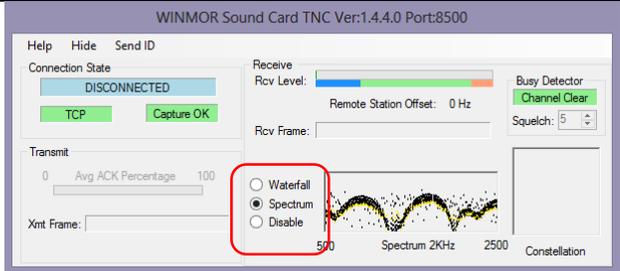
Click **Update**



Three Screens will open.
Click Remind Me Later to remove the Registration Reminder



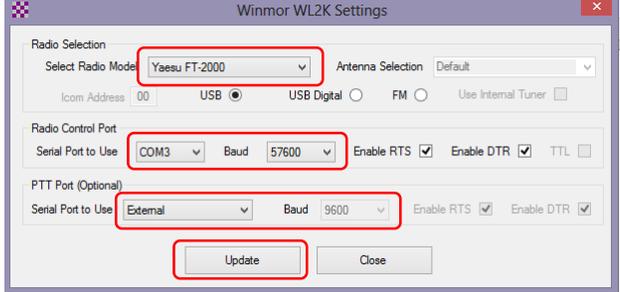
Set the TNC to display **Spectrum**.
This is optional. I find it easier to follow the sending RMS signal using the spectrum view. Experiment with both views until you are comfortable with this concept.



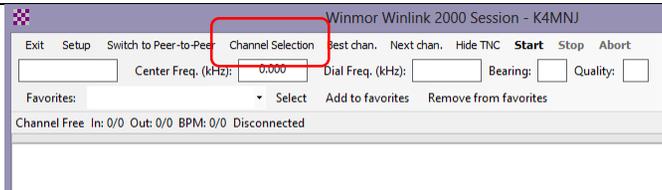
Then select the **Winmor Winlink 2000 Session** window.
Click **Setup**, then **Radio Setup** from the top window



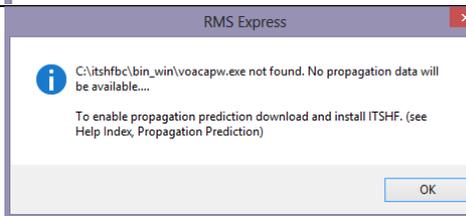
Select your **Radio Model**
The **Serial Port (COM)** to Use for Radio Control (*See tip*)
The **Serial Port Speed**
If your rig uses a second serial port to control PTT, set this here.
Click **Update**.
This closes the Setup window and returns to the Session window.
If you cannot automatically control your radio, **manually tune to the dial frequency and set to USB SSB mode.**



Click Channel Selection.

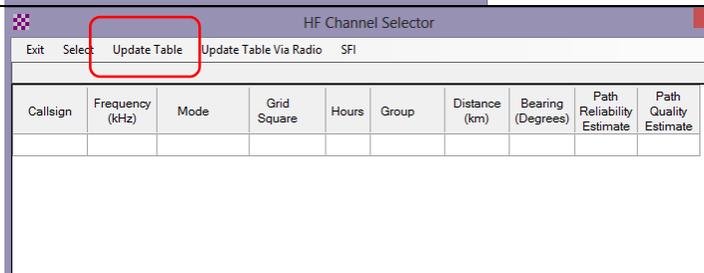


Click **OK** to ignore the propagation software warning for now. We will install this later.



Click **Update Table** to load the Winmor stations list.

Wait patiently while this table downloads. If you are not connected to the internet, you can click Update Table Via Radio. This will send a message to Winlink network and the next time you connect, it will download a large file. Do not use this unless you are mobile and you need to refresh this list.

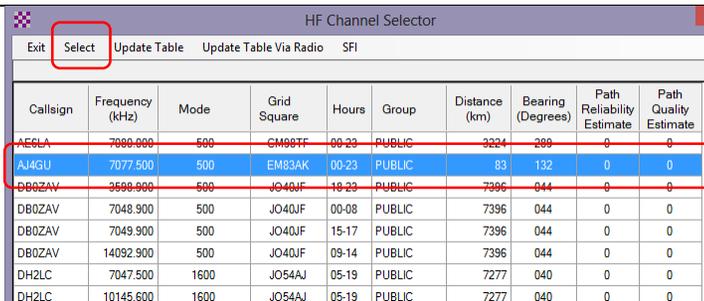


Select the row for the station that is closest to your location or select the station showing the best propagation.

