

Information and Solidarity

for Southern Willamette Valley / Eugene/Springfield/Lane County /
Cascadian bioregion / Turtle Island / Gaia

This is an opportunity to highlight the value of mutual aid in a crisis, to:

- Amplify mutual aid right now to help #FlattenTheCurve and keep more people alive and thriving, and
- Hold up all of the examples of mutual aid as a way to make clear that (and how) it is available to us all of the time. We are far wealthier and more powerful than we often tell ourselves.

Mutual aid is spontaneous.

Mutual aid builds on existing networks and nexuses of trust, and builds new networks and nexuses of trust.

Mutual aid benefits greatly from leaderful organization - those who take leadership early, lead in a way that recognizes and draws out leadership from everyone, and centers the most appropriate leadership depending on context. (I have not been good at this here, getting better. --John)



[Face Masks for Health Care](#) - Local group sewing cotton facemasks (hospitals sterilize between uses)

[Coronavirus catalyzes growing wave of grassroots action despite social distancing](#) (Shareable, March 18)

[Solidarity Not Charity: Mutual Aid & How to Organize in the Age of Coronavirus](#) (Democracy Now!, March 20)

This document's table of contents:

[Local resources](#)
[Global / National resources](#)
[Things anyone can do](#)
[Organizing - and issues, accountability](#)
[The beautiful/creative](#)
[Seriousness, supplies, vaccines/treatment](#)
[Dashboards](#)

Official information websites:

[Eugene](#)
[Springfield](#)
[Lane County](#)
[Oregon](#)
[US Centers for Disease Control](#)
[World Health Organization](#)

unofficial but great: <https://www.germinfo.org/>

[a self-triage tool](#) - [article](#)

Events

April 1 - [Open Eugene, Emergency Prep Series: Enabling Remote Work](#)

March 25 - Next call in a support group for facilitators (new people welcome) of Joanna Macy's The Work that Reconnects. This work has helped a lot of people honestly and deeply face what is happening and what it means to them, in ways that empower their work to *do something* about the things we can change. This is a facilitator development support group, open to anyone. (\$25/\$40, but I'd suggest asking if \$25 is too much)

<https://music-as-medicine-project.teachable.com/p/wtr-facilitator-support-group>

<https://workthatreconnects.org/event/ongoing-wtr-facilitator-development-support-group/2020-03-25/>

March 26, Noon-1:15pm - Free and Open Source Software during the Corona Virus Pandemic

<https://outreach.mayfirst.org/civicrm/event/info?id=64&>

April 1 is still census day: <https://makemyfamilycount.org/> / <https://www.census.gov/>

Thought of the day/week - If your car has not been started for a few days you might want to do so to let it recharge & just keep everything moving and in good working order. Bike owners - no maintenance required! ;-)

Local resources

Local mutual aid group for Eugene/Springfield, Lane County, etc. (also see [Global / National](#) section below):

<https://www.facebook.com/groups/1354709024737163/>

The group's organizing spreadsheets - COVID19 Community Resources & Actions - Lane County

https://docs.google.com/spreadsheets/d/1ReOQOWnQ-XRNkXUrrrB_X7eEWei1tXeSrtO_Bb7r-fs/

Cottage Grove:

<https://www.facebook.com/groups/2045655802247700/>

South Willamette Valley Mutual Aid

Forms to get groceries/supplies delivered, organizing very local neighborhood support as well:

<https://www.facebook.com/lanecountymutualaid/posts/109555607342482>

Facebook page:

<https://www.facebook.com/lanecountymutualaid/> (and @lanecountymutualaid on Instagram)

Guide fo

https://docs.google.com/document/d/1tzs4T_8-HvVj8HxTu2UO9m22nSdvqo3lsnXjWmfURIU/edit

Lots of good info, some overlap with this page and different stuff (will try to coordinate):

NAACP's (really great) Community Toolkit (updated frequently!) - [in English](#) - [en Español](#)

Neighborhood Anarchist Collective's [COVID-19 Resources](#)

Mutual aid resources & groups in other areas:

[COVID-19 mutual aid groups & resources](#) (IGD)

[COVID-19 Mutual Aid Resources \(also US Specific\)](#)

(also see the [Global / National](#) section below)

[Face Masks for Health Care](#) - Local group sewing fabric facemasks (hospitals sterilize between uses)

Civil Liberties Defense Center (via email 3/18): "we hope to organize several CLDC webinars to engage activists while these isolating shutdowns continue. If you have a request, please contact us at info@cldc.org."

