

OUR LENS ON THE SOUTHERN AFRICA CHAPTERS



2020

Q3

INDEX



Durban University of
Technology

Nelson Mandela
University

NELSON MANDELA
UNIVERSITY



North-West University,
Mafikeng

North-West University,
Potchefstroom

NWU®



North-West University,
Vanderbijlpark



Rhodes University

University of Cape Town





University of
Johannesburg

University of
KwaZulu-Natal



University of
Pretoria

University of
Stellenbosch



University of the
Free State, Bloemfontein

University of the
Free State, Qwaqwa



University of the
Western Cape

University of the
Witwatersrand



Durban University of Technology

Project:

GOLDEN KEY DUT CHAPTER HOSTS MANDELA DAY PROGRAMME

Overview:

The Golden Key International Honour Society South Africa (GK SA) DUT Chapter held a Mandela Day Programme at the Sparks Estate Cheshire Home in Sydenham, Durban on the 18 July 2020.

“While the GK SA DUT Chapter would have loved to spend their 67 minutes in celebration of Nelson Mandela’s legacy at the Home, due to the restriction protocols in place because of Covid-19, they could only drop off the lunch and party goodies at the Home and not interact with any of the inhabitants of the Home,” said Ayanda Mthethwa, GK SA DUT Chapter Advisor.

Secretary of the Chapter, Nombulelo Ndlovu, reflected on the heritage left by Madiba and why it was their motivation: “Inspired by Madiba’s legacy of charity and social work to the most marginalised and vulnerable communities, the Chapter focused on children and youth in a disability home – Madiba always advocated for the welfare of children and youth.”

The GK SA DUT Chapter managed to mobilise support from both the DUT community and civil society who contributed towards ensuring the programme was a success.

“Once again the Chapter teamed up with Food for Life SA who provided lunch for the day. The Chapter places on record its thanks to DUT’s Student Counselling and Health Department for the support and sponsorship secured.

Collectively with donations, we managed to secure fruit baskets, party packs, cupcakes, sweet treat packs and delicious lunch,” remarked Avitha Dass, Treasurer of the DUT Chapter. She also said that the staff of the Sparks Estate Cheshire Home were pivotal in ensuring the Programme was a success.

Thobile Ndlazi, President of the DUT Chapter, expressed her gratitude to the GK SA DUT Chapter, donors, sponsors and well-wishes for their continuous support to the work of the Chapter, she added: “Well done to the Chapter on a very touching Mandela Programme and on keeping his passion for the advocacy of the welfare of children alive.”

“As an academic body, we remembered Madiba’s words, where he said that ‘Education is the most powerful weapon you can use to change the world,’ we coupled this with his teaching ‘It is in your hands to make a better world for all who live in it,’ as our inspiration,” concluded Vedhan Singh, Vice President of the Chapter.



Nelson Mandela University

Project:

SPILLING THE TEA

Overview:

Gender-based violence and rape culture remains a severe epidemic in South Africa amidst the CoVid-19 pandemic. Whilst the lockdown and regulations implemented by South African government aims to protect members of society from contracting the CoVid-19 virus, these regulations have had impacts not only on our everyday lifestyle and economy, but also on the issues of rape culture and gender-based violence in South Africa.

The GKIHS Nelson Mandela University Chapter hosted a webinar which explored and discussed how the Covid-19 pandemic influenced the issue of GBV in South Africa during the various levels of the National Lockdown.

This webinar was presented by Miss Vuyolwethu Ngcofe, a GBV case coordinator at Nelson Mandela University and Miss Azra Rajah, the president of GKIHS Nelson Mandela University Chapter.

The webinar critically interrogated how has the national lockdown, the implemented regulations during the various levels and the increase in unemployment in South Africa during the national lockdown, impacted the ongoing, severe issue of gender-based violence and rape culture in South Africa.

This event had an overall attendance of over 20 individuals.

Spilling the Tea

How does the CoVid-19 pandemic impact the gender-based violence epidemic in South Africa?

Presenter: Miss
Vuyolwethu Ngcofe,
GBV Case Co-ordinator
at Nelson Mandela
University

**15 August 2020
16h00
Microsoft Teams**

RSVP: Azra Rajah
s216686520@mandela.ac.za



North-West University, Mafikeng

Project:

COVID 19 RELIEF DONATION WITH AFM DIPORORO

Overview:

The Golden Key Mafikeng Chapter participated in the lockdown challenge as part of the community outreach activities that had to be executed by the different chapters in Sothern African team. This was the donation campaign that was aimed at:

1. Assisting the most vulnerable members of South Africa's society by attempting to ameliorate the impact the lockdown has had on them by donating strictly books and clothes;
2. Assisting students to join together in a common cause which would:
 - a) Assist the most vulnerable during this tumultuous period
 - b) Unites students, local communities and GK Chapters
 - c) Creates GK Awareness while dissolving the façade that we are an exclusionary society as this GK Lockdown Challenge would be open to all people (not only South Africans) and students (not only GK members)

The chapter took a stand to collaborate with one of the stakeholders call the Apostolic Faith Mission (AFM) which is an organization that one of its missions is to impact the society with the love of God in demonstration.

Site selection

The orphanage that was chosen is Legae Motheo shelter and welfare centre located in Seweding Village, Mafikeng. This orphanage takes care of mostly young kids and some teenagers as well.

Purpose

The purpose of this outreach was to; fulfil one of the golden key pillars which are service; contribute to the lives of the young children by responding to the current need; and most importantly open to the public and the community hoping to make a positive impact on the lives of children who are less fortunate.

Participants

Diphororo AFM church invited 6 youth members and the pastor who were assisting and representing the church and golden key had 4 attendees (3 executive members and one subcommittee). During the outreach the executive got to interact with the kids through singing and playing as well as providing helping hand in handing out snacks and most importantly clothes together with non-perishable items (toiletries).

The Impact

The impact that was made by Golden Key together with the AFM was exhilarating and was one of the precious moments to do well in the lives of others. Ken Robinson once said, 'What you do for yourself dies when you leave this world, what you do for others' lives on forever'. The project touched the lives of 18 children who were present at the time and 6 more who had visited their families.



North-West University, Potchefstroom

Project:

Wathint'Abafazi'Wathint' – You Strike the Woman, You Strike the Rock

Overview:

In light of Women's month ending, the tragedies that have plagued our country regarding the maltreatment of women and the sharp increase in GBV.

We at the Golden Key Potchefstroom chapter thought it needful to create awareness and extend an olive branch to Survivors who have suffered at the hands of their perpetrators letting them know that they are not alone and that we stand in solidarity with them.

The video above was captioned:

Wathint'Abafazi'Wathint' – You Strike the Woman, You Strike the Rock.

