

For more copies of the "Hey Neighbor"  
document and a more indepth  
description of neighborhood pods, go to

[lanemutualaid.org/neighborhood-pod/](http://lanemutualaid.org/neighborhood-pod/)  
or just search Lane County Mutual Aid  
neighborhood pods.

Lane County Mutual Aid



[lanemutualaid@gmail.com](mailto:lanemutualaid@gmail.com)  
[lanemutualaid.org](http://lanemutualaid.org)

**what's  
the deal  
with  
neighborhood  
pods?  
(hint:  
they're great!)**



# FAQ's

Q: What is a neighborhood pod?

A: A pod is the people you communicate with about what is happening in your neighborhood (even though the people in your pod may not exactly be in your neighborhood), a way to share and receive resources and information to build the resiliency of your neighborhood.

Q: How do I start a neighborhood pod?

A: Start anywhere! Share the "Hi Neighbor" flier in this zine with your neighbors to start the conversation about what resources you may have or need. This zine should give you more ideas, or reach out to a LCMA pod coordinator if you have specific questions.

Q: How do I know if there is a pod near me?

A: Contact LCMA pod coordinators for more information about pods near you.

Q: What about my unhoused neighbors?

A: Make it a habit to leave redeemable recyclables in a bag to make it easier for them to collect. Ask them if they're being treated well by security and the police. Wave and say hello like you would to anyone else. Share the same information and resources that you would with your housed neighbors.

Q: How do I stay in contact with my pod-mates?

A: Depends on what kind of info you're trying to share. Email works for some groups; texting, if you're comfortable sharing your phone number; starting a group chat; a paper note on their door - be creative!

# What to Do Instead of Calling the Cops <sup>6</sup>

Police presence does not make our communities safer, but usually escalates situations that we or our neighbors may be experiencing in ways that can lead to violence, incarceration, or death. Instead of inviting the police into our neighborhoods, here are some other ideas to try:

If you or someone else is in crisis (requires crisis counseling, suicide prevention, substance abuse support, first-aid and non-emergency medical care, more!), call CAHOOTS: (541) 682-5111

If something is stolen and you must file a report for insurance reasons, go to your local police station instead of bringing cops into your neighborhood.

If someone looks "suspicious" to you, ask yourself if you feel this way because of their gender, race, class, or housing status. Try having conversations with people, and asking if everything is OK.

If a neighbor is having a gathering and the noise bothers you, go and talk to them.

If you see graffiti promoting fascism or hate speech, paint over it yourself.

Avoid escalating domestic violence by instead offering friends and neighbors a safe place to stay, a ride to a safe location, or childcare. You can also call Womenspace (does not discriminate by gender): (541) 485-6513

## Houselessness

There are over 10,000 unhoused people in the Eugene/Springfield area, and only about 400 shelter beds. As of September 2020, 15 people have died on the streets. It is an especially difficult time to be without shelter. Instead of calling the cops or harassing unhoused people, consider asking them what they need to feel safe and comfortable. They may need tents, sleeping bags, food, or water.

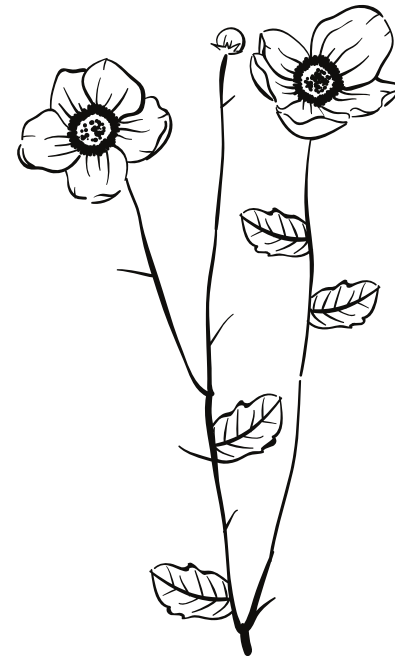
For more information / resources about houselessness in our area, visit @ stop\_death\_on\_the\_streets on Instagram or join the Stop the Sweeps line on Signal by messaging "HELLO" to +12037180544

## Know Your (Renters) Rights

- If you file a maintenance request, the landlord has 48 hrs to respond with how they plan to fix the problem.
- Before you self-evict due to raised rent, poor conditions, or other abuse, contact the Springfield Eugene Tenants Association (SETA).
- Consider starting or joining a tenant's union with your pod mates. Email eugenetenantorganizing@gmail.com for more information!

