

The Hambleton Project Library: An Organization

Searching for Empowerment and Answers

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ABSTRACT: This paper describes the books selected for inclusion in the Hambleton Project Library, a group that strived to help lesbians dealing with cancer. Analysis focuses on how creating the library was one part of the group's narrative and community focused activities. Volunteers brought passion, energy, and belief in the importance of improving the patient experience to everything they did, all of the many activities. In the end, community run groups should fully consider the sustainability of the resources they create.

Keywords: community-based library, lesbians, cancer, health advocacy



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Introduction

Narratives of health, wellness, and the ambiguity in between were essential to the people and communities impacted by the Hambleton Project, a “nonprofit organization with a mission to provide support to lesbian women with cancer and other life-threatening conditions” (“Hambleton Project records, 1997-2007”). Inspired by Sharon Hambleton’s experience with the Washington, D.C., based Mautner Project, Hambleton wanted to create a similar group in Portland (Blume). The newsletters and records of the group demonstrate how the library fit into the group’s overall goal of empowering patients through information and the narratives of others who handled similar healthcare situations. As part of their work, the Hambleton Project received a grant from the Komen Foundation, a U.S. organization dedicated to funding breast cancer research, to create a library of resources. This essay focuses on that library and what it shows about where the organization thought members might turn for information and story. The creation of that library with the grant and book donations from individuals also offers a glimpse into the health and wellness narratives that were popular in the late 1990s and early 2000s, providing a history of patient reading and a glimpse into narratives as medicine. The Hambleton Project was an ambitious organization dedicated to providing information in a variety of formats; the library was only one approach.

Hambleton Project as Activist Self-Care Group

“Have the Maunter Project send us some information (no sense reinventing the wheel) and we’ll see,” Carol Brownlow told Sharon Hambleton shortly before Hambleton’s death. (“Ten Years of Finding Myself in the Lesbian Community”). Brownlow described her response to Hambleton’s desire to delve into grassroots activism as “mildly enthusiastic:” “I had been a closeted schoolteacher my whole life, had never tried my hand at running a business or non-profit, and didn’t even live in Portland.” Brownlow, however, embraced the challenges and found a vital community in the process (“Ten Years of Finding Myself in the Lesbian Community”). In “A Garden of Support,” Brownlow described the Hambleton Project as “a small support group that gave direct service to clients” (“A Garden of Support”). Education and advocacy were key parts of the group’s focus. After taking a class on how to start a business, becoming a member of the Willamette Valley Development Officers, and calling on all her friends for help, she launched one of the best decades of her life. In “Ten Years of Finding Myself in the Lesbian Community, Brownlow wrote “Being a part of this organization forced me to come out, to find my voice, and to lobby for assistance to lesbians in this region.” Brownlow got to meet “talented facilitators, compassionate volunteers, and generous donors.” This team of people created programming and information to help women on their own journeys through cancer. The Hambleton Project board of directors was composed of Carol Brownlow (incoming chairwoman), Barbara Morris (treasurer), Lorie Hansen (direct services coordinator), and Linda Scheldrup (legal adviser) (“Hambleton Happenings” newsletter. Fall 2000).

The Hambleton Project was a vital part of “medical self-care,” a concept described by Alfred Katz. In 1981, Katz attempted to count and classify “self-help and mutual aid groups.” According to Katz, “The organizations themselves were sometimes viewed as ‘adjuncts’ to professional services, sometimes as an alternative or substitute form of ‘help-

ing,' and sometimes as possible competitors to the established professionals and professional modes of aid" (Katz 133). The newsletters show how the organization went far beyond the level of care offered by medical providers by valuing individuals. The Fall 2000 newsletter describes a memorial potluck and poker party for Sharon Ward, a recipient and volunteer for Hambleton Project services. Sharon's friend Kristie said: "Swearing was one attribute she was good at. She had a button collection and would flash them at YWCA Board meetings just to get a rise. I miss my friend and hope she is fishing. Maybe now she has learned to put the worm on the hook without pliers." In life and in death, the Hambleton Project provided a space for people to celebrate individual relationships and personal narratives (Fall 2000 Hambleton Happenings Newsletter).