A phrase chanted loud and clear by our heroic Women marching for liberation, freedom, and equality.

Stand in solidarity with the voiceless, and put the perpetrators to shame.

Speaking out against GBV, should not be narrowed down to August (Women's Month).

The word should be wide Spread and have everyone know that that women have had enough and enough is enough

Nadia Ayob (President) had also done extensive research on safe havens and charity organizations that aid GBV victims and set out to irradiate GBV.

DISCLAIMER !!!
THESE VISUAL AIDS WERE RE-CREATED BY THE GOLDEN KEY
EXECUTIVE COMMITTEE IN ORDER TO EXPOSE AND PORTRAY THE
HARSH REALITIES OF GBV
THESE MERE RECREATIONS IS NOT INTENDED TO TAKE AWAY FROM
THE SEVERITY OF WHAT GBV VICTIMS SUFFER BUT RATHER TO
HIGHLIGHT IT



To view the video please
 click on the link:



<https://youtu.be/DM3osX44rZ4>

Here are a few authentic organizations in support of GBV Victims. Please visit their websites in order to pledge your allegiance and to well equip yourself on how to be of assistance to Victims of GBV

People Opposed to Woman Abuse (Powa)

Powa provides physical and telephonic counselling, shelter and legal assistance to women who have experienced violence.

Website: <http://www.powa.co.za> (link is external)
 Tel: 011 642 434

Tears Foundation

This Foundation offers counselling, and prevention education services for those impacted by domestic violence, sexual assault and child sexual abuse.

Website: <http://www.tears.co.za> (link is external)
 Free SMS helpline: *134*7355#
 Tel: 010 590 5920

The Trauma Centre

This center provides trauma counselling and violence prevention services for people affected by violence
 website:

[Http://www.trauma.org.za](http://www.trauma.org.za) (link is external)
 Tel: 021 465 7373

Thuthuzela Care Centers

These centers are facilities that have been introduced as part of South Africa's anti-rape strategy. The website also provides access to information on gender-based violence

Website: <http://www.soulcity.org.za/>

Please share these hotlines all over social media. This could very well be someone's saving grace

SAPS Emergency
 10111

Gender-Based Violence Command Centre
 0800 428 428

STOP Gender Violence Helpline
 0800 150 150
 Alternatively : *120*7867#



North-West University, Vanderbijlpark

Project:

Conversation with A Professional

Overview:

Conversations with a Professional was a two series event that came after the Golden Key Executives of the North West University VTC identified a gap and a need within the campus to get a list of professionals in all six faculties available to give students an inside scoop about the nitty-gritty of the professional world. Students often aspire to be in certain professions but have no clear idea as to what is required from them and what actually happens in these professions. The event was based on that mantra and aimed at achieving at bridging that gap. And, it is of absolute great pleasure to indicate that the objective was met with no objectivity, which was accompanied by complements and gratitude from both the speakers and all the personnel in attendance.

From the comments and applauds we received, we believe that the event was impactful, and attendees were informed about the major elements to look into relating to Economics, Law, Politics, Education, etc. Speakers further stretched it by talking about C.V writing, how one should conduct themselves, things to do, and look out for as we are approaching the 4th Industrial Revolution. We had a maximum of 80 people in attendance in which the majority of them from the Golden Key community.

Conversations with a Professional

1st Series Speakers

**KARABO
MASHILOANE**



DUNCAN NKOSI

Graduate in Public Management
and Governance.
Honors in Political Science
NWU Junior Lecturer
Former Golden Key President



Qualified Educator.
Graduate B.Ed Degree with a Cum
Laude.
Honors Student.
Former Academics and Primarius
of Thuthuka.
Member of the Golden Key.



**NONHLANHLA
MAZIBUKO**

Graduate in BA Pastoral
Psychology.
Honors in Theology.
Founder of NWU Divinity Student
Association.
Seeks to share true Gospel of
Christ.



THATO M BOWENI

Seventh Day Adventist Pastor.
Graduate in BA Theology
Honors in Theology
Finds passion in young people
and in educational
development.



Conversations with a Professional Second Series

Musawenkosi Zondo

Banker

Experience Agile
Design Thinking
Practitioner



Thembile Marosha

Risk Analyst at Absa
Group

Currently studying –
SAS



Florence Mphuthi

International Legal and
Regulatory trainee in
the
telecommunications
industry.

Family Law, Law of
Persons and Law
supplement instructor.

Keketso Malope

Web Application
Developer

Java Developer



Gift Mncube

Founder of Mncube
Attorneys.
MD Mncube Attorneys.



North-West University, Vanderbijlpark

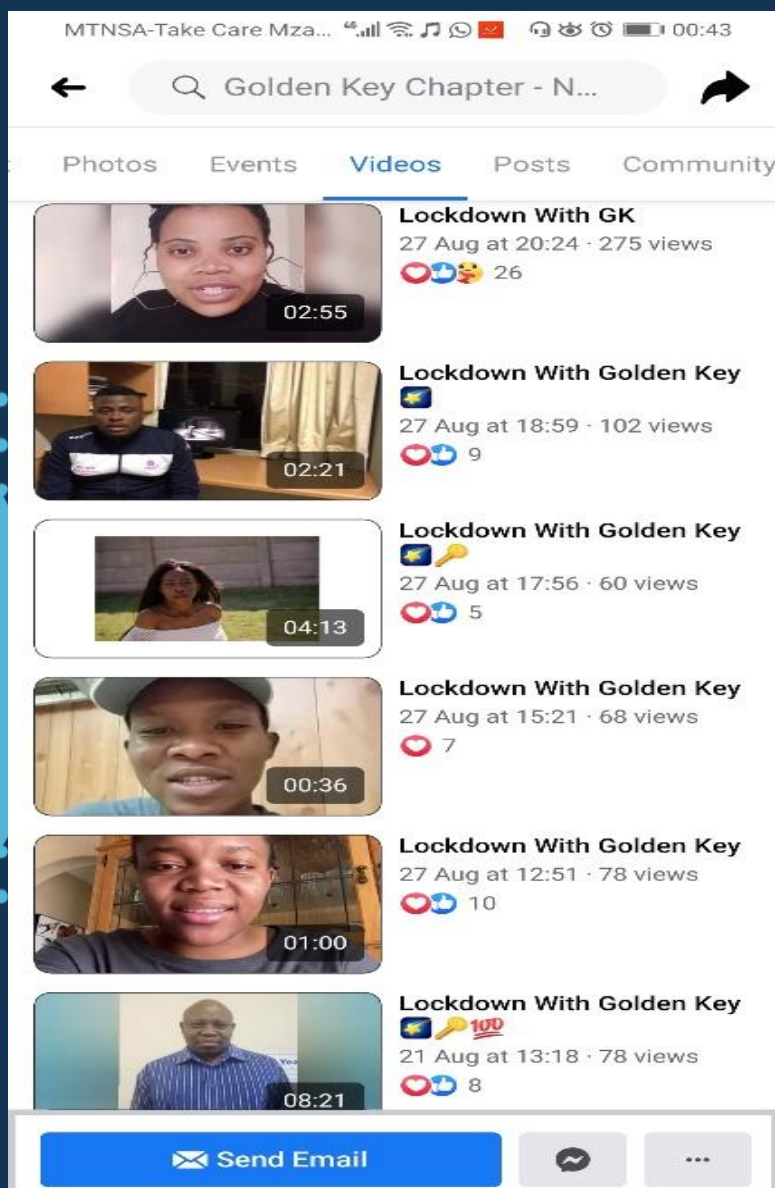
Project:

