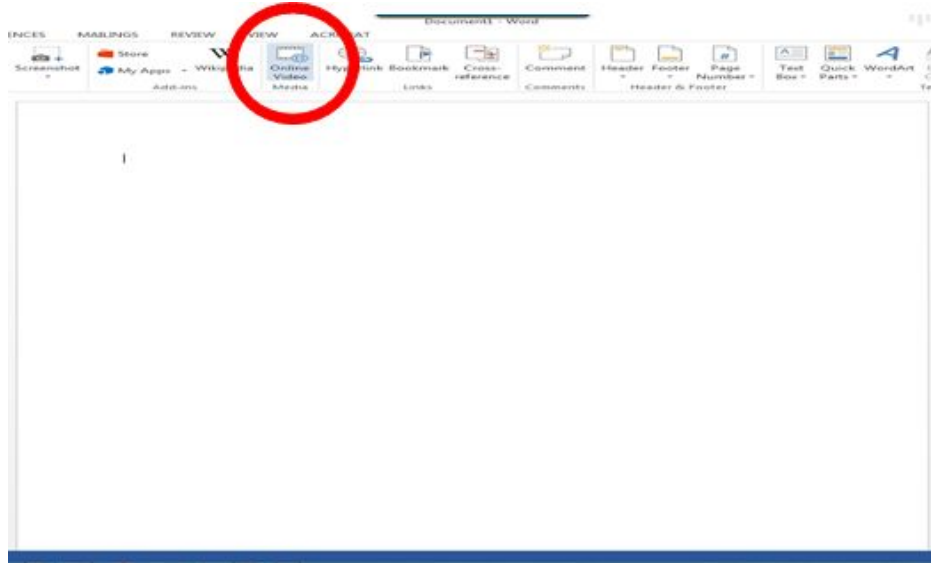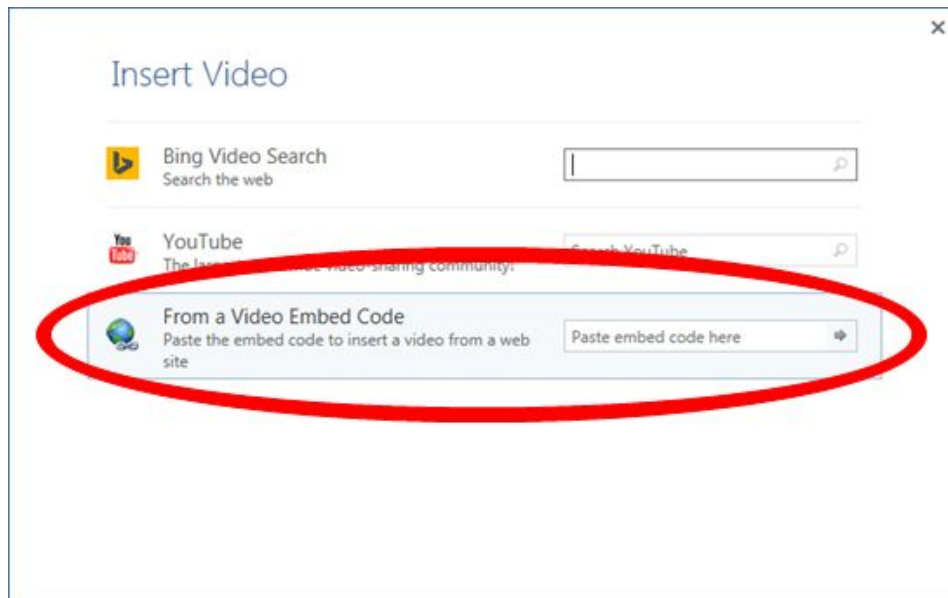# Using Microsoft Word 2013 to Post Mashup Videos