Advocating for oneself in the midst of a medical establishment that did not always have their interest in mind was central to the information provided by the Hambleton Project. Health activism organizations or health social movements (HSMs) play a vital role in adjusting the boundary "between what are considered to be patient skills and initiatives and what remains the responsibility of the doctor" (Vicari, Bardot). The organization specifically urged patients to advocate for themselves and question the role of the physician through curriculum, forums, and a wide range of communication efforts including tabling at events with groups like the Metro Breast Coalition (Dillon 1999). HSMs maintain a complex relationship with medicine, "On one hand they do depend on medical expertise in the development of scientific research with diagnostic and prognostic objectives but on the other hand they challenge social, cultural, economic and often politicized dominance of medical authority in health decision-making" (Vicari). The resources produced by the Hambleton team actively worked to blur this boundary. Researchers also focused on the role of women with breast cancer as "informed consumers and activists working on their own behalf" (Anglin). In order to fulfill this role, women needed access to information, "accounts which did not separate the physical and emotional experience of breast cancer from detailed information about the status of scientific research and clinical procedures" (Anglin). The Hambleton Project Library would provide a balance between personal and scientific literature.

In "A Garden of Support," Brownlow described the care work accomplished by the Hambleton Project, "Several women called for assistance in locating lesbian friendly health providers. We were able to supply a number of referral sources as well as pamphlets, web site locations, and guidelines for setting up a support team." Workers emphasized the "Circle of Care:" "Folks are much more comfortable with their own friends and family helping out than asking for help from strangers (nice as we are). So this booklet, with our onsite help if needed, can provide a major focal point for direct service" (Dillon 2002). Jan Dillon discussed how the Circle of Care brochures should be available at health fairs and given to healthcare providers. The booklet could be passed along to lesbian clients and might even inspire donations to the Hambleton Project. In addition to creating a webpage and providing books, the Project also provided one-page resources like the "Ten Things Lesbians Should Discuss with Their Health Care Providers" and lesbian health tip sheets for health care providers. In the early 2000s, the Hambleton team also helped people negotiate the internet with a resource called "Surfing the Net for Cancer Resources." Sources of information included The Cancer Information for the General Public, American Cancer Society, American Institute for Cancer Research, and repositories for cancer data like the CDC and the Oregon State Cancer Registry.

The Hambleton Project resources actively worked to improve health care outcomes for lesbian patients by providing resources and hands on training like “Removing the Barriers: Providing Culturally Competent Care to Lesbians,” held in Eugene with registration coordinated by Portland Community College. Goals for the curriculum are clearly defined: “Improve practitioners’ skills and create systematic change so that lesbians can feel safe and comfortable in a hospital or other health care setting.” Working in collaboration with a Portland State University Capstone class, “Lesbians with Cancer and the Hambleton Project,” the group also sponsored a series of health forums at Portland feminist bookstore, In Other Words (Figure 1). The forums focused on emotional support for lesbians with cancer and their partners, addressed health issues of women of underrepresented communities with a screening of “A Litany for Survival” documenting writer and activist Audre Lorde’s cancer journey, talked about alternative health care practitioners and educators focusing on prevention and self-care and wrapped up with a benefit performance featuring Sister Spit, a spoken word and poetry performance troupe. Brownlow and her collaborators gathered energy from each other, enabling them to maintain ambitious objectives. The Hambleton Project Library provided another method for communicating the themes and ideas found in the curriculum and workshops.

