

20
17

Vol.04
Issue 15

DON'T WORRY, JUST LAUGH

KATAKATA



African jokes unlimited

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

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Health



World Health
Organization

World Health Organisation

Knocks On
Kata Kata Village's
Door On The
**Breastfeeding
Week**

ISSN 2214-059X



9 772214 059006 >

8 HEALTH
BENEFITS of
TURMERIC

CARTOONS
OVER
10 PAGES
CARTOONS

kids

FIND OUT WHY
DOGS ARE MAN'S
BEST
FRIEND

BEAUTY
FOODS FASHION
DESTINATIONS
& TRAVEL
+ Interiors

Interior: LED LIGHTING – The Future Of Light
And Energy Savers

DESTINATIONS/TRAVEL: The Top
Destination Wedding Venues in Africa



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ABOUT KATA KATA CARTOON MAGAZINE

Kata Kata is an authentic African cartoon magazine with both online and printed versions. In a humorous way, Kata Kata tries to discuss and sensitize typical African / global socio-political issues, mainly through illustrations, animations etc. Furthermore, through its social network (Kata Kata Community), it tries to keep those cultural entities alive by stimulating personal interactions and exchange of ideas amongst the readers.

At the same time, Kata Kata equally offers a maxim that life is perhaps not all about seriousness. One needs some laughs and relaxation to face serious challenges in life.

The duality of Kata Kata is such that it tries to discuss serious issues, at the same time, it offers a therapy for the problems through laughter.

The quarterly printed edition of Kata Kata is widely available in the Netherlands and some countries in Europe. Equally, the digital version of Kata Kata can also be read online or subscribed to via Kata Kata website or Magzter, the world's largest digital newsstand with more than 20 million readers. See: <https://www.magzter.com/NL/Kata-Kata-Cartoon-Magazine/Kata-Kata-Cartoon-Magazine/Comics/> With our East African edition, our readers in East African countries can now enjoy our humorous Kata Kata Magazine. Likewise, the magazine can be read or borrowed from different libraries globally, including Stanford University Library, USA, Federal / Royal Library (Koninklijke Bibliotheek) Den Haag, (Netherlands), University of Leiden Library -African Studies (Netherlands), University of Iowa (Main Library), USA, Southern Africa Library, Basel, Switzerland etc.

Hurry now and get your copy or become a subscriber.

Please visit our website : www.katakata.org and relax yourself with our humorous cartoons.

Kata Kata can also be ordered online via Magzter:

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**Welcome on board Kata Kata.
Sit up and get ready for a long laugh.....**

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Contents

06 HEALTH: Health Benefits Of TUMERIC



KATA KATA APP
is now available on the
playstore.
DOWNLOAD IT FOR FREE

07 CARTOONS:
WORLD HEALTH
ORGANISATION
Knocks On Kata Kata
Village's Door On The
Breastfeeding Week

20 FASHION:
African Traditional Wedding
Attires



23 BEAUTY:
SKINCARE-
A Perfect
Reflection Of
Your Inner
Health

24 INTERIOR:
LED LIGHTING – The
Future Of Light And
Energy Saver



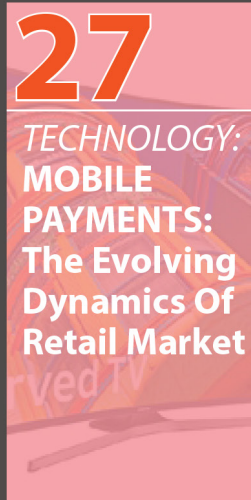
29 KIDS:
This Is Why Dogs Are
Man's Best Friend



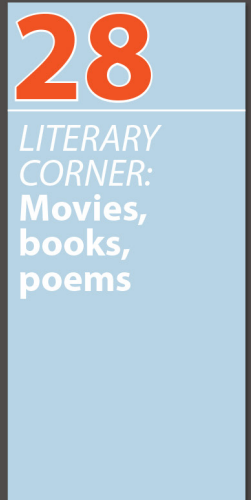
30 DESTINATIONS:
The Top Destination
Wedding Venues in
Africa