#LockdownwithGK

Overview:

Lockdown with GK was an event held with the purpose of giving a sentiment of hope that this pandemic shall pass, and we will return to our normal lives or to adapt into the new normal. Encouraging one another on how to step into this new change. Interacting and catch up on our new livelihood.

With over 243 views on all the videos posted on our social media pages gave us the impression that the end goal of igniting hope was met. The participation was exciting because even lecturers jumped on the wave by sharing their lockdown experience via a Zoom session.



To view the videos
please click on the
link:



[Golden Key Chapter - NWU Vaal
Facebook - Videos](#)

Rhodes University

Professional Networking

GK professional development provided students with the importance of networking and the benefits one could get in the workplace from using their networking skills. Members were provided with links dealing with how they can better their networking skills and the benefits of having such skills.

Exercising in connection with intelligence

To keep members upbeat during the nation-wide lockdown, they were given the benefits of exercising and how exercise can be used to stimulate one's brain. Members were given different ways in which they could use their time during lockdown to stimulate their brains and keep active.

Professional Development Interview Skills

Golden Key Rhodes University dealt with the importance of possessing interview skills and how these can be beneficial to their careers in the future. Due to the effects of covid-19, a professional development meeting discussing the importance of these skills could not be held. The members of GK were provided with YouTube links that contained videos dealing with interview skills and the benefits that come with possessing them.



Interview Skills

Begin the road to mastering the necessary skills for slaying interviews

Visit the link below to start your journey
<https://www.youtube.com/user/GKIH51977/playlists>

Vuyani Tutwane
Professional Development
Golden Key Rhodes University Chapter



RHODES GOLDEN KEY PRESENTS

GK LUNCH HOUR QUIZ

WHEN: FRIDAY 25 SEPTEMBER
FRIDAY 2 OCTOBER
FRIDAY 9 OCTOBER

ANSWERS TO BE SUBMITTED VIA INSTAGRAM AND FACEBOOK MESSAGES, BETWEEN 1200HRS AND 1300HRS

THE FIRST PERSON TO SEND ALL THE CORRECT ANSWERS WINS R50 😊



Rhodes University

Project:

Professional Networking

Overview:

Professional networking is a process by which you expand your knowledge and capability by leveraging relationships with other professionals. The key word is "relationships." Networking also provides a forum for your career advancement.

Think of networking simply as talking with people, getting to know them and letting them get to know you. Networking is all about building and maintaining professional relationships. If you're just starting out, build your network with people you already know well, such as family and friends. As you advance, you will continuously expand your networking circle through people you know and by meeting new people.

Why is Professional Networking Important?

You can become more proficient in your job and industry through your relationships with other professionals, with whom you can consult when you encounter a gap in your own knowledge. When you have a strong network, you'll also be in a better position to learn about new career opportunities. For many individuals that have succeeded in their career, the causes have largely been contributed to the strong networking channels they have created over time.

Here are some reasons why networking should be an essential aspect if you truly want to build your career.

An avenue to exchange ideas

You never can tell how much you know without listening to other people. Success in a career is largely attributed to the pool of information or ideas you have garnered over the past. When networks have been created, it fosters a trade of ideas to sustain long-term relationships and mutual trust. When you are receiving ideas, it helps both in your place of work and out, in addition to instilling best practices that soothe your career.

It makes you noticeable

Individuals that seek publicity either for business, politics or even fame leverage more on networking. People quickly notice others that have stronger capabilities to make them relevant. When you stand out in both your expertise and the services you offer, it creates room for partnership which in turn builds a career. Many professionals have been able to understand how to nurture their networking strength and create more visibility for different associates and clients in their career path.

Avenue for newer opportunities

When people start noticing you, it opens the door for newer opportunities. Business and career-minded individuals who have networked over time have been able to expand with minimal effort because of the avenue of newer opportunities opened to them through networking. Opportunities like meeting the right clients or even meeting people that are superior to your career path could be a steppingstone that could change your life for the better.

Improves your creative intellect

Aspirations and great innovations are most times form the external factors around where we find ourselves. The intellectual ability in different careers is significantly improved upon from contacts we have built with other persons over a period. Even a simple interaction with one person can transform a year-long research work and result in a breakthrough. Likeminded people that have been able to share ideas have strongly developed their intellect to foster growth in their career path and unleash the creative talent in them.

Support from high profiles individuals

Everybody has one way or the other passed through some hurdles in their career development. This can be as a result of the lack of materials available, or even the lack of financial aid. However, good networking with high profile individuals from the same career path can serve as support whenever there is any eventuality at any time. These high profile individuals can help you manage your challenges effectively by either giving you advice or linking you to the right financial support.

Growth in status

Developing your career status is a long-term process depending on how you focus on your networking path. Top career individuals that are where they are today is a result of the status they have grown in networking. The contacts you keep are largely attributed to your growth. They largely influence growth in your status and pave the way for better opportunities in your career. Your connections are powerful!

Growth in self-confidence

Networking is the key tool to growth in a resourceful career. Training and certification garnered from networking builds self-confidence and promotes self-esteem. The self-confidence that has been built over time can help put you on a positive spot whenever you interact with like minds in your career. This also gives you an opportunity to excel well during interview sessions for a job opportunity. So the more effectively you network, the more self-confidence you build over time.

Develop long-lasting relationships

If networking is a mutual relationship, then having a right networking channel can help build your career. Though networking might not be an easy and fast approach to building a long-lasting relationship. But making it a two-way process of giving and taking and can open the door for a firmer relationship. People that have made networking their sole priority have been able to build careers relevant to their set down goals.

How To Network Professionally?

You may envision making awkward small talk in a room full of strangers, but in reality, building a professional network doesn't have to be painful. In fact, you may already have a network you didn't know existed. Here's how to create and cultivate a professional network you can leverage now and throughout your career:

Prioritize Your Objectives

Determining your needs—for instance, job offers, sales leads or career mentorship and advice—will help you better target and prevent you from over-relying on whom and what you already know. Based on your top priorities, determine what type of person could best help you. It might be as broad as an industry or as focused as someone in a specific role or employed at a target company. Once you know whom you need to meet, you can be on the lookout for him or her.