## Pod Conduct

- Start with the basics! "Hi, How are you?" and then really listen.
- Consider what time it is if you're texting someone unless it's an emergency.
- Nothing works better than honest direct communication. Directly asks what people's boundaries are and how often they're likely to communicate.
- Be patient with each other.
- Ask questions like: Is it okay if we talk about "X"?, Is this a good time for you to talk?,



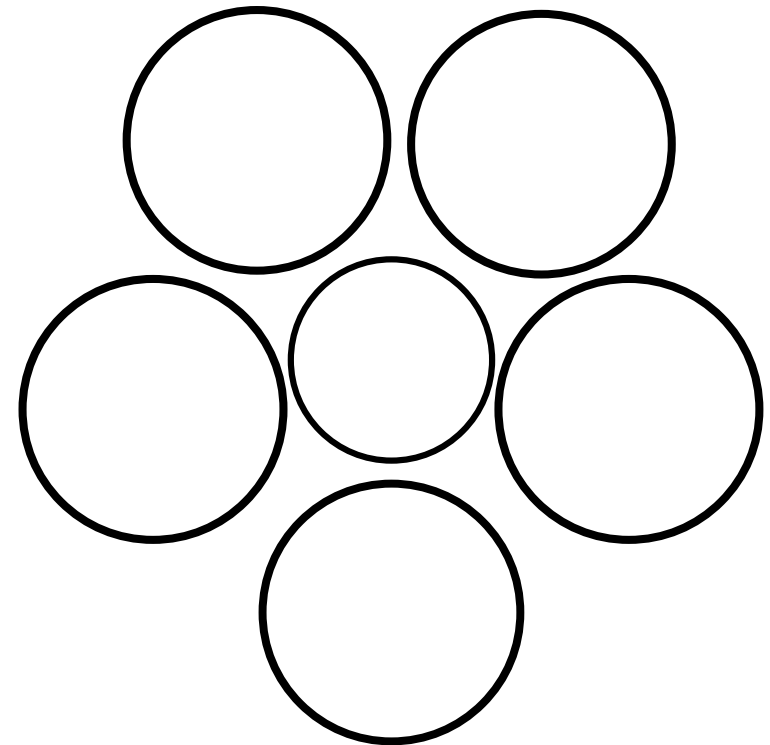
# What to do With Your Pod

- Food pantries are an easy way to share resources. Bought too many potatoes? Your cupboards a little crowded? See a good deal at the store? Put your extras in the pantry!
- Mini libraries can be a place to share information of any kind. Include favorite books, zines, cooking recipes, useful information about resources, fun jokes, community events.
- Garden shares are like the food pantry, but can include starts, soil, pots, seeds, tools, and other things to help the community build food resources.
- Coordinate with your podmates to drop off supplies at distro hubs during emergencies if you have an abundance and capacity.
- More general ideas: socially distanced walks, scavenger hunts, grocery/pharmacy runs, share food/recipes, check-in with people (genuinely), pull out those cans, check that mail, water those plants, do a neighborhood-wide art project (each residence displays similar art/signs), and many many more! Be creative in how you connect!

# Pod Mapping

Fill in this map with the people who you would contact for specific needs for yourself or others. You're the middle circle. Fill in the other circles with what skills/resources your podmates have. You may have more podmates than we drew circles for. That's great! Make a new map to include them.

Here are some examples of what to put for your podmates: "offered their printer," "can do an oil change," "emergency petsit," "has a garden," "offered to do a grocery run," "knows first aid"





# Cut these out to share with them your neighbors.

**Hi neighbor!**

My name is \_\_\_\_\_

I live at \_\_\_\_\_

I am leaving you this note to let you know that I am here for you!

Some things I know about that may come in handy are:

-----  
Resources I may be able to share are: \_\_\_\_\_

I may need help with: \_\_\_\_\_

Please call or text me at \_\_\_\_\_ and send me your info, if you'd like!

For more information or to get forms like this one, email  
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