

Keep Calm & Wash Your Hands

We hope you and your families are staying safe and healthy, both physically and emotionally. We are here to offer weekly tips and suggestions on how to do this, as well as how to stay connected with your colleagues whether you are at home or still reporting to an office location.

- Here is [part two on how to get active with your kids](#). Remember, it doesn't have to be complicated to have fun while being healthy!
- For those with kids or family members who are hitting educational milestones, we know it's been tough without the normal celebrations. Recently, the cast of Schitt's Creek came together to offer the class of 2020 and teachers a [virtual commencement celebration](#).
- Father's Day is this Sunday. Check out ["Dad, How Do I?" - a YouTube channel](#) helping fill the void for kids and adults alike when they need to learn how to do something, such as change a car's oil, put up a shelf, use a stud-finder, and even iron a shirt.
- June is Pride Month. Here is a [list of children's books about LGBTQ+ families](#) to help you talk to your little ones about all the ways queer and gender-nonconforming families can look, be, live, and love.
- Pride events will look and feel very different this year, but many are still online. [Here are some of the most notable](#) with details on when and how to tune in.

Fast Facts

- The Main Office dining center seating area has reopened at a limited capacity. Patio seating is also now available. Please practice social distancing.
- As a reminder, all "Fueling Connections" events scheduled for this summer have been postponed. New dates are to be announced.

Faces of Fuel



Pictured: Terry Kreuz, General Manager - Engineering Services

Don't be fooled! The helmet, sunglasses, and mask are there to hide the fact that Terry finally gave in to an at-home, self-administered hair cut. Thanks for always making us laugh, Terry!

We want to continue to highlight how our employees are brightening our communities. Please share your stories with us by emailing Corporate Communications at corpcomm@natfuel.com.

When things get tough, many people turn to a motivational quote for a bit of inspiration. This week, we're turning to our coworkers.

"I was telling a friend how badly I needed a haircut, and she said she's beyond a haircut. She just needs her broom..." - NFG Employee

June 17, 2020

From the desk
of Amy Shiley