



## The Orange Peel.

THE LANGARA ALUMNI NEWSLETTER - 01 MAY 2020 EDITION

We hope everyone is keeping safe and healthy. We wanted to share a little Langara love and share our favourite tips, tricks, and recommendations to help us survive and thrive as well as some heartwarming stories of Langarans helping out in the community.

Stay safe. Keep connected. Spread kindness.

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### Seated yoga for stress reduction



Join us for an 18-minute trauma-informed seated yoga practice to reduce anxiety and stress. Led by Nicole Marcia, Interim Program Coordinator and Instructor for Therapeutic Yoga programs at Langara College, the practice is rooted in techniques that support regulating the nervous system and

### Upcoming webinars

**5 May** - [Journalism Virtual Alumni Meet Up](#) - Connect with industry colleagues, network, and join the chatter. Register to receive your zoom link.

[Register Now](#)

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**25 May** - [Langara RMT Alumni - RMT in the age of COVID-19](#) hosted by RMTBC. Join us for a discussion on the current situation and what's in store for the profession.

supporting an experience of calm. It is suitable for a wide variety of ages and physical abilities.

[Check out the video >](#)

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### Feeding the frontline - Leanne Macphee



Langara Nutrition and Food Services Management alumni Leanne Macphee has been doing amazing work on the front line of the COVID-19 pandemic. As the General Manager for Sodexo Food Service Management, she and her staff are responsible for all of the food services at the Richmond Hospital. Leanne was kind enough to sit down with Langara Alumni & Community Engagement for a chat about her journey, her current role, and the impact of the pandemic.

[Read her story >](#)

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### Is it fake or real: how to verify your news

[Register Now](#)

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29 May - [Journalism Alumni - Brush Up Your Freelance Skills](#) - an interactive one-hour session with instructor Peg Fong to help you thrive in the new era of journalism

[Register Now](#)

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[Full list of events >](#)

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Truth matters, especially in this age of "fake news". Langara Alumni & Community Engagement reached out to Langara's Journalism alumni community for their recommendations on best practices sorting out real from fake. Thanks to Erica Bulman, Alex Hoegler, and Duncan Anderson for the following tips.

[Learn more >](#)

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### Langara Film Arts - Green Screens 2020



This is what happens when 12 actors, 11 directors, and 10 writers meet and spend almost every waking minute together for three months. Check out these incredible Spring Term short films (about 3 minutes each) by the current class of Langara College Film Arts. Enjoy!

[Watch Green Screens 2020 >](#)

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**Tips to help you survive, thrive, and smile**



Social distancing is hard. We're all experiencing cabin fever and the strains of working from home. To help us survive and thrive, we asked Langarans to share their favourite tips, tricks, and recommendations.

This week's tips are courtesy of Langara Journalism's Alex H/ Duncan A / Erica B. Recommended sites and resources to help you verify your news and information:

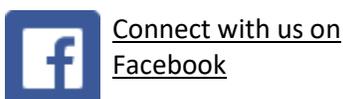
- [InVID Verification Plugin](#) - A handy free plugin toolkit provided by the InVID European project to debunk fake news and help journalists verify social media content and image sources.
- [Snopes.com](#) - The oldest and largest fact-checking site online, widely regarded by journalists, folklorists, and readers as an invaluable research companion.
- [Worldometer](#) - Up-to-date data on COVID-19 worldwide from active cases and deaths to graphs on transmission, case progression by country, and more.
- [Google Coronavirus \(COVID19\) map](#) - This site combines the pure data of Worldometer with the visuals of Google Maps. It gives you a great way to drill down to learn more about the global and more regional spread.

[Learn more >](#)

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### Stay connected

Update your info, drop us a line at [alumni@langara.ca](mailto:alumni@langara.ca) or connect with us on social. Let us know what you've been up to. We look forward to hearing from you.



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[LinkedIn](#)

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