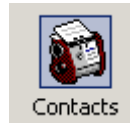


Sending somebody your distribution list from MS Outlook.

Open Outlook.

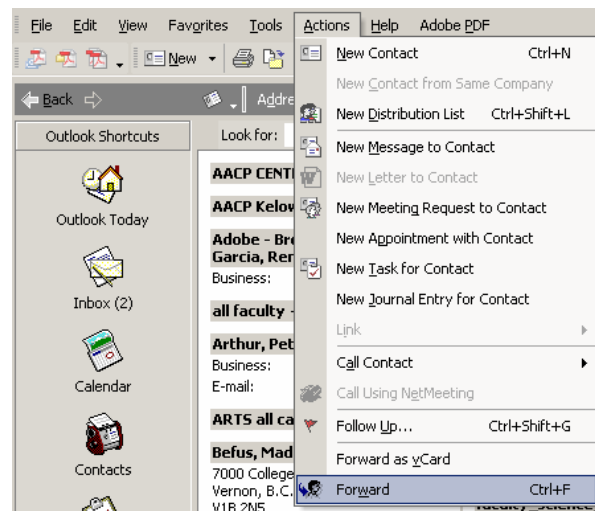
Click on the Contacts shortcut.



Highlight the list you want to send.



Pull down Actions to Forward.  
A new e-mail message will be created with the distribution list as an attachment.



Adding a distribution list somebody's sent you to your Outlook Contacts.

Open the e-mail message that contains the distribution list.

Click on the Contacts shortcut.

Drag and drop the distribution list icon from the e-mail to the Contacts window.