Find Common Ground

Successful networking involves building authentic relationships. The easiest way to start a conversation is to start with a common topic of interest. Break the ice by finding something you've got in common: Avoid the most common icebreaker "what do you do?". It is the networking equivalent to "do you come here often" and can just as easily kill conversations as open them. Ask them about the event. Has their company been put up for an award? Are they the guest of a sponsor? Find out something you have in common. That will break the ice more easily than anything else.

Always follow up

Making friends, attending networking events, sending cold emails, buying coffees, etc. is only the beginning. If you make a good connection, you only keep it if you follow-up and stay in touch. This is perhaps the most difficult part of networking- maintenance. It's difficult to make connections, but it is very easy to lose them. Life becomes busy, and then all of a sudden it's been more than a year since you've shot a key connection a note. It's a very, very bad look to only give someone a ring when you need them. People will know, and won't help. So make it part of your routine to keep up with people. Remember birthdays, if people celebrate milestones such as a new job, a prestigious appointment, a wedding or the birth of a child or grandchild, shoot them a note, and a gift if you are close enough. If you read an article you think might interest them, send it over. Use those 15-minute moments in your day to connect with people you worked hard to meet; it will pay major dividends throughout your life and career.

Whether you are building a network from scratch or growing an existing one you can leverage throughout your career, don't stop at initial conversations. It takes time to cultivate relationships. When you find ways to authentically connect with people, time with them becomes a source of enjoyment, instead of a task. If you value your connections and make them a priority, there is no doubt that they will open doors and enrich your professional—and personal—life for years to come.

Start building your network from today

For more information about networking, please visit the networking playlist on the Golden Key YouTube channel by clicking on the link below and be sure to subscribe for more career development videos

https://www.youtube.com/watch?v=xFrqZjIDE44&list=PLk3nn4I-rMRJvMLWSqbDNiXqfOTw_apDO



Rhodes University

Project:

Exercising in connection with Intelligence

Overview:

If you think muscles are just for meatheads or gym rats think again! Did you know that just 30 minutes of exercise a day can make you a genius? Ok, you still might not become Einstein but you can get pretty close. Check out the 6 ways that working out can make you smarter:

1. Increases Energy

The more you move, the more energized you will feel. Regular physical activity improves your muscle strength and boosts your endurance, giving you the energy you need to think clearer and come up with new ideas. A good 15 minutes of moving around, even just around your living room, makes your body produce more energy on a cellular level.

2. Sharpens Focus

Dr. John Ratey, author of "Spark - The Revolutionary New Science of Exercise and the Brain" says that exercise improves your brain in the short term by raising your focus for two to three hours afterwards. If you have a presentation or speaking engagement try to work out beforehand; you'll be at your peak when you have to perform. In the long term, it can even help starve off brain aging and Alzheimer's. This works on the cellular level through neuroplasticity, the ability of the brain to improve itself with blood flow and levels of brain-derived protein. He calls it "miracle-gro" for the brain, and it all comes from regular exercise!

3. Boost your memory

The part of the brain that responds strongly to aerobic exercise is the hippocampus. Well-controlled experiments in children, adults and the elderly show that this brain structure grows as people get fitter. Since the hippocampus is at the core of the brain's learning and memory systems, this finding partly explains the memory-boosting effects of improved cardiovascular fitness.

As well as slowly improving your memory hardware, exercise can have a more immediate impact on memory formation. Some researchers showed that walking or cycling during, but not before, learning helped new foreign language vocabulary to stick. So it might also be a good thing to exercise while you revise. Don't push it too hard, though: vigorous workouts can raise your stress levels, which can scupper your memory circuits.

4. Enhances Mood

Exercise releases endorphins, also known as nature's mood elevator, which has been shown to improve memory. Exercise also releases serotonin, which improves mood and alleviates symptoms of depression, according to the Mayo Clinic. Researchers proved that depressed adults who exercised regularly improved as much as those treated with the antidepressant Zoloft!

5. Helps Impulse Control

Exercise helps trigger endorphins, which improve the prioritizing functions of the brain. After exercise, your ability to sort out priorities improves, allowing you to block out distractions and better concentrate on the task at hand.

6. Increases Productivity

Ever heard of "if you want something done, give it to a busy person?" It's a proven fact that productivity begets more productivity. When we're productive and efficient it propels us to succeed more. After exercising in the middle of the work day, workers are more likely to be kinder to their coworkers, increase their work performance and improve their time management. All these amount to a more productive day - all from a few minutes of exercise!

Start Exercising and Improve your Brain

Visit the links below for more information about this concept

<https://www.psychologytoday.com/za/blog/the-athletes-way/201312/can-physicalactivities-improve-fluid-intelligence>

<https://www.fastcompany.com/3025957/what-happens-to-our-brains-when-we-exerciseand-how-it-makes-us-happier>

<https://www.theguardian.com/education/2016/jun/18/how-physical-exercise-makes-yourbrain-work-better>

<https://www.psychologytoday.com/za/blog/the-athletes-way/201310/scientists-discover-why-exercise-makes-you-smarter>

University of Cape Town

Project:

Professional Development Webinar series

Overview:

The COVID-19 pandemic has created an extensive amount of panic amongst the youth regarding their professional development and handling their finances. GK UCT had organized a professional development Zoom webinar series. The Golden Key SA head office had assisted the UCT Chapter in using their Zoom platform. The collaboration ensured the event was available to all the Golden Key members. The committee had created posters; the posters advertised the events on various social media platforms. Furthermore, GKSA sent emails informing all the members to attend the event.

The dynamics:

The first webinar took place on the 20th of July called “Navigating your future career through COVID-19”. Hosted In collaboration with, Tracey Ashington, a career coach and is heavily involved in graduate recruitment in South Africa.

The talk had offered extensive knowledge to the participants on how to network and explore job opportunities during the COVID-19 pandemic and living in lockdown.

The link to watch the event via the Golden Key SA Youtube Channel:

<https://youtu.be/ZlzeB9Kelh4>



JOIN GOLDEN KEY UCT
AND CAREER COACH
TRACY ASHINGTON

**NAVIGATING YOUR
CAREER THROUGH
COVID-19**

DATE: 20 JULY 2020

LOCATION: GK SA WEBINAR
PLATFORM ON ZOOM

TIME: 17:00 TO 18:00

PRICE: FREE FOR ALL

SIGN UP DETAILS WILL BE SHARED SOON
CHECK YOUR EMAILS



Are you graduating soon?

