



KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE



+ HEALTH

CHILL OUT:

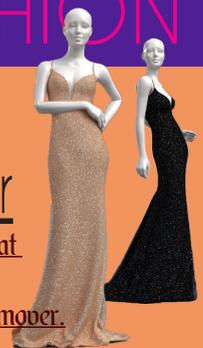
Holistic Ways to Reduce Stress

**OVER
10** PAGES
CARTOON

FASHION

Fashion Designer

The busy life of that creative, skilful, visionary cultural mover.



BEAUTY



BEAUTY HAS NO BORDERS

kid SATISFY
YOUR KID'S SNACK CRAVING THE HEALTHY WAY

ISSN 2214-059X



Foods

Food Festivals: An Unforgettable Culinary Journey and Experience

INTERIOR

Interior Design: Balancing the Millennials, Gen X, and Boomers Demands.

TECU

Emerging Cybersecurity Trends And How To Respond To them

TRAVEL

Escape to Paradise: Discovering the Seychelles Islands.

Kata Kata is an authentic African cartoon magazine with both online and printed versions. Humorously, Kata Kata tries to discuss and sensitize typical African / global socio-political issues using cartoons. At the same time, it 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, on the one hand, discusses serious issues and at the same time, it offers therapy for the problems through laughter.

In an educational, informative and yet humorous way, Kata Kata creates awareness of social problems through the dissemination of information and finds solutions to them. This important information can be sent across in many major languages (English, French, Spanish, Portuguese) as well as / or different African languages, to reach the grass-root audiences.

The quarterly printed edition of Kata Kata is widely available in the Netherlands and some European countries. Equally, the magazine can be read or borrowed from different libraries globally, including the prestigious Stanford University Library, USA, Federal Library Den Haag, (the Netherlands), University of Leiden Library -African Studies (Netherlands), University of Iowa (Main Library), USA, Southern Africa Library, Basel, Switzerland etc.

Likewise, 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/KataKata-CartoonMagazine/Kata-Kata-CartoonMagazine/Comics/>

We have expanded to Africa. With our offices in African countries, our humorous magazine is now available to our African readers, especially in various big hotels. We collaborate with a lot of credible international organizations, including the World Bank, the International criminal court (ICC), the CARE International, United Nations Population Fund, Ministries of gender etc.

Don't be left out. Hurry now and get your copy or become a subscriber.

Please visit our website: www.katakata.org

Welcome on board Kata Kata. Relax with our humorous cartoon magazine and get ready for a long laugh aimed at attitudinal and social changes.

Get on board with kata kata through the following platforms:



Online

Cartoons, celebrity, gossip, sports, politics, fashion...
www.katakata.org



Facebook

Join the already many fans who like us on facebook
web.facebook.com/katakata.98



Twitter

Follow us on Twitter and stay up to date
twitter.com/Katakatacartoon



LinkedIn

Connect with us on linkedin
rs.linkedin.com/in/ogoubabukoh



Youtube

Subscribe to our channel to watch our cartoons
www.youtube.com

Kata Kata Team

Editor-in-chief / Publisher
Ogo Ubabukoh

Art/Graphics Producer-in-chief
Deogratius Okudi

Content Manager
Perminus Ngugi Kiiria

Editorial Advisory Board
Dr Pieterneel Drijvers, Eng. Dan Olupot,
Dr Beate Ubabukoh

Editorial Researcher
Andrea Shaffner

Legal Consultants
Riek Mollema - de Jong (The Netherlands)
Geoffrey ntambirweki kandebe (Uganda)
Vivian Iro - Uchime (The Netherlands)
Ebele Topman (Nigeria)
Lyka Mtambo (Malawi)
Alice Keshubi (Uganda)

Marketing
Romolo Pusceddu - Consultant (International Business Development)
Silvia Rugina - Marketing Consultant (Africa)
Peter Karanja Njonge(Kenya)

Contributors:
Samuel Ouma
Liam Katabira
Robin Ubabukoh
Tedman Oscar
Tumwire Edward
Lara Ubabukoh

Uganda office
Lydia Gift Namuswa - Country Manager

Malawi office
Diana Namasani - Country Manager

Kenya office
Perminus Kiiria - Country Manager

Nigeria office
Ifeoma Okocha - Country Manager
Ambassador (Africa)
Liam Katabira

KATA KATA CARTOON MAGAZINE
Venloweg 34
1324 DL Almere, The Netherlands
+31 (0) 36 52 98 411 +31 (0) 61 98 69 357
+31 (0) 61 38 46 788
info@katakata.org
www.katakata.org