Farmers markets are open (they are classed as grocery stores) and they are taking precautions.

White Bird is keeping us all updated on closures, options for many things of interest:

<https://whitebirdclinic.org/covid-19-closures-operations-changes/>

(NAACP Lane County is offering a lot of food pickup options, and someone started a map of what food locations were operating on the mutual aid facebook group linked at the top of this Local section)

Local small business support group: <https://www.facebook.com/groups/1054374884940392/>

HIV Alliance COVID-19 Response: <https://hivalliance.org/covid-19>

Recovery (anonymous, etc.):

<https://www.facebook.com/oregonrecovers/> - statewide

<https://docs.google.com/document/u/0/d/12j3YVZD9IbQABEV1u7xiqU2CRg5zYfTsgU2tqYqUr9s/> - local

<https://www.facebook.com/RefugeRecoveryEugene/> - local

(more in the [global/national](#) section below!)

MECCA “will be rolling out craft supply bags for drive by pick up very soon! Stay tuned for details.”

<https://www.facebook.com/MECCAEugene/>

OCCU closing branches to the public except for ATM & drive-thru. Details: <https://www.myoccu.org/covid-info>

Local neighborhood singing! (inspired by Italians - see [global / national](#) below)

<https://www.registerguard.com/news/20200322/neighbors-sing-to-build-community-and-fight-isolation>

Government

EWEB is “temporarily suspending service disconnections and late fees for customer non-payment during the coronavirus crisis.” <http://www.eweb.org/about-us/news/coronavirus-crisis-relief>

LTD - <https://www.ltd.org/covid-19/>

Buses are now free, and LTD encourages people to *avoid* taking the bus if possible and maintain distance if you do. They’re operating on a modified Saturday schedule during the week, and a Sunday schedule during the weekend.

“[Senior and Disability Services](#), a division of the Lane Council of Governments, is continuing to operate Café 60 dining locations and Meals on Wheels routes across Lane County in response to the COVID-19 pandemic”

Details:

https://lookaside.fbsbx.com/file/Press%20Release%2003.18.2020.pdf?token=AWx1GJlop83M7YZ6QMnqQXM_TSuzn-w_iG7bpiGxT-5tHGhG4DuxVCy6XQoLkppC9IzaFzSEnm5mLxaQBFFle0lyZjdGa0PNazfkualY9IDSvO48MXLAFJIWSAk1GR12eGSI7Ghgp6xvzHwdJc9U-zbpo8ADHC7AywzJq_JdQS7bw (yes, you need that whole URL)

Local undercovered news

FERC approved the pipeline:

<https://abcnews.go.com/US/wireStory/us-panel-approves-pipeline-natural-gas-terminal-oregon-69690347>

University of Oregon

UO's Board of Trustees held a meeting that went sorely uncovered, fortunately <http://uomatters.com/> tracked this.

Professors' letters

1st -
<https://www.wweek.com/news/state/2020/03/11/three-university-of-oregon-professors-in-italy-sound-the-alarm-for-oregon-to-take-urgent-action/>

(shortly after this, UO announced the move to online classes)

2nd -
<https://www.wweek.com/news/2020/03/14/three-university-of-oregon-professors-observing-covid-19-in-italy-offer-further-advice-to-oregonians-on-how-to-slow-spread/>

"If you asked Italians three weeks ago about the risk of coronavirus, they would have laughed and mentioned China. If you asked Italians two weeks ago about coronavirus, they would have sent you a dark joke on WhatsApp. And if you ask someone about coronavirus now, they are scared."

How you can help in our area (more below on how you can help anywhere)

Most blood drives are shutting down, but the Bloodworks Northwest office itself is set up to take blood safely, and the need is significant. 3/19 Thursday 10am-6pm, 3/20 Friday 8am-4pm.