YES

Are you concerned about how the job market will look for graduates because of COVID-19?

YES

Do you want to learn how you can stand out in the job market as a graduate, even during this uncertain time?

YES

Join our talk with *Career Consultant* and *Recruitment Expert*, Tracey Ashington, as she enlightens our GK members on which soft and hard skills are important for career development, especially for fresh graduates considering the labour market due to COVID-19.

The second webinar took place on the 27th of July called “The Entrepreneur series”. The event was hosted in collaboration with, Brandon Bate and Zander Matthee, the Founders of Merge and Connect.

The talk had offered tips and most importantly hope to all the aspiring entrepreneurs on how to make their business ideas a reality.



The link to watch the event via the Golden Key SA Youtube Channel:
<https://youtu.be/KLem9FxAyMA>

Entrepreneur Talk:

In collaboration with **Brandon Bate** and **Zander Matthee** – the founders of Merge



Are you a young or aspiring entrepreneur?

Do you have an amazing idea but are stuck with what to do next to develop your idea?

Have you ever heard of an app that connects entrepreneurs to investors or mentors?

ZANDER AND BRANDON WILL TALK TO OUR GK MEMBERS ABOUT THEIR APP THAT BRINGS ENTREPRENEURS AND INVESTORS TOGETHER, HOW IT CAN WORK FOR YOU AND ABOUT THEIR JOURNEY AS YOUNG ENTREPRENEURS

Join our talk with the young entrepreneurs and founders of Merge.



Zander Matthee



Brandon Bate

**DATE: JULY 27
WHERE: GK SA
WEBINAR
PLATFORM
TIME: 17:00-18:00**

ZOOM WEBINAR LINK WILL BE SENT TO GK MEMBERS EMAIL FROM GK SA



LET'S TALK ABOUT MONEY

BY: LANDIWE NTLOKWANA-FOUNDER AND MANAGING DIRECTOR OF GTT WEALTH

- Do you want to know how to have a better relationship with money especially during this time of crisis and uncertainty?
- Do you want to start investing but do not know where to go?
- Do you want to start saving your money but often think you do not have enough to save?worry about the safety and security of your money when saving?
- Do you worry about the safety and security of your money when saving?
- Do you want to help a friend or family member struggling to manage their finances but do not know how?

Get all these questions answered and more in our talk with Landiwe, as she helps our GK member understand how to manage, save, and invest your money so that it works for you.

**Date: 30th of July
Where: GK SA
webinar platform
Time: 17:00-18:00**

ZOOM WEBINAR LINK WILL BE SENT TO GK MEMBERS EMAILS FROM GK SA

The third webinar took place on the 30th of July called “Manage your finances and exploring your money options”. In collaboration with, Landiwe Ntlokwana, an Entrepreneur and Co-founder of GTT Wealth.

Landiwe had offered a wealth of tips to the participants regarding how to manage their finances. The webinar had left all the participants viewing their relationship with money differently. More importantly, having the right tools to make their financial goals attainable.



The link to watch the event via the Golden Key SA Youtube Channel:
https://youtu.be/2wwF_7nclrY



University of Johannesburg

Project:

Dedicated to the Professional Development of our members.

Overview:

Building a standout curriculum vitae is no easy task in today's competitive job market. It has been said that "the job market is not a physical place as much as a concept demonstrating the competition and interplay between global labour forces." Simply put, the current job market is competitive and interconnected internationally. Therefore, it is important for students to present their professional personas. With over 250 million active users monthly, LinkedIn is the perfect platform for this. However, LinkedIn is no average social media platform. A standout LinkedIn profile is like a standout *curriculum vitae* – it is no easy task.

This is why we collaborated with the **University of Johannesburg's Psycad department** to get in-depth advice on how to create an appealing LinkedIn profile. The session was led by our Professional Development Director, Mr. Kananelo Sikhakhane. The two speakers for the event, Ms. Nontutuzelo Ntlati of Webber Wentzel and Ms. Winnie Makhwanya of Psycad provide the students with the information necessary to create an impeccable LinkedIn profile.

The session took the form of a conversation starting off with an explanation of what LinkedIn is and how it differs from other social media platforms. This is when Ms. Makhwanya led a conversation on the importance of keeping your LinkedIn profile professional and 'clean'. This is because LinkedIn is structured similarly to a social media account, but it is not one. It is a business-oriented networking site that showcases one's expertise, credibility, recommendations, and interests for purposes of linking jobseekers with future employers.

Thereafter, Ms. Makhwanya shared tips and tricks to use LinkedIn to find industry professionals that can guide students on the entry points and intricacies of their chosen fields. Subsequently, Ms. Ntlati gave guidance on defining, creating, and promoting your personal brand. She explained that this entails carefully curating your profile to include aspects that align with your professional brand. Ms. Ntlati and Makhwanya were in unison in the importance of creating a unique brand and staying true to you through this brand.

The session was a success as we recorded an attendance of over 165. This is a signpost of the eagerness of students to become professionally astute individuals that are gems to their future employers and employees. This is more than possible to those members of Golden Key that stay true to the charge and *"Endeavour to maintain and promote high standards of academic achievement. Serve as leaders among your peers, as seekers of wisdom. The purpose of a university education is to enrich you as a person. More than the accumulation of facts, it is an integration of all your experiences in a determined learning process."*

USING LINKED-IN EFFECTIVELY

WITH GOLDEN KEY UJ



Nontutuzelo Ntlati
LLB(UJ)
Candidate Attorney
- Webber Wentzel



Winnie Makhwanya
Career Development
Practitioner
- Psycad_UJ

24 AUGUST 2020

12:00 - 13:30

ZOOM WEBINAR

WEBINAR ID 916 3457 7365





University of KwaZulu-Natal

Project:

LOCKDOWN POETRY CHALLENGE

Overview:

Golden Key UKZN Howard College Chapter recently hosted an online poetry competition which sought to give our invaluable members to pour out their emotions and thoughts about being on lockdown and about COVID-19 as a whole.

 UNIVERSITY OF KWAZULU-NATALTM
INYUVESI YAKWAZULU-NATALI 





**THE HOWARD
COLLEGE
CHAPTER
PRESENTS:**

**LOCKDOWN
POETRY
CHALLENGE**

**3 PRIZES TO BE
WON!!!**

TOPIC: YOUR LOCKDOWN EXPERIENCE
DEADLINE FOR SUBMISSIONS:
05 JULY 2020

Email entries to: Secretary.goldenkey@outlook.com

 Goldenkeyhowardc@gmail.com  [Goldenkey UKZN](#)  [Goldenkey_UKZN](#) 

Preface

With the whole country and parts of the world in lockdown, this has afforded me the opportunity to see myself in my most vulnerable state. I have realized that being vulnerable doesn't necessarily mean you are defenceless that sometimes it can also mean defensive. That you react to the smallest of things with the strongest aggression. I have been a little unstable over this time and I can understand, no preparation was put into the current state of living, But these are some of the things I have discovered about myself in relation to the current state of living.

