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Senior Nutrition Menu

Week of 6/22-6/29
WEDNESDAY-6/22--Baked liver, tomato juice, creamed potatoes, canned peas, nut bread, peach rice pudding.
THURSDAY-6/23--Escalloped turkey with dressing, cabbage salad, buttered mixed vegetables, whole wheat bread, cherry pie.
FRIDAY-6/24--Macaroni and cheese casserole, carrot and raisin salad, brussel sprouts, rye bread, norwegian prune pudding.
MONDAY-6/27--Shepherd's pie with beef & mashed potatoes, tossed salad, stewed tomatoes, whole wheat bread, fruit cocktail.
TUESDAY-6/28--Meat loaf, hot german potato salad, buttered broccoli, peanut butter muffin, butterscotch pudding & whipped cream.
WEDNESDAY-6/29--Baked ham, citrus fruitcup, boiled potato with skins and butter, glazed carrots, dinner roll, ice cream.



Chamber Profile.....
Bob Gessner



"Bob Gessner's interest in radio and broadcastin began at the age of 16 when he was granted his Amateur radio license, W2NHL. A native of Jersey City, New Jersey, Bob is a graduate of Rutgers's University with a BS degree in Business Administration. During World War II he served in the United States Coast Guard as a radio operator and saw action in the Pacific theatre.

He first entered the public field of broadcasting as a radio announcer at WVOS in Liberty, New York and WBAI in New York City. Later he became general manager of station WNNJ in Newton, New Jersey. It was during this time that he was elected to the presidency of the New Jersey Broadcasting Association.

In the early 60's he built and founded WBNR in Newburgh, New York. In 1967 he sold WBNR and assumed a position as technical director with CBS in New York, a position he held for two years before becoming general manager of Foote, Cohen, & Belding Cablevision's Poughkeepsie, NY system.

In 1971 he moved his family to Oswego when he purchased WSGO from Clifford C. Harris Sr. In 1973, Bob Gessner started WSGO-FM, which is on 105.5 on the FM dial.

Bob Gessner feels that a broadcasting system should be a media for communication, not merely for entertainment. The blend of both of these facts make a successful station that really serves it's community. His continued endeavors in this area are evident with such WSGO programming as Open Mike, Voice of the Chamber, County Health Department, Board of Education and the Irish and Italian Hours. He feels WSGO is a "people" station...for people to relate to people and thus create better understanding within the area it serves.

Robert Gessner is a former director on the Board of the GREATER OSWEGO CHAMBER OF COMMERCE and chaired the college-community relations committee. He and his CHAMBER committee were very instrumental in securing the Centro Bus Service for Oswego.

He is a former board member of the Oswego YMCA and the Retail Merchants Division of the GREATER OSWEGO CHAMBER OF COMMERCE, and is a charter member of the Oswego County Press Club.

Bob feels that the unemployment picture in Oswego could definitely be improved and feels that a long range economic potential for Oswego and it's environs is definitely good. Oswego is not only a good place to do business, but is an excellent place in which to live and raise a family. We must concentrate in keeping our young people in the area. He felt that if the West Bank Project were realized in the near future it would be a tremendous asset to Oswego and is happy that the GREATER OSWEGO CHAMBER OF COMMERCE is playing such a major role in fostering the growth and expansion of Oswego.

Bob and Philomena Gessner's family includes three sons and a daughter. Bob Jr. is a medical student in Mexico City, Richard is a disc-jockey-salesman at WSGO, Bill is a student at Oswego High School and daughter, Susan a student at Minetto School. They reside on West Fifth Street Rd.

In his spare moments Bob and his family enjoy boating.

THE GREATER OSWEGO CHAMBER OF COMMERCE salute a leading citizen, ROBERT C. GESSNER.



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