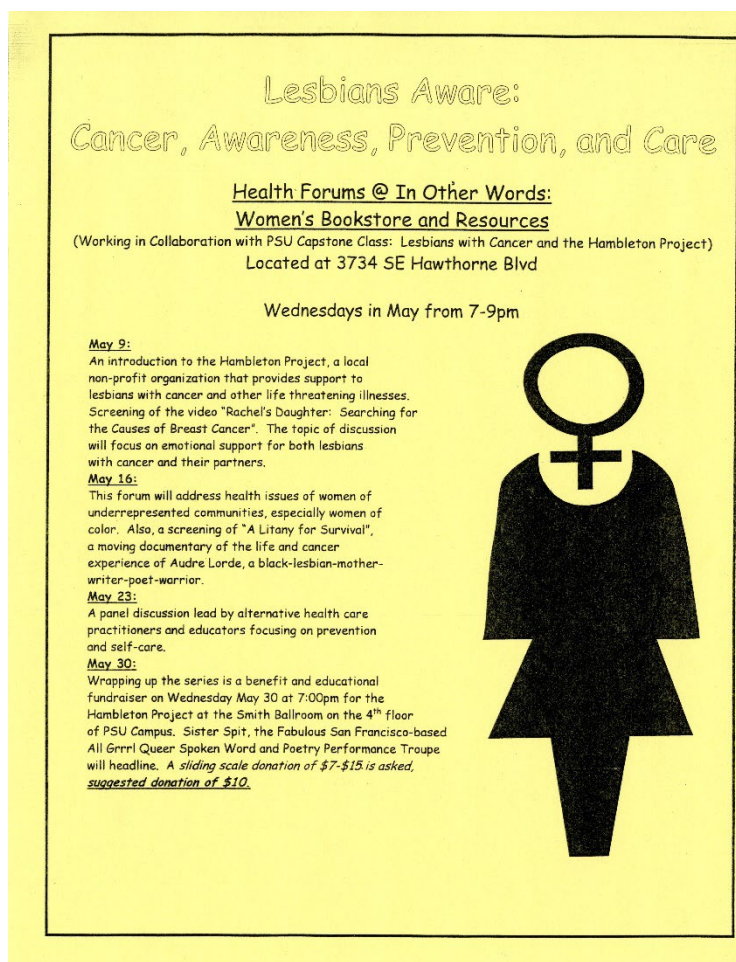


Figure 1. Hambleton Project Records, 1997-2007. 2016-005. Box 7, Folder 4. Oregon Health & Science University, Historical Collections and Archives.

The people the Hambleton Project helped needed to carve out a space for their own health beyond the traditional heterosexual healthcare norm. Sue Rosser addressed this disparity, “In health care research, diagnosis, and treatment lesbians have usually been ignored. This *Journal of Radical Librarianship*, 9 (2023) pp.116-132

ignoring or subsumption of lesbian health care issues becomes exacerbated by homophobia on the part of health care professionals. Not only does homophobia discourage lesbians from seeking necessary health care, but it also prevents health care workers from tying appropriate diagnoses and treatments to risk behaviors” (Rosser 183). The Hambleton Project staff saved a testimonial showing that positive outcomes were possible:

The wonderful thing also is that no one, no doctor or office staff, has batted an eye at my being gay. Everyone, male and female, have been so supportive and acted as if my having a female partner was the most natural thing in the world. I have been continually surprised at the positive attitudes I received from strangers when I have disclosed I am a lesbian. It has been so affirming and uplifting (“Testimonials).

Each workshop, brochure, and pamphlet created by the Hambleton Project strived to make this reality possible for more people.

