

CALA Connects people who love to inspire others to move.
Take a moment to check your email settings to ensure fluid communication.

Keep abreast of the CALA ZOOM EVENTS and FACEBOOK RECORDINGS on offer to keep you educated, motivated and current.



CALL to Action

- ✓ Check your Mailbox today
- ✓ Go to your junk or spam folder - if you see messages from CALA, mark us as 'safe' or 'favourite'
- ✓ GMAIL account holders - need to 'whitelist' all CALA email addresses – see below for more information

More than 250 members are not receiving important CALA Communication. Try the following...

- ✓ Connect with the CALA office to confirm what email address we have on file for you. Call 416-751-9823
- ✓ Share this message on your posts so we reach everyone.
- ✓ **#CatchtheWave #cala #newsletter #stayconnect**

CALA Connection: At the moment, email is the most effective way to maintain a connection with you. CALA continues to enhance our methods of communication. We have added online exam writing (using the ZOOM platform) and online submission of waiver and evaluation forms. We have also added online options for completing your Practical Assessment.

There are two options to ensure you are included in all CALA communication:

Option One:

1. Simplest 1. Add the following email addresses to your contact list for CALA

cala_aqua@mac.com cala_aqua@me.com cala_aqua@icloud.com dave_at_cala@icloud.com

Option Two:

1. Conduct a web search using the name of your email provider and include the word 'whitelist'.
2. Here are the addresses that CALA uses. Please 'whitelist' all of the following in your email settings.

cala_aqua@mac.com cala_aqua@me.com cala_aqua@icloud.com dave_at_cala@icloud.com

How to whitelist CALA with your email provider: The method for whitelisting an email sender whose messages you always want to receive differs with each email provider. As an example, you can see the instructions for Gmail here:

<https://downtimemonkey.com/blog/how-to-whitelist-an-email-address-in-gmail.php>

To find out how to do it for your provider, do a web search using the name of the email provider and the word 'whitelist.'

**Remember to check you SPAM, BULK, SOCIAL or PROMOTIONAL folder.
Every email system handles emails differently and the folder names may vary.
Check your virus SOFTWARE for rules on how emails are received or ignored.**