If your rig control is properly configured, your radio will shift to the frequency indicated.

Click **Select**.

The Channel Selector window will close.

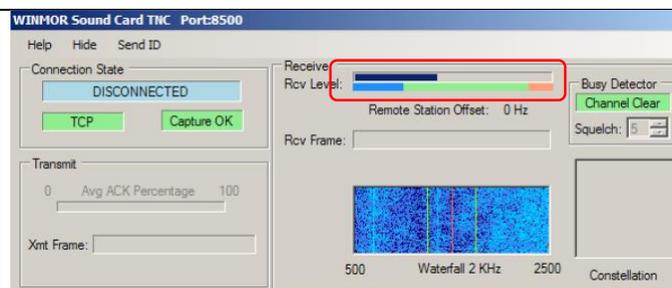


Connect to the Winmor Station to Send/Retrieve Mail

Set your incoming sound level.

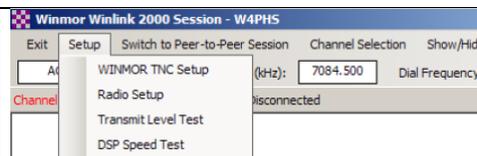
The receive level should be adjusted so it hits right in the middle of the green area on the TNC window. Adjust the sound card interface of the Windows Sound card controller until your levels fall into the green area. If the level is blue, the sound is not loud enough. If in the pink, it is too loud.

If you use your sound card for other software, the levels should be adjusted already.



Set your transmit level.

Transmit Audio Setting is measured using the ALC (Automatic Level Control) screen in your radio. The Signalink TX control should be set so that the automatic gain control (AGC) in your radio's menus shows about 25% from the bottom. Make sure you turn off audio compression in your radio. Basically, you want TX set as low as possible but high enough that your radio can deliver its full power. Once you find the ALC screen in your radio, you can click "Setup" on the RMS session control screen and select "Transmit Level Test" from the drop-down menu to start a 4 second transmission. Make sure you aren't transmitting on a busy channel when you do this test.



At the Winmor Winlink 2000 Session window.

Check to confirm the channel is not busy. If you see a signal in the spectrum, or hear a signal over the air, wait for this to finish before proceeding.

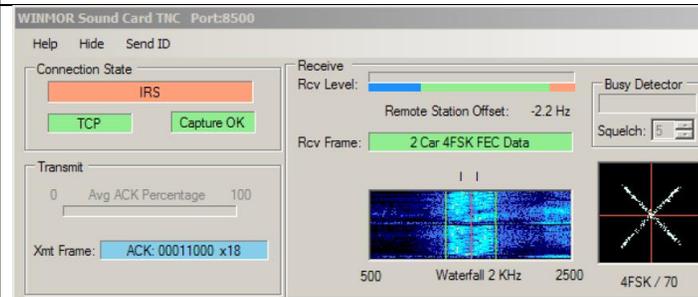
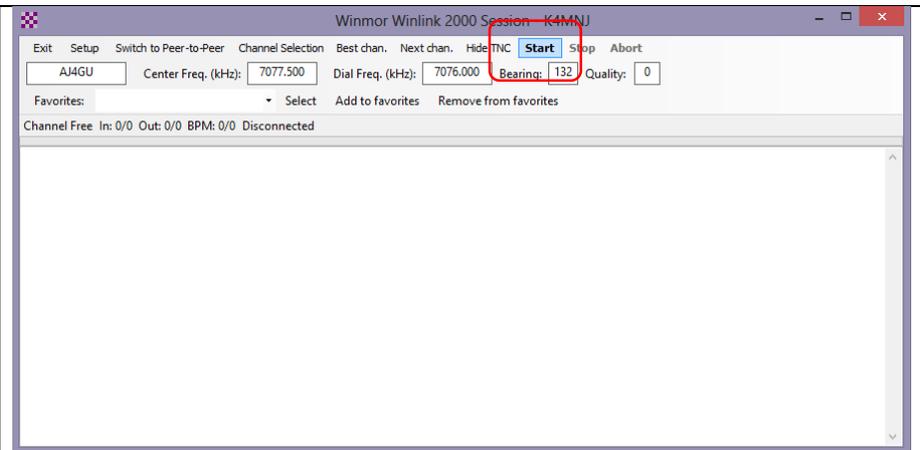
Click **Start**

This will attempt to handshake your system with the Winlink Station you selected. If everything works, you will hear some sounds similar to fax or modem connections and the two stations will start talking to each other.

