



Swarthmore Rotary Cog Notes

P.O. Box 4, Swarthmore, PA 19081



August 4, 2022

Jennifer Jones
RI President 2022-23
David Houtz
District 7450 Governor

Swarthmore Rotary
Leaders

Heather Saunders
President
Greg Brown
President-Elect
Brian Casey
Club Executive Secretary
Patrick Gunnin
Treasurer
George C. Whitfield Jr.
Secretary
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Youth Services Chair
Perri Ann Evanson
Public Relations Chair
Carr Everbach
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David Firn
Service Projects Chair
Betty Ann A. Flynn
Club Director
William Clinton Hale
Past President
Sergeant-at-Arms
Anne C. Hansen
International Service Chair
Kathryn Jones
iPast President
Jeannine Osayande
Youth Services Chair
Hillard Pouncy
Club Programs Chair
Joshua Twersky
Club Director
Barbara Whitaker-Shimko
Rotary Foundation Chair
Kenneth J. Wright
Club Director
Cathleen Darrell
Attendance Secretary
Richard Shimko
Bulletin Editor
Karen Aleta Mazzarella
Assistant Governor

Meetings and Events

August 4th
[Swarthmore Weekly Club Meeting](#)
Speaker: Joint Meeting with Media's Rotary Club
Subject: Fellini's Cafe, Media (State Senator Tim Kearney)

August 18th
[Swarthmore Weekly Club Meeting](#)
Speaker: To Be Scheduled
Subject: To Be Determined

August 11th
[Swarthmore Weekly Club Meeting](#)
Speaker: Charles Hurst, DELCORA's Director of Engineering
Subject: The Delco Sewer Tunnel

Club News

Elizabeth Churché's Rotary Moment was about Japanese Rotarian Genshitsu Sen, the former grand master of "the way of tea". Mr. Sen, who had trained to be a kamikaze pilot, dedicated his life after World War 2 to rebuilding peace and harmony in the world. Elizabeth read the following quote:
"I have inherited the time of my comrades. They transferred their lives to me. For their sake, I must persevere, live well, and live long enough to fulfill my destiny".

Last Meeting Summary

What makes a good college basketball coach? Is it calling the right plays? Perhaps it is being able to recruit good players. Although coach Landry Kosinalski, the Swarthmore College men's basketball coach, would probably agree that these qualities are important, his talk focused on another skill that he seemed to think more important. That is the skill of developing an excellent team culture. To illustrate what he means by team culture, coach Kosinalski provided a few quotes he thought were apt. Even though his team was behind in the game, another coach said "we're good, stay connected". Another quote: "My job as coach is to make the team want our work to never end". Neither of these quotes mentioned winning. Before dismissing what the coach has to say as trite, we must agree that his record of success is undeniable. (see below).

As a couple of Rotarians commented, building a team culture is important to any organization, including Swarthmore Rotary.

So how does coach Kosinalski build a winning culture? Here are some of his statements that would be relevant to any organization. "Give the team members something that is bigger than themselves", (perhaps by establishing group goals). "Don't let teammates get sniped" (protect other club members).

Coach Kosinalski also advocated practicing positive psychology. The elements of positive psychology that could be applied in any organization are:

- Everyone sets a weekly goal. The goal could be something unrelated to the organization. An example the coach gave was for a student to do well on an upcoming test.
- Give a mascot doll to the individual who does something unusually good for the team. That person could keep the doll for a week.
- Have a team member give a motivating speech for one minute.
- Have every member of the organization compliment someone else at the end of each session.

Happy Dollars

pledge \$308

Rotary Celebrations!

Birthdays

No Birthdays Found

Wedding Anniversaries

Rudolf S. Amann
August 9th

Years of Service

No Years Of Service Found

Guests Last Meeting

No Guest

Rotarian Ken Wright commented "There are so many new members in our club, we need to build a new club culture. This could help".

Coach Kosinalski

Article about Coach Kosinalski from Wikipedia:

In May 2012, Kosmalski was named head basketball coach at [Swarthmore College](#). When he arrived, Kosmalski envisioned Swarthmore, which had not won a conference title since 1951, becoming one of the best Division III programs and sent letters to this effect to recruits. He inherited a 3–22 team, and he briefly benched the program's leading scorer after he arrived. In Koswalski's first season, the Garnet won seven games, eight games in his second and 11 games in his third. Before the 2015–16 season, Koswalski recruited Swarthmore's first All-American, Cam Wiley, and the program showed immediate improvement, winning 22 games. The Garnet finished second in their conference and broke an 18-year streak of losing records. He earned his first [Centennial Conference](#) Coach of the Year honors. The following year, they had 23 wins and won the conference championship, reaching the second round of its first NCAA tournament. They won 25 games and reached a regional final in 2017–18, finishing as one of the top defensive teams. In the 2018–19 season the Garnet reached the title game, where they lost to [Wisconsin–Oshkosh](#). After listening to a TED talk by [Shawn Achor](#), author of "The Happiness Advantage", Kosmalski decided to apply his principles of positivity leading to a more productive work environment. In the 2019–20 season, the team was ranked preseason No. 1 by d3hoops.com. Swarthmore began the season 26–0 before losing to eighth-ranked [Johns Hopkins](#) in the Centennial Conference championship game. The team's leading scorer and rebounder was Zac O'Dell, who published an article in the journal Environmental Science & Technology entitled "In Situ Quantification of Silver Nanoparticle Dissolution Kinetics in Simulated Sweat Using Linear Sweep Stripping Voltammetry. The team finished the season 28–1 after the remainder of the NCAA Tournament was cancelled due to the coronavirus pandemic. Kosmalski was named the NCAA Division III National Coach of the Year, which he called a "team honor".

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