MALAWI
Kampala Building
3rd Floor, Room No.10, Area 2,
Lilongwe, Malawi
+265 881 339 881, +265 993 673 801
malawi-office@katakata.org
KENYA
kenya office@katakata.org

UGANDA
Arches Building, Kisaasi,
%00 Metres Off Kisaasi Roundabout
On Northern Bypass,
Office No. 2 Second Floor,
918/938 Block No. 214
+256 706 751 311 +256 783 868 242
Uganda-office@katakata.org

© 2024, KATA KATA AFRICAN CARTOONS ALL RIGHTS RESERVED.

This cartoon magazine contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this magazine may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the author / publisher.



CONTENTS

05

HEALTH:
Chill Out:
Holistic Ways to
Reduce Stress

BEAUTY:
Beauty Has No
Borders:
International Beauty
Rituals

34

KIDS:
Satisfy Your Kid's
Snack Cravings
the Healthy Way

08

CARTOON:
World Autism
Awareness and
Acceptance Day in
Kata Kata Village.

26



37

TRAVEL:
Escape to
Paradise:
Discovering
the Seychelles
Islands.

13

FASHION:
Fashion
Designer: The
busy life of
that creative,
skilful, visionary
cultural mover.

TECHNOLOGY:
Emerging
Cybersecurity Trends
And How To Respond
To them

30



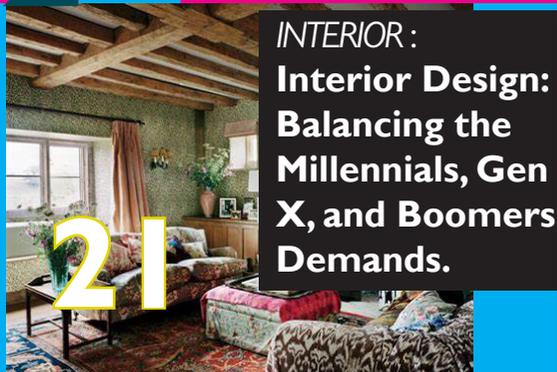
40

FOOD:
Food Festivals:
An Unforgettable
Culinary Journey
and Experience



21

INTERIOR:
Interior Design:
Balancing the
Millennials, Gen
X, and Boomers
Demands.



33

LITERARY CORNER:
Movies, Poems &
Books



43

LETTER:
Aunt Sylvia



I HEAR YOU

“Like ants, eat little and carry the rest back to your home.”
– Bembe (*Democratic Republic of the Congo – DRC, Tanzania*)
Proverb
Wabiute, walya watundila uenyu. (*Bembe*)

Kama sifafu, kula sehemu ndogo na peleka nyingine nyumbani. (*Swahili*)

Comme les fourmis, mange peu et amène le reste à la maison. (*French*)

Like ants, eat little and carry the rest back to your home. (*English*)

Be wise and save for the future; don't forget your home or root. (*Meaning*)

TELL ME SOMETHING

TELL ME SOMETHING!

Nigeria: Released 137 kidnapped school children undergoing psychosocial counselling. - News



Medicine after death. Better Strong security presence in the country than 'psychosocial counselling,' after kidnapping.

SUBSCRIPTION:

Subscription to the printed version is possible via the website (www.katakata.org) or E-mail (info@katakata.org) ALTERNATIVELY, you may fill in the form below and send to us:

Name:

Address:

Telephone Number:

Duration of Subscription: 1 year 2 year

Till further notice

Subscription rates per year (4 editions including postage):

THE NETHERLANDS: €45, EUROPE: €55,
USA/AMERICA: €52 AFRICA: €75, ASIA: €75

Send your form to: info@katakata.org

OR by post :

KATA KATA Cartoon Magazine

Venloweg 34

1324 DL Almere, The Netherlands

+31 (0) 36 52 98 411 +31 (0) 61 98 69 357

+31 (0) 61 38 46 788

PAYMENT:

Account Nr: 453100619

IBAN: NL02ABNA0453100619

BIC: ABNANL2A

PLACE: Almere, The Netherlands



Publisher's note: World Autism Awareness and Acceptance Day.