Creating a library was a logical next step for Brownlow and the group of women helping her. A library would enable them to draw together various resources they had been creating and the work of people they admired. An announcement for *Speak: The Language of Healing, Living with Breast Cancer Without Going to War*, by Kuner, Orsborn, Quigley, and Stroup, shows the enthusiasm they brought to talking about books: “An inspiring book written by four women who were treated for breast cancer. This book is not about the ‘war on cancer,’ instead it is a book about learning and healing. The authors wrote about their own experiences, each from a different spiritual perspective, starting with the diagnosis, what was done and how others reacted to it.” ((Summer 2000 Hambleton Happenings Newsletter). Information about requesting the book is provided (Summer 2000 Hambleton Happenings Newsletter). Early ambitious library plans also included a full catalog, bookshelves, videos, and making sure the books had bookplates (Ed/Outreach/Advocacy Committee Meeting Notes). These plans show that the group believed the library would be a success. People would borrow the books, pass them around, and see the bookplates showing that the resources belonged to the Hambleton Project. In “‘Let’s Not Homosexualize the Library Stacks’: Liberating Gays in the Library Catalog,’ Melissa Adler highlights the activist librarians of the ‘70s who helped increase access to gay and lesbian library materials (479.) For Adler, libraries are “places where ideas are exchanged, and when collections are organized according to medicalized terms, those words and structures guide discovery and discussion of information” (482). The Hambleton team may have been equally inspired by feminist bookstores like Portland’s In Other Words, not just as sites for events, but as inspiration for place based community, “feminist bookshops provided visible safe sites where lesbian women reworked the meanings of urban and retail space” (Delap 179). Instead of choosing to “create a retail environment that stressed social justice” the Hambleton Project chose to create a library where the books and information that were shared around would be vital sources of identity (Delap 188).

Analysis of Hambleton Project Library Titles

The Hambleton Project Library highlighted books that included first-person stories of people grappling with breast cancer, and narratives of medicine that represented the patient perspective. Fifty-two books were featured on the central list to purchase for the library (Appendix). After the list of library books, a small set of pamphlets was listed. The pamphlets offered a range of support: *American Cancer Society Word Book*, *Journal of Radical Librarianship*, 9 (2023) pp.116-132

American Cancer Society Legal Protection for Cancer Patients Against Employment Discrimination, Breast Cancer Network, Community of Welcome Congregations, and Stehn's Funeral Homes (Figure 2). The team hoped for the best and would be there to provide information no matter what outcome occurred.

National Cancer Institute National Cancer Institute American Cancer Society Biracree, Tom and Nancy	Questions and Answers About Pain Control Facing Forward A Guide for Cancer Survivors Sexuality and Cancer Protect Your Social Security, Medicare and Pension Benefits After Diagnosis Taking Time - Support for People With Cancer
Doka, Kenneth PhD and Joyce Davidson Lischka, Leslie	Living With Grief - When Illness is Prolonged Musings

Pamphlets

American Cancer Society American Cancer Society	Cancer Word Book Legal Protection for Cancer Patients Against Employment Discrimination Breast Cancer Network Community of Welcoming Congregations Helping brochures from Stehn's Funeral Homes
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Emailed suggestions from Leslie L.:

1. Philip Kapleau: *The Zen of Living and Dying: A practical and spiritual guide*. Shambala, 1998. ISBN: 1570621985

This book is WONDERFUL. I read the library copy and need to buy a copy of my own. Great for anyone contemplating how to "do death well". A great comfort. I did not find it threatening at all. It is directed to both the dying and to their support group/family.

2. *Breast Cancer? Let me check my schedule!* edited by Peggy McCarthy and Jo An Loren. Westview Press, 1997. ISBN: 0-8133-3393-8.

This is a great book for those who can give themselves some distance from the cancer. It is about ten women meeting the challenge of fitting breast cancer into their very busy lives. As the book cover says: ...Here are the voices of women whose wisdom and experience have much to say to other women and to health care professionals about what it means to live with breast cancer.

Figure 2. Hambleton Project Records, 1997-2007. 2016-005. Box 6, Folder 6. Oregon Health & Science University, Historical Collections and Archives.

Classifying the books by genre offers a way to analyze them and to see the priorities of the Hambleton Project, while also acknowledging the limitations of genres. Many of the books cross genre boundaries, occupying multiple subject areas at once. Of the fifty-two books on the list, nineteen of them are classified as self-help or self-improvement books. Around twenty of the books fall into the same areas of emphasis as the health forum lectures held at In Other Words: emotional support for lesbians with cancer and their partners, health issues of women in underrepresented communities, and alternatives to traditional forms of care. The organization was consistent in communicating and providing information around the ideas at their core: working through grief, providing emotional support, and creating community.

