

Keep Calm & Wash Your Hands

June 24, 2020

From the desk
of Amy Shiley

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 three on how to get active with your kids](#).
- Enjoy this Madonna parody: [“Antibacterial Girl” by the Holderness Family](#).
- The Taste of Buffalo is going virtual this year. Check out these [“Cook with the Chef” events](#) to learn how to make tasty meals, such as beef steak and pepper sliders and sweet potato tacos.
- We planned some great HR team events to stay connected, including Zoom happy hours, a baby picture exchange, and a quarantine cookbook. We also created a recognition program to nominate a coworker for exceptional performance, resulting in a treat or beverage delivery. How is your team staying connected? I would love to hear your ideas!

Fast Facts

- Enjoy summer and take vacation time! As a reminder, employees have a limited number of days to roll over into 2021. We want you to use it rather than lose it! For more information on vacation and travel policies related to COVID-19, please visit the InfoNet.
- The password to National Fuel’s electronic daily health screening survey will change effective June 29. You can find the new password on the InfoNet as well as posted on all Company building entrances.
- We’re all experiencing “Zoom fatigue” but it’s important to practice good etiquette and be courteous just as we would if we were in the office together. Here are [15 best practices for video conference meetings](#).

Faces of Fuel



Pictured: Emily Ciralo, Assistant Director in Corporate Communications, recently said, “see you later,” to her quarantine foster dog, Teddy. After three-and-a-half months and a few medical hurdles he had to clear, Teddy found the perfect home!

Tell us something good! We want to continue to highlight our employees. Please share your good news with us by emailing Corporate Communications at corpcomm@natfuel.com.

Instead of a written quote this week, here are some [positive affirmations from Ayaan](#). He’s right: **We can do anything!**