A Thing BY Kwanele Nyembe

You are the voices of the dead telling to rid yourself of life
A tomb less ancestor
A lonely deity
A restless spirit coded in a tired man's flesh
You are turning and tossing inside yourself
You are dark waters hovering a desolate earth
An empty womb holding on to a broken promise.
You cradle your emptiness like it comforts your longing
You are words left to rot,
you hardly say what you mean
You hold your tongue like someone else's luggage
Like speaking is an act of service
You laugh like it's a gesture of good faith
You are everyone's comfort zone except your own
You have swallowed your pride so many times you have become immune to
yourself
You lick your wounds with a sharp tongue
You beat yourself up and call it self-love
You wear your mother's disappointment like a scarf, things to hang yourself with.
Your brothers anger like gloves,
you touch yourself and leave marks
they find his prints on your skin and they still call it self-harm
but still, you draw sympathy like it's a sword
To appeal to even what is human in monsters
You still fall short of being everything you claim you are
But above all and I truly mean above all.
You are a thing to be loved.



https://youtu.be/7HYFakUW_dM



Stay At Home and Limit the Spread by Mbuso S Tenza

Unexpectedly you came and put all nations on lockdown!

Lockdown! Oh yes Shutdown!

As prisoners at their cells, we are locked at our homes!

Coronavirus, they say is your other name.

We are monitored by all kinds of security system, from SAPS to SANDF.

At first we thought you were a joke!

We even made songs about you.

Our youth danced, while chanting your name.

In China we thought you are going to stay and be defeated.

News came that you have crossed the Chinese Boarder!

Still, we did not fear you in Africa!

News came that you are only meant for certain people of colour!

Oh! How we were wrong!

News came that you are only meant for people who travel!

Oh! How we were wrong!

Days went by, still we did not care.

You spread to Europe and America, but still we care less.

Till one of our own had met you!

Oh! What a worldwide panic!

All boarders are shutdown, all sports events are shut down!

Economies felt your strike most.

Our national leaders made it official,

It was time for the Nations' lockdown!

Schools and varsities were shut down!

Most industries were shut down,

We were call off from our workplaces.

At our homes we have to stay, not to travel without permits.

Still some of us did not care!

They continued to break the rules of lockdown,

The law had to take its course, while you kept on spreading,

From one to hundreds, from hundreds to thousands!



Doctors have spoken:
“Pay attention to symptoms:
From Headache to Nasal congestion,
From Running nose to Dry throat,
From Tiredness to Dry cough,
From Fever to Diarrhoea.
Kindly seek for help”
To prevent the spread does not hurt:
“From cleaning your hands often,
Cover your nose and mouth,
Avoid touching your eyes, nose and mouth,
And never forget to maintain a safe distance from the masses”.
Fellow South Africans and Africans at large,
As terrible as it sounds!
As boring as it feels!
As tiring as it is!
To stay at home, as prisoners at their cells!
It is for our own health and safety

LIVING IN LOCKDOWN by Tevin Chetty

Look around you, what do you see?
Open the door to a now
Closed world without a key
Keeping with regulations waiting for this virus to ends its prowl

Dumbfounded in the boundaries of our rooms
Or enlightened by a breathless walk on the street
We still feel trapped, praying for this pandemic to be over soon
Night and day for some of us has become a heart without a beat

So I discovered new talents I have within
Unsure of which ones to keep or throw in the bin
Controlling my mind has been like trying to calm the raging the sea
Kinetic energy with little control is all it's going to be
Sometimes I look back, and wonder if I'm still normal



Locked Down by Nolutando Makhoba

As we locked down as a country, we got locked into our own thoughts
Confronting what we would have easily dismissed, had we been going on with our busy lives.
You see, we are a generation of avoiding what's hurting for temporary pleasures,
which are fleeting.

Substance, we do not know.

Although, dwelling in your thoughts is something that isn't always good, I know,
isolation can be where self-awareness is built.

Where our true selves, by our own selves, are met.

Isolation doesn't have to always mean distressed or depressed,

However, in reality, because sometimes we don't place enough value on our mental health,
to most of us, isolation means oppression.

A friend of mine once said: "In reality, we all need therapy."

and it dawned on me that, bottled up emotions from unhealed hurts, mixed with unlearned
bad habits create both outward and inward riots.

You see, when issues are not addressed whilst at their most minimal arrival,
never be surprised when they become our everyday Goliaths.

With the injustices and inequalities going on, the David in us grows weary,
as the God in us gets grieved by how animal-like humanity has become

Where has our God-like image faded to?

Some things shouldn't be hidden, and the fact that we're on lockdown

doesn't mean that the battles we faced whilst active have also died down,

As in reality, they have only gained more momentum.

In every moment of isolation, I guess I don't only think about myself, but about what others
Might be going through.

Perhaps, my lockdown experience is heaven in comparison to what others have
Experienced.

I have thought of the ones in abusive homes, who had found refuge in the outdoors.

I have thought of the less fortunate, who as the weather conditions have changed, their living
conditions haven't.

I have thought of those battling mental illnesses, who have felt caged in their own minds,
Crying for relief.

I have thought of the breadwinners, who have lost their jobs.

Nobody saw this virus coming, but neither did they foresee the day they would cease to be
able to provide for their families.

However, as there are always two sides to a coin

Let's flip it

Heads.

I have found the reasons why I lied every time I said: "I'm fine."

I have battled the Goliaths, as the David inside me grew stronger.

I have learnt the importance of being kind to myself

Kinder...

Kinder...

Kinder...

Until, I can look at myself with the same admiration as I do when watching my favorite
movie.

And as we locked down as a country

Perhaps we realized how important we are to each other,

How material things cannot save you when death is lurking,

And just how important the very thing called Life is.



Jays of lockdown by Shazlynn Pillay

Often, I would wonder about the lives dogs led
To eat, sleep and laze around every day.
Once lockdown began, I felt the dread.
No wonder dogs run rather than stay.

Being home was fine for a while
More time to complete the assigned work
3 months later I slowly lose my smile
But keeping warm at home, the greatest perk.

Staying busy makes the days less dreary
I watch series, complete assignments and chores
All these things now make me weary
I pray people begin to find cures

I wake up late and get distracted quick
Adjusting to online learning has been rough
Feeling achieved by finishing work does the trick
Then I start to think the year won't be so tough.

Online shopping makes me glad
Unemployed but contributing to the economy still
Soon my bank balance might make me sad
But visits from the courier possess a certain thrill.