Self-Improvement Books

Self-improvement books have maintained their popularity across the decades. The Publishers Weekly Annual Adult Bestsellers, 1990-2013, shows self-improvement titles consistently appearing among the bestselling nonfiction titles. People turn to books for guidance around life's challenges, including cancer, death, and grieving. Self-improvement titles on the library list include: *Chicken Soup for the Woman's Soul* (1996), *Chicken Soup for the Surviving Soul* (1996), *Rebuilding: When Your Relationship Ends* (1981), *When Bad Things Happen to Good People* (1981), and *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships* (1985). The Chicken Soup book series demonstrates the high sales figures self-improvement books can reach. Starting with the publication of the first book in 1993, the Chicken Soup for the Soul series of over 275 titles has sold more than 110 million copies in the U.S. and Canada. In 2008, *Chicken Soup for the Soul* became the best-selling trade paperback series of all time ("Chicken Soup for the Soul"). Currently, the Chicken Soup for the Soul streaming service strives to provide inspirational and entertaining programming, similar to the Hallmark Channel. More recently writers have examined the Chicken Soup for the Soul books with a critical lens:

Chicken Soup's creators would claim they want to reflect readers' lives back at them, but kindly, so that we see the beautiful truth about who we are. To me, the books' effects are more bound up in escapism and wishful thinking. It's not just that they transport us to a world of simplified conflicts, fairytale endings, and cathartically dumb psychobabble. To read them is to surrender to that part of the reading self that longs to believe someone is writing with *you* in mind. You, the Indian teen. You, the fisherman scrapbooker. You, the indescribably specific, individual spirit (Waldman).

For people seeking answers in the midst of a health crisis, self-help books like *Chicken Soup for the Soul* might offer just the solace they want to find or they could be equally alienating for those who cannot "surrender to that part of the reading self" (Waldman).

Emotional Support for Lesbians with Cancer and Their Partners

Relationships were at the center of the Hambleton Project, those among the women like Carol Brownlow who did the work of the organization and the romantic relationships of the women they supported. Six of the books address grief and handling the complexities of a loved one having cancer. The library strived to address the full lives of patients when

physicians may have struggled with doing the same. Information disseminated through the group's newsletter may have offered some of the most direct and relevant information for negotiating relationships. The Fall 2004 newsletter featured "Your Health and Your Right to Marry," a list of important health-related rights associated with marriage that readers should be aware of like having priority status if a conservator needs to be appointed to make medical decisions on a partner's behalf or taking family leave to care for a partner during an illness. Hambleton Project clients didn't need to come into the library to access information. The newsletter was an essential means of providing vital knowledge.

Alternatives to Traditional Forms of Care

People who came to the Hambleton Project for help often struggled with trusting the medical establishment. As part of a health social movement, volunteers wanted to make sure people knew the range of options available to them. The library was only one means of communicating information on alternative therapies. A brainstorming list for alternative therapy forums includes topics ranging from flower remedies to guided imagery. Books selected for the library show alternatives to traditional medicine and an emphasis on spirituality: *Proud Spirit: Lessons, Insights & Healing from 'the Voice of the Spirit World'* (1997), *Medicine Hands-Massage Therapy for People with Cancer* (1999), and *Women Confront Cancer: Twenty-One Leaders Making Medical History by Choosing Alternative and Complementary Therapies* (1998) (Figure 3). Published by NYU Press, *Women Confront Cancer* was published with a clear purpose in mind: "Each year hundreds of thousands are diagnosed with cancer, and more and more frequently, women are turning to alternative treatments to take control of their illnesses and their lives. Information, however, has been scarce for women navigating through conventional and unconventional medicine" (*Women Confront Cancer*). For women seeking this information, the Hambleton Project Library may have been one of the few places they could easily get it.

May 23, 1999 Possible Topics for Forums

Alternative Therapy

Traditional: Acupuncture
 Ayurvedic Medicine
 Chiropractic
 Herbal Med.
 Homeopathy
 Naturopathic Med
 Osteopathy
 Trad. Chinese Med.

