



XML Broadly Connecting Canadian IT managers through Career, Industry, and Technology insight

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Canada's Association of Information Technology (IT) Professionals



Resident Bloggers

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**FREE OFFICE 2007 Virtual Labs**

As an IT Manager or Professional, you want to see the value and benefits of upcoming releases. It makes good sense to plan ahead.

Here is an opportunity, you should take advantage of right away.

Enjoy!

Stephen Ibaraki, FCIPS, I.S.P.

There are four new virtual labs now available for a [deep dive into Office 2007](http://msdn.microsoft.com/virtuallabs/office/default.aspx) (<http://msdn.microsoft.com/virtuallabs/office/default.aspx>)

Quickly evaluate or learn how to build great applications for Windows and the Web through a series of guided, hands-on labs which can be completed in 90 minutes or less. The best part is, the MSDN Virtual Labs **don't require any installation and are available to you immediately for FREE**. Start by selecting the lab you're interested in from the list below.

[Creating Workflows for Windows SharePoint Services \(http://go.microsoft.com/?linkid=5174322\)](http://go.microsoft.com/?linkid=5174322)

Use Microsoft Office SharePoint Designer 2007 to design a custom workflow triggered on file creation or change. Learn how to use out-of-the-box actions such as assigning a task or sending an e-mail message based on promoted values in your form data. You'll also learn how to build a custom workflow using the Windows Workflow Foundation plug-in to Microsoft Visual Studio 2005 and deploy that workflow to Windows SharePoint Services (version 3). Both exercises demonstrate how workflow functionality can be seamlessly integrated with the 2007 Microsoft Office release.

[Introducing Content Types for Windows SharePoint Services \(http://go.microsoft.com/?linkid=5174321\)](http://go.microsoft.com/?linkid=5174321)

Learn about the installation and configuration options available in Windows SharePoint Services (version 3) - installing a new farm, configuring global workflow settings, configuring incoming e-mail, administrative tasks, farm topology and provisioning new web applications.

[Understanding the 2007 Microsoft Office System User Experience and Interface Design \(http://go.microsoft.com/?linkid=5174320\)](http://go.microsoft.com/?linkid=5174320)

Get familiar with the new 2007 Microsoft Office system user interface.

[Programmatic Manipulation of the Microsoft Office Open XML Formats \(http://go.microsoft.com/?linkid=5174319\)](http://go.microsoft.com/?linkid=5174319)

Learn how to manipulate Microsoft Office system documents using the Microsoft Office Open XML Formats without the 2007 release. Work through scenarios involving programmatically manipulating documents using the Microsoft Office Open XML Formats.

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