Living in sweat pants and tees
I rotate the same outfits every week
Someone tell me I'm not alone, please
I have no interest in looking chic.

Sometimes I miss eating fast food
And think back to all the times I underrated
That puts me in a nostalgic mood
Funny how I even miss things I once hated

Technology makes things pleasant, ever so slightly.
We can go nowhere and yet be wherever we choose
However, causing me to sleep later and later nightly
The trick is to enjoy the freedoms but not to abuse

Birthdays with loved ones, I've celebrated three.
You almost forget how different things are
Until the surprise comes from all, you would see
The excitement building when the destination is far

We have to find humour during this time.
That's why people cling to comedy for hope.
May others be amused by this rhyme.
Soon we may find easier ways to cope.

The Sun Still Shines by Azeeza Rawat

Tossing and turning, this bed like quicksand

Our whole world is sinking, it stands to my reason

I don't recognise these summers and winters; I don't want to look around

We all feel it rising to our necks, deeper and deeper from season to season

Yet if its any consolation

Dark overcome, every new morning offers us congratulations

I see it in the glistening bubbles that rainbow in my coffee

Catch that ray of light that sparkles the air, a slice of heaven in which to breathe and see

That we were created to survive -look- the sun still shines

Trapped in our little white boxes of endless familiarity

I haven't felt the salt in the sea breeze tickle my skin in some time

Then delve deeper inside instead of outside to hold on to your sanity

Close my eyes and try, I'll feel that sand underfoot and know all will be just fine

And if its any compensation to even a few

We never had time to enjoy the garden, but in this afternoon light we do

We write, we paint, we have our lives to decorate

But if we need time to just be, our souls to rejuvenate

That's okay, just look up -look at how our sun still shines

Mourning The Moments I Never Had. by Nomthandazo Mngadi

As bright as a the lights on set
Flashing in anticipation for a scene
My yearly goals were set,
in my mind my future was seen.
A shatter to the glasses of my light
A change of my scenery, the world's scenery
Without notice I was confined.

Locked up at home until the comfort was gone
Because home with crashed goals has no hope.
Mourning the moments I never had..
Because the dreams on my new years resolutions
Were declared by invalid by the enemy of touch.
Faces I wished to impress sobbing with confusion.
Statistics unforgivingly increasing with no mercy
And blinding the light of the future. My future.
Oh I can't see the light at the end of the tunnel,
my world has been turned to an unsolvable puzzle
and I can't even hustle my way out of this tunnel.

Instead, I sit in sorrow
Light the candle in grief of the defeated, life a horror.
As I distance myself from the freedom I am used to,
Wash the hands that should labour for my future,
Cover my mouth from speaking my dreams to reality
And each sunrise, erase a day from my calendar and
Mourn the moments I should have had.

University of Pretoria

Project: SERVICE PROJECTS

Overview:

From the 9th to the 31st of August 2020, we partnered with Hillsong to identify students that were in need of food packages as our way of alleviating the financial effects of COVID 19. 50 students were provided with food packages.

This is the beginning of a partnership between Hillsong and Golden Key UP therefore food packages will continue to be provided to students as per need.



Project: COMMUNITY WORK

Overview:

On the 30th of August 2020, we decided to celebrate Women's month with Lerato Home.

Lerato Home is a home for vulnerable females, so we donated 4 boxes of pads to them as a celebration for women's month.

Lerato Home is also one of the places that will receive our donations from the Lockdown challenge.



University of Stellenbosch

Project:

Financial Freedom Festival

Overview:

The three Western Cape Chapters (US, UCT and UWC) hosted a Financial Freedom Festival. During this event, our members were given the opportunity to interact with financial planners from PPS and GTT Wealth. Students were given answers to their queries surrounding future investment and wealth building opportunities.



A promotional poster for the Financial Freedom Festival. The poster has a dark background with a white border. At the top center is a yellow circular logo with a torch and the letters 'GK'. Below this, there are two portrait photos of speakers: Landiwe Ntlokwana on the left and Rudi Boucher on the right. Below the photos are their names. The main title 'FINANCIAL FREEDOM FESTIVAL' is in large, bold, yellow capital letters. Below the title, there are three lines of text indicating the dates and times: 'Wed 26 Aug 2020 17.00-18.30', 'Thur 27 Aug 2020 17.00-18.30', and 'Fri 28 Aug 2020 17.00- 19.00'. To the left of this text are two logos: 'pps FOR PROFESSIONALS SINCE 1941' and 'THEWEALTHROOM™ journey to greatness'. Below these logos is a purple box with the 'GTT WEALTH' logo. To the right of the purple box is the text 'PLATFORM: ZOOM'. At the bottom center is a white circular logo with a dollar sign. The background of the poster features abstract shapes and patterns, including a large yellow circle with a dotted pattern on the right and a blue circle with a dotted pattern on the left.




LANDIWE NTLOKWANA


RUDI BOUWER

**FINANCIAL FREEDOM
FESTIVAL**


pps
FOR PROFESSIONALS
SINCE 1941

Wed 26 Aug 2020 17.00-18.30
Thur 27 Aug 2020 17.00-18.30
Fri 28 Aug 2020 17.00- 19.00


THEWEALTHROOM™
journey to greatness

PLATFORM: ZOOM


GTT
WEALTH

GK CHAPTERS: SU, UCT, UWC



Project:
Move4Food

Overview:

We also had a Raffle ticket competition, aimed at supporting Move4Food. This is a initiative unique to Stellenbosch University. Its aim is to aid students who suffer from food insecurity on our campus.



