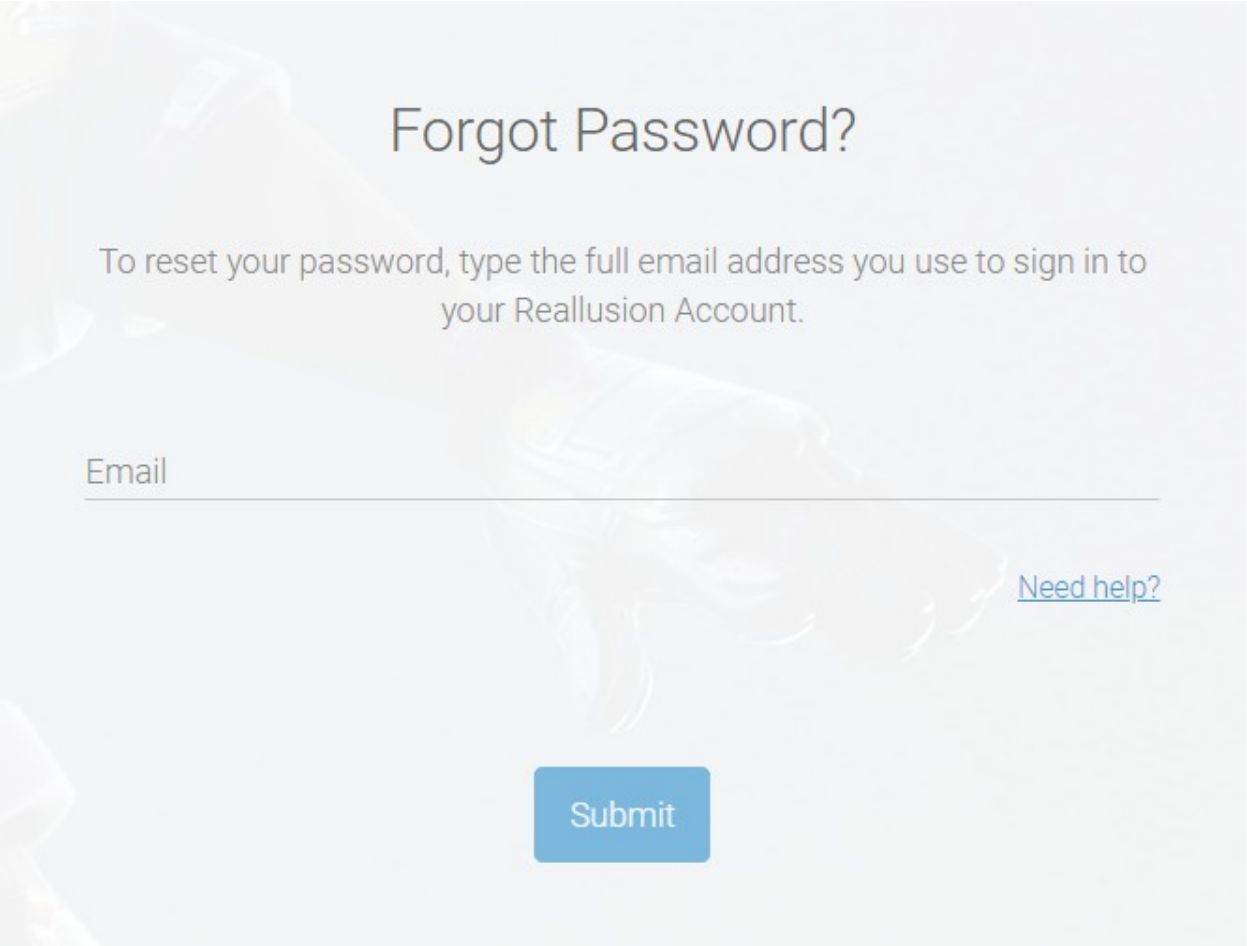
1) In member login page, just click "Forgot Password?".

2) On the next prompt, key in your registered email address to reset the password.