



World record weight-lifter a retired Machinist

Springfield resident Dick Gibson, a retired member of Machinists District Lodge 24, recently set a world bench-press record for his age and weight class at a World Association of Benchers and Deadlifters competition in Portland.

Gibson, who weighs 165 pounds, hoisted 159.7 pounds. Gibson, by the way, is 85 and a cancer survivor.

Gibson worked his entire career as truck body repairman and was a member of the former Machinists Lodge 1431. He didn't take up weightlifting until after he retired in 1988. He and a buddy joined a local gym in Eugene for something to do. He began lifting competitively in 1993.

Gibson was diagnosed with prostate cancer in 1982. He had an operation to remove the cancer in 1995.

On March 13, 2010, at an event sanctioned by the World Association of Benchers and Deadlifters, Gibson



set two records on three successive lifts. In his first attempt, he pushed 145 pounds. He broke the record with his second lift of 154.5 pounds. He broke the record again with his third lift of 159.7 pounds (top photo).

His sons Gary and Rick were among those in attendance to give him a standing ovation. Gary (pictured with his father above) is a retired 30-year member of Plumbers and Fitters Local 290.

After the fete, the elder Gibson responded to reporters: "Well, how about that?!"

Pacific Northwest Labor History group will convene in Portland June 11-13

"The Union Makes Us Strong: Inspiration, Guidance, and Hope During Hard Times" is the theme of the 42nd annual Pacific Northwest Labor Association conference, June 11-13, at the downtown Portland campus of the University of Oregon, 70 NW Couch Street.

Laborer's Jack Roy elected to board

Jack Roy, a business agent for Laborers Local 296, has been elected recording secretary of the Irvington Covenant Community Development Corporation. Retired Inlandboatmen's Union member Bob Boyer was elected vice chair.

Irvington Covenant CDC is a community-based development corporation that provides pre-apprenticeship training, classroom, and hands-on opportunities that assist local residents in acquiring skills and trades experiences designed to lead to construction industry employment.

Partner companies include Hoffman Structures, Oregon Tradeswomen Inc, United Way of the Columbia-Willamette, and the Portland Development Commission.

The conference opens with a plenary session at 7 p.m., June 11. An awards banquet is slated for Saturday, June 12, at 6:30 p.m.

The keynote speaker Saturday morning is Kim Bob, executive director of Interfaith Worker Justice. Plenary sessions will include Margaret Hallock of the Wayne Morse Center for Law and Politics; Chuck Sheketoff of Oregon Center for Public Policy; Tom Chamberlain, president of the Oregon AFL-CIO; Rick Bender, president of the Washington State Labor Council; Oregon State Sen. Diane Rosenbaum,

among others.

Panels and workshops also are planned.

The conference is coordinated by the Labor Education and Research Center, University of Oregon; and is co-sponsored by the Northwest Oregon Labor Council, Oregon Historical Society, and the University of Oregon History Department.

Registration is \$65. Students, senior citizens and the unemployed can register for \$15.

For a complete conference schedule, log on to www3.telus.net/robbgibbs/PNLHA/annual.htm.

RE/MAX
equity group inc.
Grady Storms, BROKER

IT'S A BUYER'S MARKET
...with low interest rates and plenty of home inventories. Call me for your Real Estate needs.

© Grady Storms 2010 All Rights Reserved

Each Office Independently Owned and Operated

• Direct: (503) 784-8326
E-mail: gstorms@equitygroup.com

INDEPENDENT RETIREMENT LIVING

Westmoreland's Union Manor
6404 SE 23rd Ave.
Portland 97202
503•233•5671

Kirkland Union Manors
3530 SE 84th Ave.
Portland 97266
503•777•8101

Manors Make the Difference

- Studio and One-Bedroom Apartments
- Affordable Rent includes Utilities (EXCEPT PHONE AND CABLE)
- Planned Events, Clubs, and Activities
- Ideal Locations offer easy access to Bus Lines, Shopping, and Entertainment
- No Costly Buy-In or Application Fees
- Federal Rent Subsidies Available (MUST QUALIFY)



KIRKLAND UNION MANORS I, II, III
Opened in 1980, 1985 & 1995



LABOR LEADERS IN THE PORTLAND BUILDING TRADE MOVEMENT ORGANIZED THE UNION LABOR RETIREMENT ASSOCIATION IN 1962, WITH THE SOLE PURPOSE OF PROVIDING HOUSING FOR THE ELDERLY.

"We believe that everyone earns the right to retire, free from pressures of earlier years."



Kirkland Union Plaza 1414 Kauffman Ave. Vancouver 98660 360•694•4314	Marshall Union Manor 2020 NW Northrup Portland 97209 503•225•0677
--	---

WWW.THEUNIONMANORS.ORG
TDD 503•771•0912

Tired of Working in PAIN?

Most Insurance Plans Accepted!

PROUDLY SERVING
PORTLAND WORKERS
FOR OVER 29 YEARS

Beeson Chiropractic helps bring the relief you need!

- ♦ Treatment for pain due to overuse and repetitive motion
- ♦ Chiropractic adjustments
- ♦ Treatment for accident and sports-related injuries
- ♦ Rehabilitation exercises
- ♦ Therapeutic massage
- ♦ Internal diagnosis and treatment
- ♦ Lab tests and x-rays



Dr. Dan Beeson, Chiropractor
7215 SE Thirteenth Ave. in Sellwood

CALL 503-238-7025