

INSTRUCTIONS FOR UNBLOCKING NDSC EMAILS

1. Confirm that you have signed up to receive emails from the NDSC by emailing SerenaS@ndsc.org. We will review our lists and verify your email address. If you are not listed, we will add you to the appropriate lists.
2. Once your email has been verified, fill in your name and send the *Letter to ISP* (below) to your Internet Service Provider (ISP). If you do not know who your ISP is, pass this information on to your IT Department so they may contact your ISP for you.
3. If you do not receive our emails within one month of your IT Department or ISP confirming they are no longer blocking our emails, please contact us and we will make every attempt to resolve this issue.

LETTER TO ISP:

To: ISP Customer Support
Subject: Remove Constant Contact Block

Hello. My name is XXXX and I understand that you employ filters and/or blacklists to protect customers like myself from unsolicited email; however, this has made it impossible for me to receive newsletters, announcements, and promotions that I have requested. I value these communications and would like to receive them using this email address.

The sender of these emails uses an email marketing service called Constant Contact. Constant Contact is not an open relay and has strict anti-spam policies in place. Because your filters block emails from Constant Contact I am unable to receive these communications.

I ask that you please help me determine why these emails are being blocked. For further information about Constant Contact or to request more information from them such as log files, the Operations team can be reached at - 781.472.8103 or at www.constantcontact.com.

Mail from Constant Contact can be found by the following characteristics for white listing:

"Envelope from:" domains:

@in.constantcontact.com
@in.confirmedcc.com

Sending IPs:

All mail from Constant Contact is sent from:

IP Range: 208.75.123.0 - 208.75.123.255
CIDR: 208.75.123.0/24
Network/Netmask: 208.75.123.0 255.255.255.0

Specific IPs sending from this range:

208.75.123.1	coi001.confirmedcc.com
208.75.123.2	coi002.confirmedcc.com
208.75.123.3	coi003.confirmedcc.com
208.75.123.103	coi103.confirmedcc.com
208.75.123.130	ccm22.constantcontact.com
208.75.123.131	ccm23.constantcontact.com
208.75.123.132	ccm24.constantcontact.com
208.75.123.133	ccm25.constantcontact.com
208.75.123.161	ccm26.constantcontact.com
208.75.123.162	ccm27.constantcontact.com
208.75.123.225	ccm29.constantcontact.com
208.75.123.226	ccm30.constantcontact.com
208.75.123.227	ccm31.constantcontact.com
208.75.123.228	ccm32.constantcontact.com
208.75.123.193	ccm33.constantcontact.com
208.75.123.194	ccm34.constantcontact.com
208.75.123.134	ccm134.constantcontact.com
208.75.123.135	ccm135.constantcontact.com
208.75.123.195	ccm35.constantcontact.com
208.75.123.196	ccm36.constantcontact.com
208.75.123.250	ccm37.constantcontact.com
208.75.123.163	ccm38.constantcontact.com
208.75.123.164	ccm39.constantcontact.com
208.75.123.165	ccm165.constantcontact.com
208.75.123.166	ccm166.constantcontact.com
208.75.123.197	ccm197.constantcontact.com
208.75.123.198	ccm198.constantcontact.com
208.75.123.200	ccm200.constantcontact.com
208.75.123.245	mail245.nutshellmail.com

Please contact me when this problem has been resolved.

Sincerely,

XXXXXX