



# SAFE LIFE UGANDA (SLU)



## "LIGHT AT THE CORNER"

### OUCHA IN HOT BRIEFS

- 1968** Born to a Police Officer, Patrick Donald Ngarombo (RIP) and Lucy Opira in Nebbi District, Uganda
  - 1979** Abok Village Primary School
  - 1984** Kololo High School, Kampala
  - 1986** Kitante Hill School, Kampala
  - 1988** The American College in London (ACL - UK)
  - 1992** Skillsline International-London (UK)
  - 1994** Launching of the Anti- AIDS poetic campaigns in Uganda. Countrywide journey starts, covering over 2500 schools with original composition and collection of 11 Anti - AIDS poems under the theme 'Heart of the Nile Dove' designed specifically to educate the youth on the dangers of HIV/AIDS.
  - 1999** Served a local daily news paper and a regional radio station.
  - 2000** Courageously witnessed and covered the bloody civil war between the Hema and Lendu tribes of Ituri Province in the Democratic Republic of Congo under the protection of the Uganda Peoples Defence Forces (UPDF).
  - 2003** Tested the Anti- HIV/AIDS Anthem in Uganda
  - 2004** Founder and the Executive Director, Safe Life Uganda formerly based at the Ministry of Gender, Labour and Social Development. He chanced meeting the President of the Republic of Uganda, H.E. Yoweri Kaguta Museveni in the same year.
  - 2005** Gazetted the Anti- HIV/AIDS Anthem in the Uganda Gazette of 18<sup>th</sup> March.
  - 2007** Founder and Managing Director, Seven Eleven Property Company Limited based at Upper Naguru, Kampala.
  - 2010** Instructs and starts publishing the Anti-AIDS Anthem for global circulation and consumption
- Donald also registered a wealth of experience serving as a Junior Manager at Essex Property Company, London (UK), an opportunity that enabled him to interact with international companies world-wide, among others.

# OUCHA CALLS UPON FOREIGN NGOS TO ACTIVELY SUPPORT UGANDAN INNOVATIONS



### SLICE OF LIFE

- Lost Dad at age 2
- Brought up by the grandmother, Veronica Nyacheng (RIP) who died in 1985
- Rose from a tiny Ugandan village (Panyimur) to World Cities
- Managed childhood poverty and opportunities
- Blessed with 2 children, girl and boy
- Suffered an Anti AIDS Campaign fatigue



**Face of Ugandan Genius:**  
Above, Patrick Donald Oucha, HIV/AIDS activist cum author HIV/AIDS Anthem.  
(Photo courtesy of Safe Life)

## LONDON BASED MEDIA ACADEMIC / JOURNALIST COMMENDS SAFE LIFE UGANDA

Please shift to page 2

Please shift to page 3

**OUCHA, A Life made up of unique but positive challenges**

**Anthem Gazetted in:  
THE UGANDA GAZETTE**  
Ref: XCVIII, No. 15  
of March 18, 2005

## "AN EQUAL OPPORTUNITY INTERACTION"

# WENIPS

West Nile Private Sector Development Promotion Centre Ltd.

Promoting the Private Sector for Sustainable Development  
Website: [www.wenips.org](http://www.wenips.org)



PLEASE, KNOW YOUR HIV/AIDS STATUS TO MANAGE LIFE BETTER.

# "ACTION FROM THE NGO WORLD"

From page 1

By Safe Life Team  
In Uganda

The re-known Ugandan Anti HIV/AIDS activist / good health campaigner cum author of the Anti HIV/AIDS Anthem, Patrick Donald Oucha, has called upon sections of health related foreign NGOs to actively support Ugandan innovations instead of exploiting young talents in the name of voluntarism.

Briefing a team of Safe Life researchers at his Upper Naguru office, August 10<sup>th</sup>, Oucha disclosed that most foreign NGOs have 'blind eyes' that do not identify the right innovations for the communities and some of those who have eyes to see are also in most cases biased.

"We must understand that a Ugandan mind understands best the geography and circumstances surrounding people and it is the same mind that can be very innovative in coming up with initiatives that have solutions to community questions / issues. So it is this same mind that should be supported by the foreign actors who are instead broadly blessed with financial resources" Oucha explains

Adding that

"Most of these foreign NGOs you see are using local innovations without promoting the initiators of such innovations in the process frustrating Ugandan productive minds, a situation that has future negative impact on individual creativity and community development in general."

Putting slightly an unusual face, Oucha stunned a very attentive team when he



### God has sent me to you:

Oucha demonstrates how some Godly people lure girls into satanic games. Remember, even a thief prays for success so does a rapist (Photo courtesy of Angal S.S)

disclosed that one of the foreign NGOs was involved in illegally hawking his gazetted HIV/AIDS Anthem across Africa, a move that was calmed by the interventions of Ugandan legal experts.

"Some of the NGOs are very funny and good at lifting innovations from Uganda with intention of transplanting the same for their own selfish gains" Oucha observes.

On voluntarism, our poet analytically briefed the team that some Ugandan talented young people volunteer to go on televisions in the name of disseminating information for organisations and get no reward at all; a situation that has since ceased being practical in Europe and some other continents around the globe.

"If some foreign NGO workers in Uganda reside in accommodation or houses of not less than \$3000 per month and are paid huge allowances for simple work performed, why should our people volunteer to only be given a bottle of mineral water or lunch which is less than a dollar? They must be paid the little they deserve." Oucha explains.