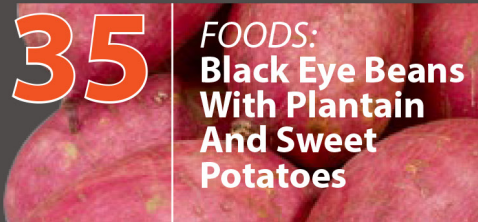
27 TECHNOLOGY:
MOBILE
PAYMENTS:
The Evolving
Dynamics Of
Retail Market



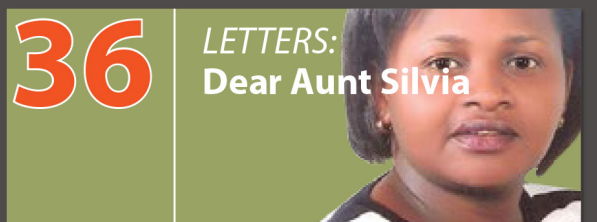
28 LITERARY
CORNER:
Movies,
books,
poems



35 FOODS:
Black Eye Beans
With Plantain
And Sweet
Potatoes



36 LETTERS:
Dear Aunt Silvia



I HEAR YOU

Aberewa hwe abofra ma offir se nna abofra so hwe aberewa ma nese tutu. **Afkan (Ghana, Ivory Coast)**

The old woman looks after the child to grow its teeth and the young one, in turn, looks after the old woman when she loses her teeth. **(English)**

Our lives are based on mutual solidarity and interdependence. The young ones rely on the elders for upbringing, knowledge and social experience, while the same elders need the attention and care of the young ones when they (elders) get old. Life is, therefore, a give and take process, which involves sharing and caring for one another. **(Meaning)**

TELL ME SOMETHING



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Publisher's note

Women can be a wonderful creature. From the nine-month tedious and indeed mysterious pregnancy to the painful act of giving birth, women are just a special breed of humans that demands our unconditional respect and appreciations. But the role of the woman in creativity does not end after giving birth. It, in fact, enters into another, yet important phase: breastfeeding.

Nature has made breastfeeding a very significant aspect of life. That is why the World Health Organisation recommends that a woman who has given birth to a baby, must continue breastfeeding the baby for up to 2 years. By so doing, the baby is, health wise, strongly prepared later in life, and the body well equipped with enough antibodies which help the baby fight against deadly illnesses such as diarrhoea and pneumonia, which kill infants worldwide. Breastfeeding is one of the most effective ways to ensure good health and survival of a child. The breast milk contains all the nutrients babies need for healthy development. Unlike infant formula, which usually does not contain the antibodies present in breast milk, breast milk is the healthiest milk for a baby.

But breastfeeding is not only good and important for the child. It has long-term health benefits for mothers as well. Apart from reducing the risks

of breast and ovarian cancer, as well as type II diabetes, and postpartum depression, it acts as a birth control (98% protection) for the mother, in the first six months after birth.

Are there long term effects of breastfeeding? Absolutely, yes! Different research works have consistently shown that adults who were breastfed as babies are less likely to be overweight or obese or have type-II diabetes as adults. Moreover, they score better on intelligence tests.

What more? The breast milk is readily available and free from nature. You probably understand why Kata Kata Village is doing all it can to promote the breastfeeding. After all, a healthy community is a productive society. Little wonder why the World Health Organisation is actively knocking on the door of Kata Kata Village to help create this important awareness.

Why not come on board and be part of this unique campaign? Come, join me and lets March to Kata Kata village.....

*Yours in Kata Kata,
Ogo Ubabukoh
Editor in Chief / Publisher*

WORLD HEALTH ORGANISATION KNOCKS ON KATA KATA VILLAGE'S DOOR ON THE BREASTFEEDING WEEK

IN THE KATA KATA VILLAGE SQUARE: AGAMA'S WIFE HAS REPORTED THE HUSBAND TO THE VILLAGE ASSEMBLY FOR SEXUAL HARASSMENT. THE VILLAGE WANTS TO SETTLE THE QUARREL. COINCIDENTALLY, PICCOLO, THE KATA KATA VILLAGE'S REPRESENTATIVE AT THE WHO'S ORGANISED BREASTFEEDING COURSE HAS JUST RETURNED TO BRIEF THE VILLAGE ON THE COURSE