For the week of 3/23-27 hours are M/T/F 8am-6pm, Wed/Thurs 10am-6pm

<https://www.bloodworksnw.org/donate/locations/lane>

Global / National resources

Mutual aid groups nationwide (still looking for international lists):

<https://itsgoingdown.org/c19-mutual-aid/>

https://drive.google.com/drive/u/0/folders/1dKDM8CA32gZ1L2v_MFewohqJhVnCs71

Vancouver (impressive) - <https://coda.io/@awsamuel/vancouver-mutual-aid>

March 25 - Joanna Macy's The Work that Reconnects came out of grief work and has helped a lot of people to face theirs in ways that empower their work to do something about the things we can change. This is a March 25 facilitator training (\$25 but I'd suggest asking if that's too much)

<https://workthatreconnects.org/event/ongoing-wtr-facilitator-development-support-group/2020-03-25/>

<https://www.theatlantic.com/video/index/608113/italy-coronavirus/>

From Shareable:

[The Response - Building Collective Resilience in the Wake of Disasters](#) PDF booklet

[The Response - A podcast about how communities respond to disaster](#) audio series

Victory Gardens!

<https://www.experimentalfarmnetwork.org/project/28>

Recovery resources - Anonymous:

<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/>

National parks now free to enter:

<http://outdoor-society.com/americas-national-parks-are-now-free-to-enter-due-to-covid-19/>

Some examples of how to communicate with people about your new physical distance requests:

<https://www.youtube.com/watch?v=FX2TTaHXnUE>

Talking with your kids

<https://www.wbez.org/shows/reset/talking-to-your-kids-about-coronavirus/6dfc593d-c166-4bdf-ad7e-3b526f70380b>

Louisiana Teacher of the Year: An Open Letter to High School Seniors During Coronavirus Crisis (his crisis was Hurricane Katrina):

<https://deutsch29.wordpress.com/2020/03/15/la-teacher-of-the-year-an-open-letter-to-high-school-seniors-during-coronavirus-crisis/>

Parent guide to homeschooling (via local NAACP)

<http://www.samchaltain.com/a-parent-guide-to-homeschooling-during-the-apocalypse>

Resources for freelance artists and gig workers

<https://covid19freelanceartistresource.wordpress.com/>

<https://www.womenarts.org/funding-resources/emergencyfunds/>

Resources for restaurant and service workers

<https://www.restaurantworkerscf.org/news/2020/3/15/resources-for-restaurants-and-workers-coping-with-the-covid-19-emergency>

Many resources for restaurants to help them keep going:

<https://restaurant.opentable.com/preparedness-resource-center/>

New Yorkers self-organizing to pay restaurants to feed frontline health care workers:

<https://www.feedthefrontlinesnyc.org/>

Supporting bookstores

<https://lithub.com/how-you-can-support-bookstores-during-the-coronavirus-pandemic/>

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https://docs.google.com/document/d/1_ixaQleFjWYSymrqXBVAoe3zd--k97hUzGYG8f6harU/edit

<https://www.infodocket.com/2020/01/31/2019-novel-coronavirus-resources/>

Jerry's Brain - best articles -

<https://app.thebrain.com/brains/3d80058c-14d8-5361-0b61-a061f89baf87/thoughts/8b46e138-a6de-4d21-b220-9b31ebb5cfc2/notes>

DC: <https://www.facebook.com/groups/492881801379594/files/>

NYC - https://docs.google.com/document/d/1aevxXYQgeP-uJa0eSI0YYIJKZBNkn-6Rjy_fY7zpRL0/-9b31ebb5cfc2/notes
(they worked from JP/Medford/Somerville ones, checked 3/14?)

Things anyone can do

You can help the work of finding treatments with your computer:

<https://foldingathome.org/2020/02/27/foldinghome-takes-up-the-fight-against-covid-19-2019-ncov/>

to add - other projects like this working on particular treatments

You can probably give blood! Most blood drives have been canceled, but blood is still needed and they are set up to do it as safely as possible.

In most areas there are mutual aid groups on Facebook, and other places you can find to volunteer to help deliver meals to people who cannot go out. On some local subreddits people post about these things. You could also try the #mutualaid hashtag on social media that do hashtags.