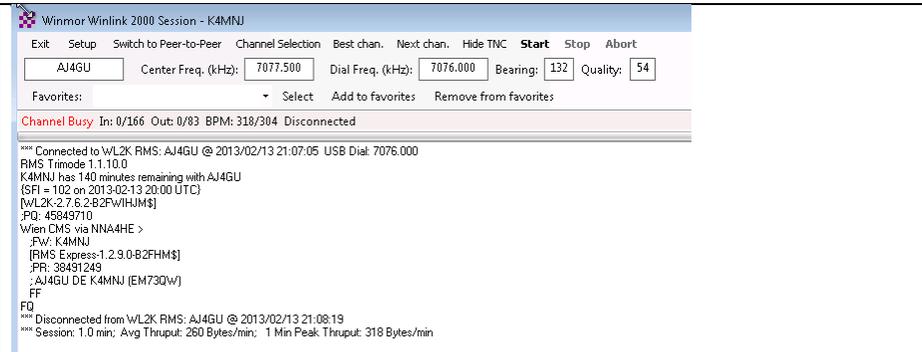
If the station isn't connection, you can cancel by clicking **Abort**

Do not click ABORT once the two stations have connected. Use **Stop** to cancel the session.

If everything is working properly, the handshake will initiate and there will be a peak in the center of the Spectrum indicator from the remote system. A solid signal will appear as an X in the 4FSK / 74 window.

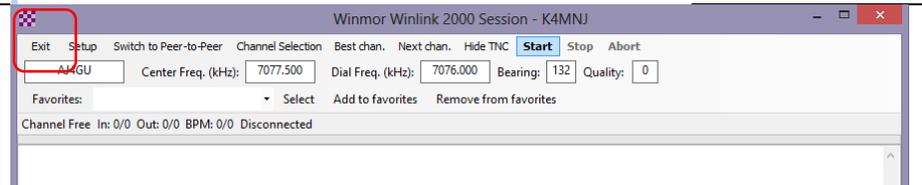


The full transaction will look similar to the description shows here. FQ is the Quit command indicating it has worked.

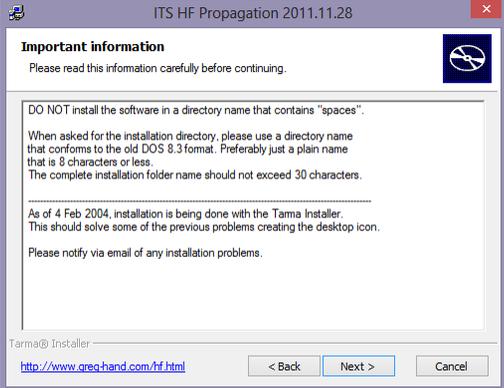


Click **Exit** to close the Winmor Session.

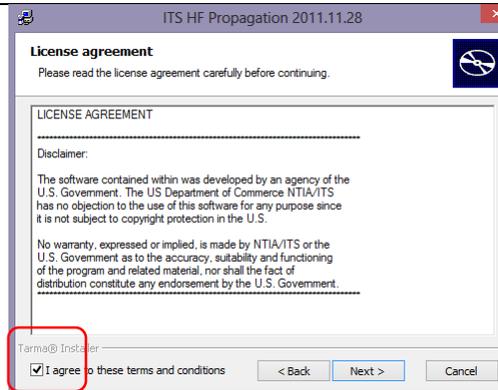
Clicking the **X** will also close the session.