Alternative + Complementary:

Aromatherapy
 Biofeedback
 Bodywork + Somatic Therapies
 Chelation Ther.
 Detoxification Ther
 Bio-energetic
 Expressive Arts
 Fasting
 Flower remedies.
 Guided Imagery
 Integrative Dentistry
 Mind/Body
 Nutritional Med
 Qigong + Tai Chi

Figure 3. Hambleton Project Records, 1997-2007. 2016-005. Box 6, Folder 5. Oregon Health & Science University, Historical Collections and Archives.

Memoir

Two of the fifty-two books on the list can be classified as memoirs: *Refuge* (1991) by Terry Tempest Williams and the *Cancer Journals* (1980) by Audre Lorde. The reason for the lack of memoirs is unclear. Memoirs were present in the publishing landscape of the late '90s and early 2000s (Memoir as Provocation). The Hambleton Project valued providing women with the information that would help them advocate with their doctors. Memoirs may not have been seen as the best source of that information. *Refuge* documents Williams' attempts to come to terms with her mother's cancer while carefully observing changes within the Great Salt Lake and reflecting on the legacy of atomic testing in the 1950s that irrevocably shaped the health of her family and the environment. Memoirs like *Refuge* can provide possible paths for negotiating the layers of complexity around family relationships associated with cancer.

In 1980, Audre Lorde's *Cancer Journals* "brought attention to breast cancer's political absences. As a [B]lack, lesbian feminist with breast cancer, Lorde lamented the lack of community, of common language, of models of identity—in short, the lack of an inhospitable subject position" (Waples 63). *Cancer Journals* is a core title within the library and was the subject of a film screening and panel discussion. All these lacks were also experienced by the people who created the Hambleton Project. When brainstorming books to purchase for the Komen Grant, the group highlights Lorde as a "spirited Black lesbian poet (and much more!!) who died of breast cancer in 1992" (Figure 4). The feminist group of white women who made up the group's membership celebrated *Cancer Journals* as a unique publishing accomplishment. In "Emplotted Bodies: Breast Cancer, Feminism, and the Future," Emily Waples examines the inability to live up to the feminist vision created by Lorde, as well as the imposition of prosthetics on women. The Komen Foundation emphasized breast reconstruction as a means of recovering sexuality and that surgery can restore a "natural" feeling (Waples 55-56). The Hambleton Library did seek to affirm differences with photography books like Davis' *First Look* which shows post-surgery images, an important part for patients coming to terms with the impact of cancer on their bodies.

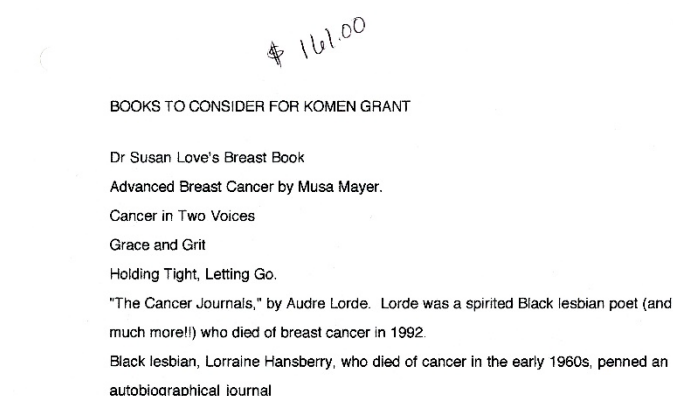


Figure 4. Excitement expressed for Audre Lorde. Hambleton Project Records, 1997-2007. 2016-005. Box 6, Folder 6. Oregon Health & Science University, Historical Collections and Archives.

Fiction

While the books purchased with funds from the Komen Foundation were specifically geared to give information that would help women negotiate cancer, donated audio-cassettes provided another means of entertainment. Those browsing the library could select the latest Sue Grafton mystery or horror tale from Dean Koontz. Many of the authors on this list are mystery writers: J. A. Jance, Mary Higgins Clark, Patricia Cornwell, Jeffrey Deaver, and Tony Hillerman. The formula of mysteries may have been relaxing when grappling with cancer. The most helpful narratives may have been those that provided the greatest escape. Audiocassettes are often listened to as people do other things. Playing a Tony Hillerman mystery in the background and predicting the turns of the plot may have been a vital way of finding relaxation during illness.