If you have friends/acquaintances who are not yet taking it seriously, you can consider what might help them look at it another way. Many just haven't thought out yet how even if they're not at risk, their carefulness can save others' lives. Or they hadn't heard yet that Idris Elba has it, or whichever celebrity will get their attention.

Support Asian (esp. Chinese) businesses, racism is really hurting many of them right now.

If you are already prepared or taken care of with food, first aid supplies, etc. think about who may not be and how you can help them.

Organizing

<https://powerlabs.io/responding-to-coronavirus-resources-for-organizers-campaigners-digital-strategists>

Labor Notes is organizing calls and writing articles on organizing during the pandemic:

<https://labornotes.org/blogs/2020/03/www.labornotes.org/coronavirus>

Resources for undocumented communities:

<https://docs.google.com/spreadsheets/d/18p9OSILpSYanIoUC-gEbhVbRMYVUfw4wyrixa9ekGdc/edit>

FREE Covid-19 Language Access Response - a translation service for people developing materials in Oregon (also looking for volunteer translators now, and they're pursuing funding so they can pay translators!):

<https://celery-apple-e4zh.squarespace.com/c19response>

Facilitating online meetings / classes:

https://docs.google.com/document/d/1NyrEU7n6IUI5rgGiflx_dK8CrdoB2bwyyI9XG-H7iw8/

Pulled together by (100s of) Facilitators for Covid Response. Their listserv:

<https://groups.io/g/f4c-response>

In times of crisis people take power to take care of each other, and other authorities can even be willing to give way to the natural authority that flows from that. For example:

...the first uniformed policeman I'd seen amid the earthquake rubble, smoke, and chaos at Divisadero and Beach in the Marina. "You'll have to clear out," he said firmly.

“I’ve been working here for an hour,” I told him. He veered off.’

from “Earthquake Lessons,” a highly-recommended read on experiences in the grassroots response to the 1989 Loma Prieta earthquake in the Bay Area: http://sb.longnow.org/SB_homepage/Earthquake_Lessons.html

Pull quotes from these:

- <https://crimethinc.com/2020/03/12/against-the-coronavirus-and-the-opportunism-of-the-state-anarchists-in-italy-report-on-the-spread-of-the-virus-and-the-quarantine>
- <https://crimethinc.com/2020/03/18/surviving-the-virus-an-anarchist-guide-capitalism-in-crisis-rising-totalitarianism-strategies-of-resistance>
-

“Issues” - ecology, society, economy, etc.

In a sense, to me there are no issues. We are simply in the process of coming into right relationship with ourselves, each other, and the rest of the natural world.

Treating Yellow Peril: Resources to Address Coronavirus Racism

https://docs.google.com/document/d/1-DLnAY5r-f4DRLZgndR_Bu47nqHVtAOKem5QRmbz7bg/

Also this Instagram series on standing up to racism: <https://www.instagram.com/p/B9Rae70IWrf/>

Climate crisis

Eight Emerging Lessons: From Coronavirus to Climate Action

<https://medium.com/presencing-institute-blog/eight-emerging-lessons-from-coronavirus-to-climate-action-683c39c10e8b>

Jerry’s Brain - comparing our response to COVID-19 and climate change:

<https://app.thebrain.com/brains/3d80058c-14d8-5361-0b61-a061f89baf87/thoughts/3283562f-b23e-4155-b13b-adf406af9916/notes>

(links to just a few of the many articles)

<https://www.texasmonthly.com/news/houston-not-prepared-oil-bust/>

Canadian Supreme Court refused to hear Trans Mountain pipeline case. :-(

Accountability

A lawyer elder at the national level resigns to call out the Roberts Court:

<https://slate.com/news-and-politics/2020/03/judge-james-dannenberg-supreme-court-bar-roberts-letter.html>

Oregon has been slow in a number of ways, for example:

<https://www.oregonlive.com/coronavirus/2020/03/oregon-trumpeted-20000-new-coronavirus-tests-it-lacks-a-way-to-get-them-to-the-lab.html>

Jared Kushner cashing in:

<https://www.marketwatch.com/story/jared-kushner-sells-stake-in-company-using-tax-breaks-that-he-lobbied-for-2020-03-02>

Trump came into office and his team was briefed on this:

<https://www.politico.com/news/2020/03/16/trump-inauguration-warning-scenario-pandemic-132797>

<https://twitter.com/ChrisLu44/status/1239690156791169029>

He fired the pandemic team he inherited:

<https://www.snopes.com/fact-check/trump-fire-pandemic-team/>

<https://www.independent.co.uk/news/world/americas/us-politics/coronavirus-video-trump-pandemic-team-cut-2018-a9405191.html>

Friends of the administration were warned privately how serious it is:

<https://www.npr.org/2020/03/19/818192535/burr-recording-sparks-questions-about-private-comments-on-covid-19>

...and it looks like Burr at least made money off of the info:

<https://www.propublica.org/article/senator-dumped-up-to-1-6-million-of-stock-after-reassuring-public-about-coronavirus-preparedness>

And, looking at the number so far the vast majority of governments have done similarly poorly.

The beautiful/creative

People singing in:

- Wuhan
- Italy
- NYC - <https://twitter.com/jamisonwebb/status/1239599874850471938>
- Spaniards applaud their healthcare workers every night:
<https://www.independent.co.uk/news/world/europe/coronavirus-spain-lockdown-news-applause-health-workers-balconies-aplauso-sanitario-a9402746.html>
- <https://mailchi.mp/peoplecentered/people-centered-internet-december-2019-update-1531347>
- Parade for 90-year-old <https://twitter.com/MuhammadLila/status/1241086226595229701>
- On strike for safety <https://www.jacobinmag.com/2020/03/coronavirus-detroit-bus-drivers-strike>
-

Huge Facebook group of people working on open Source COVID19 medical supplies:

<https://www.facebook.com/groups/670932227050506>

Corona Virus Tech Handbook - it may have started as just tech, but it's got a very broad array of resources:

<https://coronavirustechhandbook.com/>

Legal humor - unicorns included! <https://aboutblaw.com/PDN>

Poetry

https://docs.google.com/document/d/1gOYltGL4Z0WxvAimsQtgUEoCBa0zuLrbD3cTcdB_xMo/edit

<https://eqpa.wordpress.com/2020/03/17/the-space-between-us-is-love/>

<https://kottke.org/20/03/some-people> - everybody is somebody

Seriousness, supplies, vaccines, treatments

<https://www.statnews.com/2020/03/02/coronavirus-drugs-and-vaccines-in-development/>

Lin Labs backgrounder on the virus, prevention, treatments, CDC/FDA failures, etc.

<https://drive.google.com/file/d/1DqfSnlaW6N3GBc5YKyBOCGPfdqOsqk1G/view>

An emergency room doctor explaining why it is so hard to be without enough tests:

<https://twitter.com/DrRobDavidson/status/1239320628236357633>

List of engineering groups and projects working on medical supplies

https://wiki.p2pfoundation.net/List_of_Covid_Engineering_Groups_and_Projects

(that list includes many projects/groups, including the first one I saw, the Open Source COVID19 medical supplies FB group:

<https://www.facebook.com/groups/670932227050506>

Seattle, mid-March: <https://twitter.com/chadloder/status/1239797939318317056>

“FaceTimed with my doctor friends today. One in Seattle, one in Boston, one in Bergamo, Italy.

I’m not even going to put in writing what they shared. Sat in my car crying. It’s so hard seeing folks out partying when I know my friends & their coworkers are risking their lives.”

“the other cities who did lockdown earlier are faring much better.”

NJ doctor at an independent hospital at the center of an outbreak:

<https://www.roi-nj.com/2020/03/14/opinion/life-at-the-epicenter-of-n-j-s-coronavirus-outbreak/>

Dashboards

<https://github.com/CSSEGISandData/COVID-19>

<https://www.worldometers.info/coronavirus/>

<https://www.worldometers.info/coronavirus/country/us/>

[Germinfo](https://www.germinfo.org/) is a great general resource, and has a dashboard of dashboards. I have a weakness for [going meta](https://www.germinfo.org/).

<https://www.germinfo.org/dashboard>