While we celebrate World Autism Awareness and Acceptance Day globally, everyone must disseminate the illness and difficulties autistic patients face in society.

Formally known as an autism spectrum disorder (ASD) or autism spectrum condition (ASC), autism is a neurodevelopmental disorder marked by a degree of confined and repetitive behavioural patterns as well as deficiencies in reciprocal social communication. Those behavioural patterns can manifest in difficulties with social interaction and verbal and nonverbal communication, along with perseverative interests, stereotypic body movements, rigid routines, and hyper- or hypo-reactivity to sensory input.

Clinically, autism is regarded as a spectrum disorder, meaning it can manifest differently in each person; it shows different signs in different people. For example, some autistic people have nonspeaking symptoms, while others have proficient spoken language signs.

Traditionally, Psychiatry has generally classified autism as a mental disorder. However, the Autism Rights Movement and many other researchers see autistic victims as part of neurodiversity, the inherent variety of human thought and experience, with its advantages, disadvantages, and variations. Although the Autism Rights Movement and numerous researchers believe that autistic individuals often have some disability, unlike Psychiatrists, they think that the disability may not be traced to the person but sometimes to the systemic structures of society.

According to research, autism is mainly genetic. However, many genes are involved, and environmental factors equally play a significant role. Although the

sickness has both environmental and genetic origins, genetic factors play a significant role. That said, the syndrome frequently co-manifest with other conditions, such as epilepsy and attention deficit hyperactivity disorder. It is a neurodevelopmental disorder characterised by executive dysfunction with symptoms like hyperactivity, impulsivity, emotional dysregulation, inattention, etc.

Children with autism can benefit from early intervention and support based on applied behaviour analysis (ABA) to develop language, social, and self-care skills; however, independent living is unlikely in several circumstances.

While some in the Autism Rights Movement view ABA therapy as unethical and ineffective, other forms of occupational and speech therapy, as well as augmentative and alternative forms of communication, are successful complementary therapies. Pharmacological interventions may be helpful.

Despite various help available to autistic victims, the best help we can offer them is a sense of acceptance and belonging. They are part of the larger society, and we must create an environment conducive to this feeling. Kata Kata Village is taking the lead in this noble direction. Join us as we celebrate World Autism Awareness and Acceptance Day in Kata Kata Village.

Yours in Kata Kata,

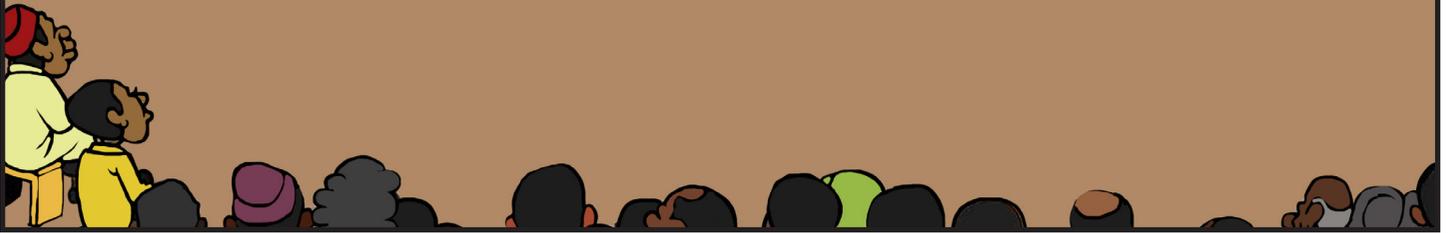
Ogo Ubabukoh
Publisher

UNDERSTANDING AND ACCEPTING AUTISTIC PEOPLE

World Autism Awareness and Acceptance Day in Kata Kata Village.



ORDER!! MY PEOPLE, YOU KNOW WHY WE COME HERE. WE PROMISE UNITED NATIONMENT DAT...



UNITED NATION, NOT NATIONMENT!



PICCOLO, YOU WAN' START DIS MORNING WITH YOUR INSULTMENT.....



AGAIN, INSULT! NOT INSULTMENT!!



MY NAME IS AGAMA; I MEAN, AGAMAMENT.....



HAHAHA. GOOD ONE, DUDE.



ptance Day in Kata Village.

WHY YOU INSULT CHIEF? RICE EN FOOD ARE DE SAME. LIKE INSULT EN INSULTMENT.