Conclusion

About two years after the initial creation of the library, the group decided to stop spending money on books. An email reads, “We do not feel that more money should be spent on more books unless the library is currently being used and at last check it was not” (Miller). The email suggests that getting a list of books out to current clients might help and respond to on-demand orders for a particular resource for the support team of that person. The Hambleton Project Library would have been entirely run by volunteers. Paying for space to house the library would have also been based on donations. With rapidly changing technology, patients wanted to access information digitally, online communities became a vital form of support. The Komen Foundation lists tools and resources for patients and caregivers. Resources focus on clinical trials, financial assistance, and educational resources including breast self-awareness messages and risk factors. The support tab offers a phone number people can call. The American Cancer Society also provides a Reach to Recovery website and app: “If you have breast cancer, you may want to connect with someone who knows what you’re feeling—someone who has ‘been there.’ Through our Reach to Recovery website and app, you can match with a trained volunteer who has survived breast cancer.” Information might be accessed more efficiently, but the essential personal touch remains missing. The Hambleton Library was only one part in demonstrating how health impacts a full life, including relationships. The organization succeeded in valuing the role patients play in their own healthcare, an area where health professionals often struggle. The work of the Hambleton Project shows the true significance of empathy, solidarity, and collaboration.

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Appendix: Table, Hambleton Project Library Books

Title	Author	Genres
Proud Spirit: Lessons, Insights & Healing from ‘the Voice of the Spirit World’	Altea, Rosemary	Spirituality, Biography, New Age
The Eagle and the Rose: A Remarkable True Story	Altea, Rosemary	Spirituality, Biography, Memoir, Metaphysics, Inspirational
Sexuality and Cancer	American Cancer Society	Sexuality
The Women’s Complete Wellness Book	American Women’s Medical Association	Health and Fitness, Reference
Our Bodies, Ourselves	Boston Women’s Health Collective	Feminism, Health, Reference, Science, Sexuality
Strength for Today: Daily Devotions for the Chronically Ill	Broyles, Sharon	Faith, Religion
Cancer in Two Voices	Butler, Sandra and Rosenblum, Barbara	Nonfiction, LGBT
Chicken Soup for the Woman’s Soul	Canfield, Jack et al	Self-Help, Inspirational, Short Stories, Spirituality, Psychology

Chicken Soup for the Surviving Soul	Canfield, Jack et al	Self-Help, Inspirational, Short Stories
The First Look	Davis, Amelia	Photography
Living with Grief-When Illness is Prolonged	Doka, Kenneth PhD/Joyce Davidson	Psychology
Rebuilding: When Your Relationship Ends	Fisher, Bruce	Self-Help, Psychology, Relationships, Divorce, Personal Development
Words I Wish I Wrote: A Collection of Writing that Inspired My Ideas	Fulghum, Robert	Essays, Philosophy, Writing, Inspirational, Poetry, Memoir
What You Feel, You Can Heal: A Guide for Enriching Relationships	Gray, John PhD	Psychology, Self-Help, Relationships, Marriage, Love
Essential Exercises for Breast Cancer Survivors: How to Live Stronger and Feel Better	Leonard, Andrea	Health and Fitness
Caregiving	Peter Hours, PhD and Julia Boucher, RN, PhD	Health and Fitness
Success is the Quality of Your Journey	James, Jennifer, PhD	Self-Help, Psychology
Speak the Language of Healing	Kuner, Orsborn, Quigley, and Stroup	Relationships, Medicine, Self-Help
When Bad Things Happen to Good People	Kushner, Harold S.	Religion, Self-Help, Philosophy, Spirituality, Judaism
Complementary Cancer Therapies	Labriola, Dan NS	Health & Fitness, Dieting
The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships	Lerner, Harriet PhD	Psychology, Self-Help, Relationships, Personal Development, Mental Health, Feminism
The Dance of Intimacy: A Woman's Guide to Courageous Acts of	Lerner, Harriet PhD	Psychology, Self-Help, Relationships,