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#Move4Food Raffle

ENSURING FOOD SECURITY FOR ALL STUDENTS

MAKE A DONATION OF ANY AMOUNT
AND STAND A CHANCE TO WIN
great prizes

18 AUGUST - 16 OCTOBER

Visit

<https://www.givengain.com/d/ap/17884#amount>
to donate

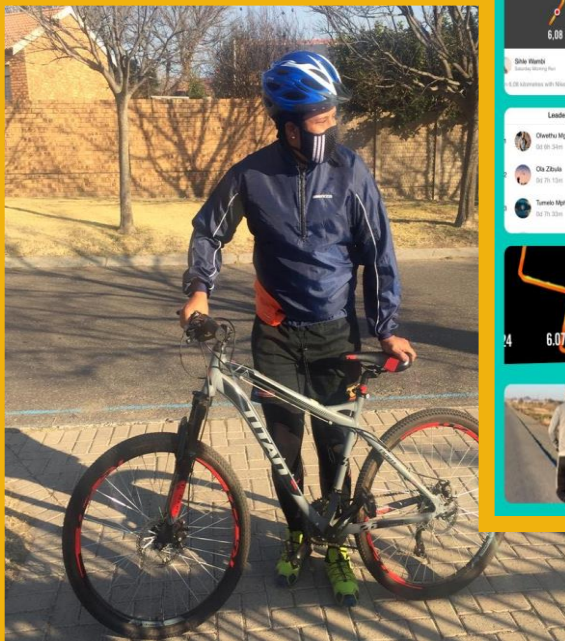
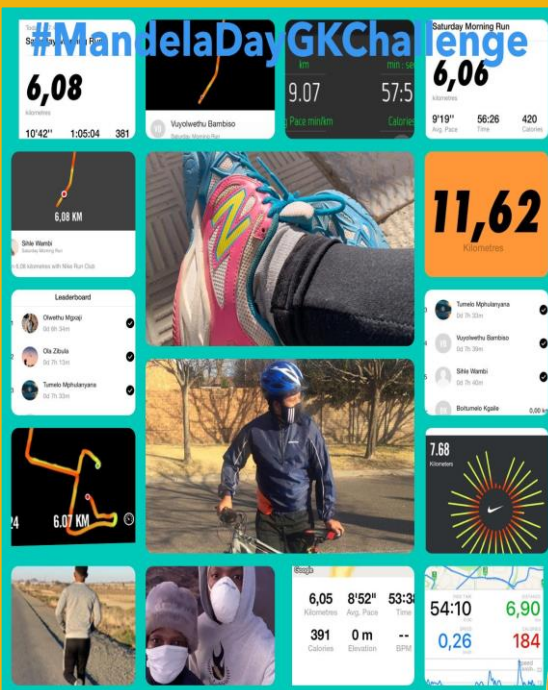
University of the Free State, Bloemfontein

Project:

Nelson Mandela Day -Running Challenge, Painting and Hygiene Products drive

Overview:

For Mandela Day this year, we had various events that we worked on. Despite the disruption of the worldwide pandemic, we managed to arrange these events in different towns. The first being the running challenge where GK members were challenged to run at least 6,7km or run for 67min in commemoration of the day. It was a voluntary marathon that members were asked to participate in and to challenge their own friends to do so as well and this took in various towns and cities across the country where participants reside. Secondly, we adopted and collaborated with a local Creche in Bloemfontein, where GK members helped on the day to paint the creche's fence. We saw this as an opportunity for the little children to have something to look forward to when schools open, bright colours always cheer children up and the purpose for the brightening the fences around the creche yard was solely for that. Lastly, we also collaborated with the 5 to Star Health NGO which recognises a community in need and works towards helping the community in getting those needs. We helped the organisation by donating to their hygiene products drive that took place in a small community of Sinksaburg, in the Western Cape. Inside the cylinder containers was included: a face mask, tissues, toothbrush, toothpaste, facecloth and a bar of soap.



University of the Free State, QwaQwa

Project:

HOW TO WRITE A CV

Overview:

As we live in a 4th industrial society, things have changed and lot of graduates are struggling with CV writing and finding jobs. As a chapter we decided to invite on of the colleagues from Student Affairs to give us tips on how to write a well updated structured CV.

HOW TO WRITE A CV

Creating a Curriculum Vitae that will open doors for you

▶ ▶▶ 🔊 0:02 / 14:56

📄 ⚙️ 🖥️ 📱 🗑️

To view the video
please click on the
link:



https://youtu.be/80g_iddTIXY



University of the Western Cape

Project:

Mandela Day Initiative

Overview:

2020 Mandela Day was nothing less than other years, a great initiative amidst COVID-19. That being said distancing and keeping safe were the key points in driving this social outreach and responsibility event.

The chapter settled on a facility called Heaven's Nest, a child care and recreation centre, located in Ottery. The institution was founded in 2004, and has since been serving as an emergency foster facility for orphaned children. The facility is a project that has been developed by the St Francis of Assisi Church in Strandfontein and the Fikilela Aids Project.

Generally the preparation for our Mandela Day projects would require months of hard work, in an effort to raise the resources needed to successfully execute our visions. This year was different, as all of the initiatives developed to accomplish the aforementioned were thwarted by the shutdown of the UWC campus and the implementation of a countrywide lockdown by the National Government. Be that as it may, our team was resolute in our quest to bring smiles to faces of our community's youth.

As a team, we each made vital contributions, in the form of various items that would help realize our vision for this year's Mandela Day project. This initiative was supported by Shireen Cairns cc, Ruby's Events & Catering, Mokone's Yarn Over in the form of UWC /GK branded face masks, hand sanitizers and a warm meals; and, crocheted scarves and beanies respectively.

While the social distancing constraints imposed by government meant no contact between our members and the children at Heaven's Nest, it certainly didn't dampen our enthusiasm or joy in being able assist this small, yet stellar facility. This event showcased GKIHS UWC's commitment towards uplifting our community, despite the challenge of having to overcome countless obstacles that were beyond our control. In the end, we hope that this event is remembered, not only by those that have contributed, but also by those whose lives we have touched.



"There can be no keener revelation of a society's soul than the way it treats its children"

-Nelson Mandela



University of the Witwatersrand

Project:

Thinker's Symposium on Cancel Culture

Overview:

The Thinker's Symposium was a panel discussion consisting of Sisanda Aluta Mbolekwa, Mpho Ndaba, Lwazilwaphesheya Khoza and Neo Mosala, moderated by Nozipho Tshabala. The aim of the Thinker's Symposium event is to form a youth think tank that focuses on creating a space and network for engagement in issues that affect the youth. In as much as the pandemic that we are in has limited the extent of this engagement, the Wits GK Chapter finds it necessary to still encourage these conversations and engagement online. The topic for this panel discussion was: Cancel culture; is it promoting accountability and self-awareness, and does it allow for growth and the betterment of people? And what does it really say about us as a human race? The event was a success and garnered a lot of engagement from attendees.

To view the video please
click on the link:



<https://www.facebook.com/1463768627271628/videos/682615375683825>



Golden Key Wits Chapter Thinker's Symposium

Join us for a panel discussion on:

Cancel Culture

Does it achieve accountability and what does it say
about us as a human race?

14 July 2020 | 16:30-18:00

**Watch on Facebook Live or email
goldenkeywitsuniversity@gmail.com
for zoom link**

Neo Mosala



Sisanda Aluta Mbolekwa



Nozipho Tshabalala (Moderator)



Lwazilwaphesheya Khoza



Mpho Ndaba



Golden Key Southern Africa wants to thank all the chapters for living the GKHS values of

INTEGRITY ● ENGAGEMENT ● RESPECT
INNOVATION ● COLLABORATION
EXCELLENCE ● DIVERSITY

in full filling our mission to enable our members to realize their potential through the advancement of academics, leadership and service even in the height of a pandemic.



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