

How I cook my spam

Stir thoughtfully

Gillian Villeneuve, May 26, 2025

Zimbra & NCF

Email program I use, starting in the middle

A page of Yellow Mail

Why it's called that

Zimbra in general

A big corporation

But not important to what I am showing you

Newest system that NCF has invested in

Here are its parts (as they concern us)

Start Page

Yellow Mail

Red Mail

Green mail or Inbox

YellowMail

YellowMail

Restore

Options

Sorting Rules

View the contents of an item safely by clicking on its subject line. Add a correspondent to your Sorting Rules by clicking on their email.

Select: All None  Deliver Selected  Discard Selected

<input checked="" type="checkbox"/> Received	From	Subject	Size	Spam Score	Actions
<input checked="" type="checkbox"/> 2025-05-24 19:56	Good Health From WebMD <health@messages.webmd.com>	These Vitamins and Supplements Fight Inflammation (mta3.messages.webmd.com [68.232.200.7])	69.4 KB	0.5	Deliver Discard
<input checked="" type="checkbox"/> 2025-05-24 19:49	Quora Digest <english-personalized-digest@quora.com>	My wife and I were going to get divorced and spli... (o1.pigeon.quora.com [54.84.221.63])	93.0 KB	-3.0	Deliver Discard
<input checked="" type="checkbox"/> 2025-05-24 19:04	Medscape Physician Reports <physician_report@mail.medscape.com>	Easiest vs. Toughest Specialties for Work-Life Ba... (mta.mail.medscape.com [68.232.200.178])	76.5 KB	0.6	Deliver Discard
<input checked="" type="checkbox"/> 2025-05-24 18:56	Women's Health From WebMD <health@messages.webmd.com>	Top Dating Turn-Ons (and Turn-Offs) (mta4.messages.webmd.com [199.122.125.81])	69.4 KB	0.5	Deliver Discard
<input checked="" type="checkbox"/> 2025-05-24 18:56	Food & Fitness From WebMD <health@messages.webmd.com>	12 Reasons You Should Start Yoga Today (mta3.messages.webmd.com [68.232.200.7])	70.0 KB	0.5	Deliver Discard
<input checked="" type="checkbox"/> 2025-05-24 18:01	Medscape Top News <top_10@mail.medscape.com>	Stealth Marketing Promotes Obesity (mta.mail.medscape.com [68.232.200.178])	46.9 KB	-0.6	Deliver Discard
<input checked="" type="checkbox"/> 2025-05-24 17:58	WebMD <health@messages.webmd.com>	10 Ways You're Drinking Water Wrong (mta4.messages.webmd.com [199.122.125.81])	69.5 KB	0.5	Deliver Discard

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[Your DSL account](#)
[Your recent DSL use](#)
[Your recent dialup use](#)

Email

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(5066 unread) 65.8% full
[Review your YellowMail](#)
(7 items, 494K bytes)
[Disposable email addr's](#)
[Reserve an email alias](#)
[SpamFilter set-up](#)

Your Discussion Groups

[Create your own](#)
[List of discussion groups](#)
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(adding groups)

Your NCF Account

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Headlines from CBC

Ottawa

[Emotional statements follow Alain Bellefeuille's guilty verdict for murder of police](#)

It took the jury a little more than a day to reach their verdict in the trial of Alain Bellefeuille — guilty as charged for the first-degree murder of Sgt. Eric Mueller and the attempted murder of two other officers who were entering Bellefeuille's home in the early morning hours of May 11, 2023.

[The King's visit is a response to Trump's 51st state threats. Will it help?](#)

King Charles III will soon land in Ottawa to deliver the throne speech that kicks off a new session of Parliament. It's widely understood the King's visit is meant to push back on U.S. President Donald Trump's 51st state threats — but not everyone is convinced it will work.

[Here are the 2025 Ottawa Race Weekend road closures](#)

Several major Ottawa roads will be closed this weekend to make way for runners in the Ottawa Race Weekend.

Canada

[Alain Bellefeuille guilty of murder, attempted murder in shooting of 3 Ontario police officers](#)

It took the jury a little more than a day to reach their verdict in the trial of Alain Bellefeuille — guilty as charged for the first-degree murder of Sgt. Eric Mueller and the attempted murder of two other officers who were entering Bellefeuille's home in the early morning hours of May 11, 2023.

[4 teenagers, 1 man killed in multi-vehicle crash near London, Ont., police say](#)

Four teenagers and a man are dead after a multi-vehicle crash on Friday near London, police said. The deceased were students and staff at Walkerton District Community School, according to Bluewater District School Board.

[Review of Edmonton man's murder conviction revealed undisclosed police evidence, court filing says](#)

Roy Sobotiak's lawyers filed written arguments in support of his bail application on Friday, which shed light on issues they raised with the investigation and trial that ended in 1991, convicting Sobotiak of second-degree murder in the death of Susan Kaminsky.

World

[How Canada's relationship with Israel went from 'best friend' to breakdown](#)

The Trudeau government started out in 2015 by continuing the strongly pro-Israel policies it inherited from Stephen Harper. From 2019 on, though, the growing extremism of Israeli politics began to strain ties. But it was Israel's conduct of the current war in Gaza that broke the relationship.

[At PoW homecoming, some Ukrainian families reunite as others seek word on loved ones](#)

[George Floyd's cousin is keeping his legacy alive 5 years after his murder](#)

Shareeduh McGee is trying to make sure her cousin's murder continues to bring about positive change in the world, even as people in power work to undo the progress that's been made in his name.

Health

[Canada achieved measles elimination status in 1998. Now, it could lose it](#)

As Canada's measles outbreak continues to grow, the country is at risk of losing its measles elimination status — a bar set by the World Health Organization. That could have implications for the entire region of the Americas.

[RFK Jr. urges Canadian health officials to spare B.C. ostrich flock from cull](#)

Roughly 400 birds have been ordered killed after avian flu was detected in 2 carcasses in December.

[What is normal pressure hydrocephalus, the brain disorder affecting Billy Joel?](#)

Singer Billy Joel said Friday he was recently diagnosed with normal pressure hydrocephalus and that it was affecting his hearing, vision and balance. What is the brain disorder and how can it be treated?



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