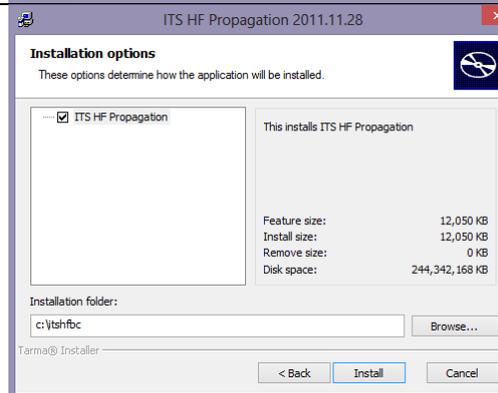
Installing the ITS HF Propagation Software

<p>Install the HTS HF Propagation software you downloaded earlier.</p>	
<p>Click Next.</p>	
<p>Read the Important Information Click Next.</p>	

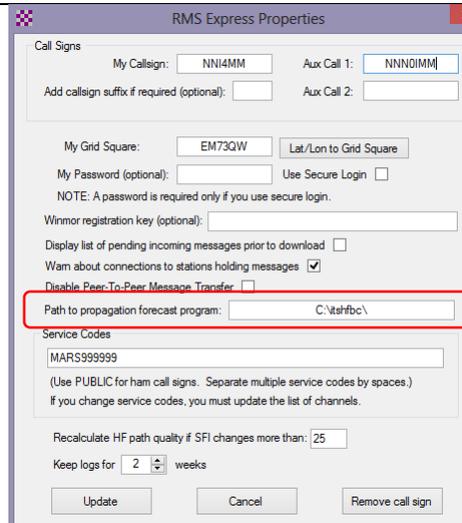
Read the License Agreement.
Check the I Agree to these terms and conditions
Click **Next**.



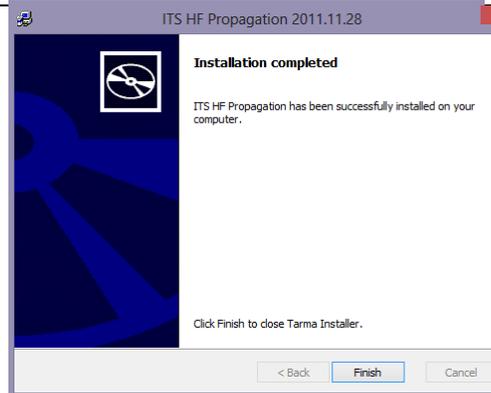
Click **Install**



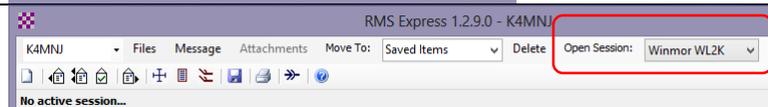
Note: If you change the location of the installation folder, you must also change the location of this software in the RMS Express Properties window.



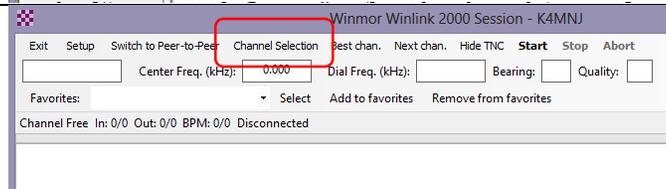
Click **Finish**.



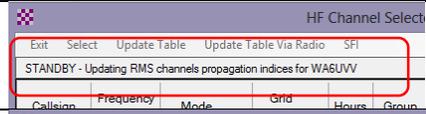
At the RMS Express Window, Open a **Winmor WL2K** Session



Click **Channel Selection**.



Wait for the indexes to stop updating



Now you have the option to select the “best” station based on your location, time of day, and propagation calculations.

HF Channel Selector

Callsign	Frequency (kHz)	Mode	Grid Square	Hours	Group	Distance (km)	Bearing (Degrees)	Path Reliability Estimate	Path Quality Estimate
AJ4GU	7077.500	500	EM83AK	00-23	PUBLIC	83	112	97	51
N0IA	10133.900	500	EL98JV	00-23	PUBLIC	647	149	93	48
WA6UVV	14117.500	1600	EL95WW	00-23	PUBLIC	988	163	90	47
KB4SC	7065.900	500	EM92WX	00-23	PUBLIC	430	103	93	47
KB50ZE-5	10134.500	500	EL49WU	00-23	PUBLIC	689	200	90	47
KD4NUE-5	7081.000	500	EM91ED	00-23	PUBLIC	418	107	92	47
N9ZZK	14095.000	500	EN51VG	16-23	PUBLIC	873	340	80	47
N9ZZK	14096.500	1600	EN51VG	16-23	PUBLIC	873	340	80	47
KN6KB	10131.500	500	EL98PF	00-23	PUBLIC	736	149	90	47
W3YXS-10	10134.500	500	EN80UU	00-23	PUBLIC	795	014	88	46
N9LOH-5	14106.500	500	EN52RS	11-04	PUBLIC	1038	342	86	46
WOECM-10	14093.500	500	EM26bh	00-23	PUBLIC	1055	248	86	45
VA2IK	14112.000	1600	EM04CB	00-23	PUBLIC	1269	018	82	45