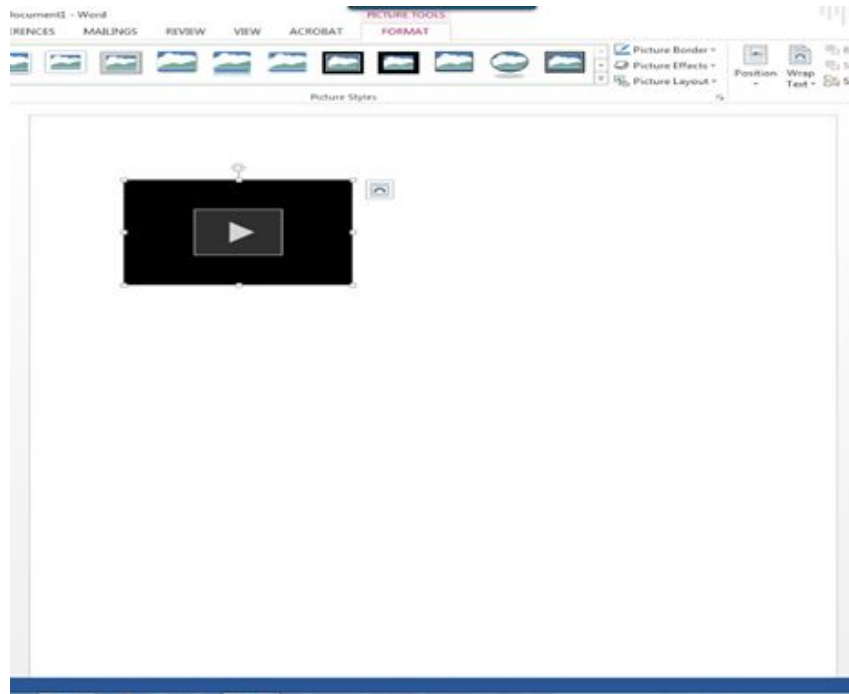Microsoft Word does allow for embedded videos using code generated from the CVM.
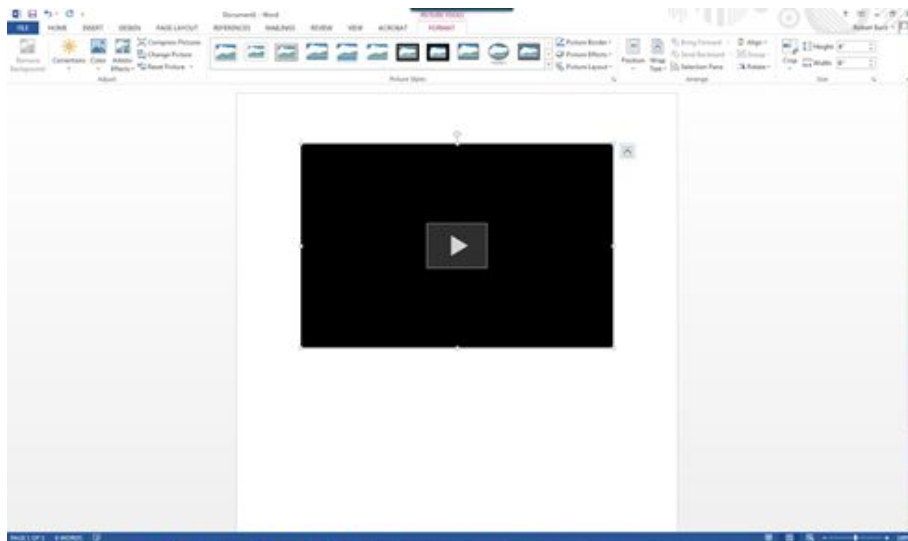
Open Word and Select Insert > Online Video

The following dialogue box should appear. Select From a Video Embed Code

Copy and Paste the generated embed code from CVM (for example the following code generated from CVM <iframe src="http://curios.openlabyrinth.ca/player/embed?slug=MTg0" width="480px" height="360px"></iframe>) and press ENTER. The following should now appear.

The object can resized by clicking and dragging from the lower right hand corner or specifying the height and width of the object in the Picture Tools Tab

Clicking on the Play Button will start the video