Change in Key Relationships		Personal Development, Mental Health, Feminism
Musings	Lischka, Leslie	Not able to find genre information
The Cancer Journals	Lorde, Audre	Feminism, Memoir, Essays, Queer, Disability, LGBT
Dr. Susan Love's Breast Book	Love, Susan	Health, Reference, Medical
Medicine Hands-Massage Therapy for People with Cancer	MacDonald, Gayle, MS, LMT	Nonfiction, Health
Advanced Breast Cancer: A Guide to Living with Metastatic Disease	Mayer, Musa	Health, Reference
Women's Cancers: How to Prevent Them, How to Treat Them, How to Beat Them	McGinn, Kerry and Haylock, Pamela	Medicine, Self-Help
Breast Fitness: An Optimal Exercise and Health Plan for Reducing Your Risk of Breast Cancer	McTiernan, Anne, Gralow, Julie, Talbott, Lisa	Health & Fitness
Choices: The New, Most up-to-date Sourcebook for Cancer Information	Morra, Marion and Eve Potts	Health, Reference
Perfectly Still: A Journey Through the Heart of Loss to Love	Moran, Patricia	Inspirational, Autobiography
Questions and Answers About Pain Control	National Cancer Institute	Health, Reference
Facing Forward A Guide for Cancer Survivors	National Cancer Institute	Health, Reference
The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth	Peck, Scott, MD	Psychology, Self-Help, Spirituality, Philosophy, Personal Development
Further Along the Road Less Traveled: The Unending Journey	Peck, Scott, MD	Psychology, Self-Help, Spirituality, Philosophy,

Toward Spiritual Growth		Personal Development
When Someone You Love Has Cancer	Pomeroy, Dana Rae	Relationships, Psychology
Coming out of Cancer	Pomeroy, Dana Rae	Relationships, Psychology
Kitchen Table Wisdom: Stories That Heal	Remen, Rachel Naomi, MD	Spirituality, Memoir, Psychology, Self-Help, Medicine
Surviving Grief and Learning to Live Again	Sanders, Catherine MD	Psychology, Relationships
Women and Self-Esteem: Understanding and Improving the Way We Think and Feel About Ourselves	Sanford, Linda. Mary Ellen Donovan	Self-Help, Psychology, Feminism
Living through Mourning	Schiff, Harriet	Relationships, Psychology, Self-Help
Love, Medicine and Miracles: Lessons Learned About Self-Healing From a Surgeon's Experience with Exceptional Patients	Siegel, Bernie S. MD	Health, Self-Help, Spirituality, Psychology, Medicine
Getting Well Again	Simontons and Creighton	Health, Self-Help, Psychology
A Time to Grieve: Loss as a Universal Human Experience	Simos, Bertha	Grief, Psychology
A Time to Grieve: Meditations for Healing After the Death of a Loved One	Staudacher, Carol	Psychology, Self-Help, Health, Death
Coming Back: Rebuilding Lives After Crisis and Loss	Stearns, Anne Kaiser	Grief, Psychology
Anger: The Misunderstood Emotion	Tavris, Carol	Psychology, Self-Help, Feminism, Mental Health
Breast Cancer? Breast Health! The Wise Woman Way	Weed, Susun S.	Health, Herbs, Medical
Lesbian Health Book: Caring for Ourselves	White, Jocelyn MD/Marissa Martinez	Lesbian, Health

Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam Wilber	Wilber, Ken	Spirituality, Biography, Psychology, Memoir, Religion, Philosophy
Refuge: An Unnatural History of Family and Place	Williams, Terry Tempest	Memoir, Nature, Environment, Biography Memoir
Women Confront Cancer: Twenty-One Leaders Making Medical History by Choosing Alternative and Complementary Therapies	Woodell and Hess	Alternative treatment, medical