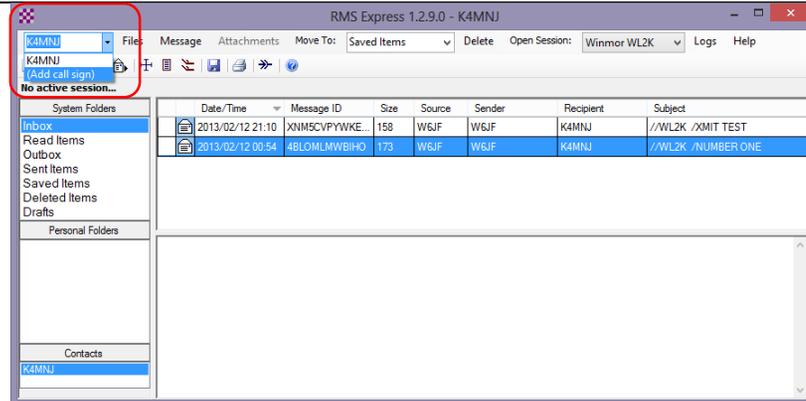
Add a MARS Station to Your Profile

If you are a not MARS member, you are done.

At the RMS Express window

Click the **dropdown box** on the left edge. You should see two options.

Select the **Add Callsign** option.



The Winlink 2000 system has been designed to work with 6 character callsigns. NAVY MARS callsigns are 7 characters long. The workaround for this is to use the first two characters of the prefix, the first letter of the suffix, the region digit, and the last two letters of the suffix.

For example, my MARS callsign is NNN0IMM

First two letter of prefix = NN

First letter of suffix = I

Region = 4

Last two letters of suffix = MM

My Winlink Callsign is NNI4MM

Enter **Your Callsign**.

Enter your full MARS callsign in the **Aux Call 1**.

Enter your **Grid Square**.

Enter the appropriate **Service Code**.

Note: The Service code shown is not the actual code. MARS members can register on the Winlink.org site to get access to the MARS Service Code.

Click **Update**.

RMS Express Properties

Call Signs

My Callsign: NNI4MM Aux Call 1: NNNOIMM

Add call sign suffix if required (optional): Aux Call 2:

My Grid Square: EM73QW Lat/Lon to Grid Square

My Password (optional): Use Secure Login

NOTE: A password is required only if you use secure login.

Winmor registration key (optional):

Display list of pending incoming messages prior to download

Warn about connections to stations holding messages

Disable Peer-To-Peer Message Transfer

Path to propagation forecast program: C:\stahfbc\

Service Codes

MARS99999

(Use PUBLIC for ham call signs. Separate multiple service codes by spaces.)

If you change service codes, you must update the list of channels.

Recalculate HF path quality if SFI changes more than: 25

Keep logs for 2 weeks

Update Cancel Remove call sign

You select the **callsign** you want to send/receive Winlink messages by picking from this **dropdown** list.

NOTE: Do not use your MARS callsign on the HAM frequencies and do not use your HAM callsign on the MARS frequencies. This is controlled by setting the Service Code in the prior window. If you have done this properly, the system will automatically control this for you.

Using a MARS call on a HAM frequency will get you in trouble with your State Director. I learned this the hard way so you don't have to.

Follow the same steps you followed in the **Configure Winmor WL2K** section for your MARS callsign.

RMS Express 1.2.9.0 - NNI4MM

Files Message Attachments Move To: Saved Items Delete Open Session: Telnet WL2K Logs Help

System Folders

Inbox

Read Items

Outbox

Sent Items

Saved Items

Deleted Items

Drafts

Personal Folders

Contacts

Date/Time	Message ID	Size	Source	Sender	Recipient	Subject
-----------	------------	------	--------	--------	-----------	---------