

**11 Delivered-To: mrjellis70@gmail.com**  
Received: by 10.140.19.212 with SMTP id 78csp278060qgh;  
Tue, 23 Sep 2014 13:36:44 -0700 (PDT)  
X-Received: by 10.152.26.133 with SMTP id 15mr2201856lag.4.1411504603651;  
Tue, 23 Sep 2014 13:36:43 -0700 (PDT)  
Return-Path: <blog@onlineopsblog.com>  
Received: from mout.kundenserver.de (mout.kundenserver.de.  
[212.227.126.130])  
by mx.google.com with ESMTPS id  
z7si20239648lag.18.2014.09.23.13.36.42  
for <mrjellis70@gmail.com>  
(version=TLSv1.2 cipher=ECDHE-RSA-AES128-GCM-SHA256 bits=128/128);  
Tue, 23 Sep 2014 13:36:43 -0700 (PDT)  
Received-SPF: none (google.com: blog@onlineopsblog.com does not designate  
permitted sender hosts) client-ip=212.227.126.130;  
Authentication-Results: mx.google.com;  
spf=neutral (google.com: blog@onlineopsblog.com does not designate  
permitted sender hosts) smtp.mail=blog@onlineopsblog.com  
**10 Received: from JonMBP ([87.117.199.182])**  
by mrelayeu.kundenserver.de (node=mreue006) with ESMTTP (Nemesis)  
id 0M1MLN-1YP27i47ib-00tPq6; Tue, 23 Sep 2014 22:36:40 +0200  
**9 Reply-To: <info@onlineops.co.uk>**  
**8 From: "Online Ops" <blog@onlineopsblog.com>**  
**7 To: <mrjellis70@gmail.com>**  
**6 Cc: <jhellis@hotmail.co.uk>**  
**5 Subject: Extended Header Tutorial**  
**4 Date: Tue, 23 Sep 2014 21:36:39 +0100**  
**3A Message-ID:**  
<!&!AAAAAAAAAAAAuAAAAAAAAADAN39TeHzlHn7mSaKbb4tQBAMO2jhD3dRHOtM0AqgC7tuYAAAA  
AAA4AABAAAACLnXcUToFkRq8y/Tg9ZTubAQAAAAA=@onlineopsblog.com>  
MIME-Version: 1.0  
Content-Type: multipart/alternative;  
boundary="----- NextPart\_000\_0048\_01CFD776.75B39590"  
**3 X-Mailer: Microsoft Outlook 15.0**  
Thread-Index: Ac/XbNmb3jk5E16iR7yB47RdyWTU7A==  
Content-Language: en-gb  
**2 Disposition-Notification-To: "Online Ops" <blog@onlineopsblog.com>**  
X-Provags-ID: V02:K0:4RgBC6T2RE+2gNO8CE+YkLgkUpCIPX41j+5dvZGCagI  
V3W0yt1/wCtRJY4HraW42esOFxcX11Q7cp3065Hv7Yx5g86lJf  
eL7o2/K6bqCCChsquCmxzF0Cd4Edgab9rEGbRxT61UyOY2iVI7  
bFCTJNOZ0nqon4VBylCSJZqygd5ekJsOvMy1wtUKR0ne0AzJNE  
RVV2Gq0YYMkG6jDc8v1E6UPHfEOg03gHerVPAd0hxabgWyh9cV  
agd6KWuDCuJDhfx6PUBjHAqtdpmCmZMsJTaLQha35aTxY3uzQv  
nMdZfEGFmHvMngGoowueG90PqxA51u9XuRbpbIj/B7GjktTlit  
b9vnrAdsEg3N4WxGHBU768jxyHjkeyn6v52smVNQWc9W0jgmSc  
Usiu7aA+Qy1fExbYn4iNVAbKpcNhnri2VIjg6sckdVH6pYeXZw  
Vcen4D8vZ9/IOW6fFZJt/lmLZRthh6yzab3206qvRdJsPunKau  
r5v43INREJpWC7FbB8s3wcF/VGKThgFVrEGHqcYTA==  
X-UI-Out-Filterresults: notjunk:1;

This is a multipart message in MIME format.

-----\_NextPart\_000\_0048\_01CFD776.75B39590  
Content-Type: text/plain;  
charset="us-ascii"  
Content-Transfer-Encoding: 7bit

**1 The extended header tutorial can be found at [onlineopsblog.com](http://onlineopsblog.com)**

-----\_NextPart\_000\_0048\_01CFD776.75B39590  
Content-Type: text/html;  
charset="us-ascii"  
Content-Transfer-Encoding: quoted-printable