**If you are not getting the TQG Newsletter email and have checked your spam or junk mail folder to make sure it is not there, Constant Contact has provided this letter for you to send to your service provider. You fill in the XXXX’s below with your information.**

**Letter Your Subscriber Sends to their ISP**  
  
To: ISP Customer Support  
Subject: Remove Constant Contact Block  
  
Hello. My name is **XXXX** and I have been a customer of your services since **XXXX**. 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 [ops@constantcontact.com](mailto:ops@constantcontact.com).  
  
Mail from Constant Contact can be found by the following characteristics for whitelisting:

**"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  
208.75.123.4          coi004.confirmedcc.com  
208.75.123.104     coi104.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  
208.75.123.134     ccm134.constantcontact.com  
208.75.123.135     ccm135.constantcontact.com  
208.75.123.161     ccm26.constantcontact.com  
208.75.123.162     ccm27.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  
208.75.123.167     ccm167.constantcontact.com  
208.75.123.168     ccm168.constantcontact.com  
208.75.123.169     ccm169.constantcontact.com  
208.75.123.170     ccm170.constantcontact.com  
208.75.123.171     ccm171.constantcontact.com  
208.75.123.172     ccm172.constantcontact.com  
208.75.123.173     ccm173.constantcontact.com  
208.75.123.174     ccm174.constantcontact.com  
208.75.123.175     ccm175.constantcontact.com  
208.75.123.176     ccm176.constantcontact.com  
208.75.123.177     ccm177.constantcontact.com  
208.75.123.178     ccm178.constantcontact.com  
208.75.123.179     ccm179.constantcontact.com  
208.75.123.180     ccm180.constantcontact.com  
208.75.123.181     ccm181.constantcontact.com  
208.75.123.182     ccm182.constantcontact.com  
208.75.123.183     ccm183.constantcontact.com  
208.75.123.184     ccm184.constantcontact.com  
208.75.123.185     ccm185.constantcontact.com  
208.75.123.186     ccm186.constantcontact.com  
208.75.123.193     ccm33.constantcontact.com  
208.75.123.194     ccm34.constantcontact.com  
208.75.123.195     ccm35.constantcontact.com  
208.75.123.196     ccm36.constantcontact.com  
208.75.123.197     ccm197.constantcontact.com  
208.75.123.198     ccm198.constantcontact.com  
208.75.123.200     ccm200.constantcontact.com  
208.75.123.201     ccm201.constantcontact.com  
208.75.123.202     ccm202.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  
208.75.123.229     ccm229.constantcontact.com  
208.75.123.230     ccm230.constantcontact.com  
208.75.123.231     ccm231.constantcontact.com  
208.75.123.232     ccm232.constantcontact.com  
208.75.123.233     ccm233.constantcontact.com  
208.75.123.234     ccm234.constantcontact.com  
208.75.123.235     ccm235.constantcontact.com  
208.75.123.236     ccm236.constantcontact.com  
208.75.123.245     mail245.nutshellmail.com  
208.75.123.250     ccm37.constantcontact.com

Please contact me when this problem has been resolved.  
  
Sincerely,  
  
**XXXXXX**