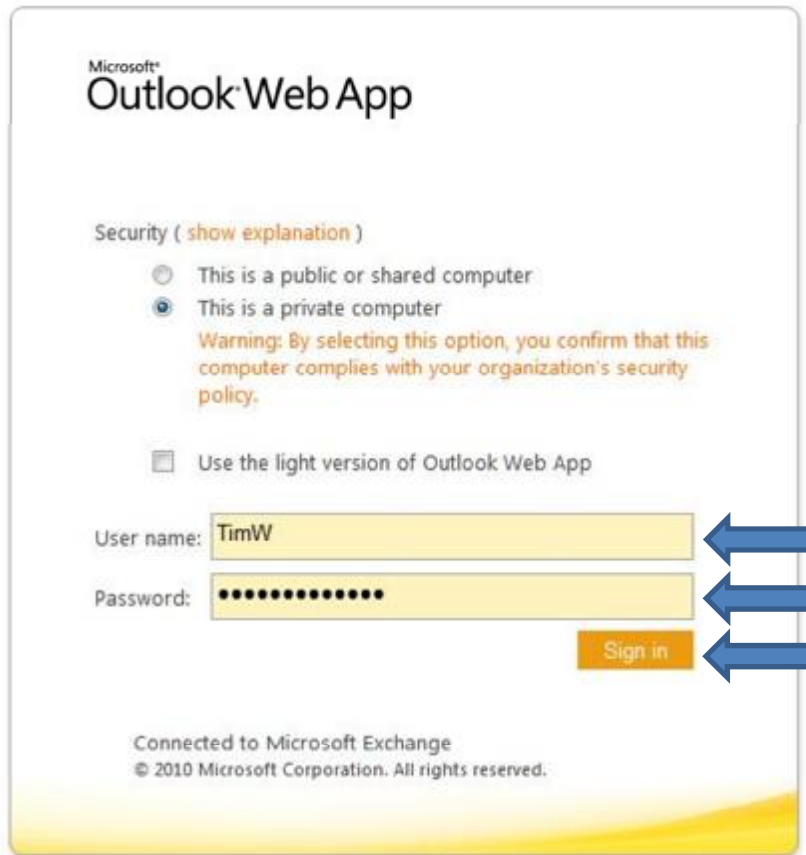


How to Access your Email, Calendar & Contacts Externally

Updated 10 May 2011

1. Open Internet Explorer or your choice of web browser.
2. Go to <http://mail.lar.net.au>
3. When prompted enter your username (eg JoeB) and password like in the example shown below.



4. Click Sign in.

5. You will be presented with an interface similar to Microsoft Outlook