Moving towards the end of this interaction, Oucha warns that be it NGO or not, business is the underlying factor and parties involved must not lose one to another in whatever form. He advised NGOs to include the so called volunteers on their pay roll especially those on pensions.

Earlier in the month, Oucha sensitised thousands of West Nile students on the dangers of HIV/AIDS and how to keep Safe for a Life time. He enjoys support and good relations with the Government that stretch over decades. His core campaigns against HIV/AIDS were preliminarily supported by over 3000 schools and school head teachers in Uganda creating a big following for his Anti-AIDS programmes in Uganda and beyond.

**Please watch this space**

## SPECIAL NOTICE

We do acknowledge calls from sections of the public for re-run of some of our articles. However, due to limited space, we are unable to respond as per requests but promise to feature them occasionally in future. Thank you for being part of the readership.

Safe Life Uganda



### Attentive:

Hundreds of Angal S.S students in Nebbi gather to meet Oucha for poetic Anti AIDS messages which they will later disseminate in the neighbouring communities of Parombo and Erusi (Photo courtesy of Angal S.S)

# "A PUSH FROM THE BUSINESS CORNER"

## PROSTITUTES

Are like seasonal birds  
they fly from one city  
to another in search of  
favourable climates

Most of them are affected  
by the wind, they hardly  
return to mother  
trees and die  
in no man's land

They die praying  
they die unhappy  
they die hoping  
they die in tears.....

Those who succeed in  
the return journey  
accept all climatic  
conditions offered within  
the trees and they  
live longer.

**NEXT:** Please read about widows /  
widowers and orphans. Who they are and  
what makes them survive a little longer

PROSTITUTES is an extract from 'HEART OF THE NILE DOVE - 1994'



\$ 700 per month

- Flats - 6 spacious units, 3 bedrooms per unit.
- Fully tiled, good road access, stable power / water supply.
- Modern facilities and fittings, adequate parking yard.
- Can serve as residential or office premises.
- \$ 700 per month for each unit payable 6 or 12 months upfront
- Work in progress.
- Requires an Organisation or Company to rent as a block.
- Location: **Nsambya**, five minutes walk from the American Embassy.

**Please contact**

Seven Eleven PCL, Upper Naguru  
on:

**0312 111499 / 0782 022460 /  
0754 022460**

## "ANGAL HOSPITAL BOSS RAPES SICKLE CELL PATIENT"

**A** young lady in Nebbi District Ms Ochida Irene is officially alleging that she was on the 15<sup>th</sup> day of November, 2009 at 18:00 hrs raped at Angal Hospital, Nebbi by the Laboratory Manager one Chekerom Lawrence, a situation that has resulted into unplanned birth of a healthy child, Giramia Jovia.

"I am a sickle cell patient receiving routine treatment at Angal Referral hospital in Padyere County, Nebbi District. It was on the 15<sup>th</sup> day of November, 2009 that Lawrence Chekerom raped me within a three (3) room laboratory. I made an alarm but he squeezed my mouth and I could not shout any further. He made love to me forcefully and here is the child" says Ochida with tears rolling down her face.

Adding that,

"Apart from denying the rape case, Lawrence has neglected the child and swore never to give a helping hand."

A source, however, speaking on condition of anonymity quotes Lawrence as having said thus;

"This young lady (Ochida) approached me to help terminate pregnancy but I told her it could worsen her bad health. So I convinced her not to terminate. In the process, I promised to look after the child but after safe delivery, the lady became stubborn, involved parties who were not privy to this affair. I made up my mind and advised her to run to FIDA wherever they operate so that my name can be cleared from this mess."

Meanwhile, according to our legal department, a rape case will not stand against Lawrence since Ochida herself did not report the matter immediately after it had occurred.

Some members of the community who approached Safe Life Uganda, on condition of anonymity, called on Government and Angal hospital administration to clean up the mess which is believed to have been running for such a long time but lacked media exposure.

Angal hospital is one of the oldest in Uganda serving nearly three (3) countries. It is the first time this rot within the hospital is reaching the media.

Efforts to reach the Hospital MS and the Hospital Administrator for comments were unsuccessful as all their phones called without response. A source in Nebbi town council says "The matter shall be heard in court as a case of child neglect but not rape."

Meanwhile, due to loss of blood at birth, Ochida's sickle cell status has worsened. Both the mother and child require sustainable assistance from concerned Organisations.

Are you out there to help? Please contact Safe Life for further information.  
**Please watch this space**

### From page 1

**A** London based Ugandan visiting media academic / journalist, Mr Kennedy Javuru, August 10<sup>th</sup> commended Patrick Donald Oucha of Safe Life Uganda for the work well performed in the authorship and dissemination of the HIV/AIDS Anthem across Uganda and beyond.

Meeting in Kampala City, Mr Javuru said, "My message is that Safe Life Uganda is performing commendable work giving voice and credence to health related issues in Uganda and beyond. Efforts like these deserve support from all legally able Organisations in Africa and beyond."

As an international researcher on development communication in the developing world, Mr Javuru says, "What you are performing is in line with what we are out to get more facts about and it is pretty good that Uganda, a Country that is on record to have fought HIV/AIDS for decades, now has such a great piece of work for global circulation."

Mr Javuru is also a producer with channel 4 television in London who has lived in the UK for a decade.

This is the first time a prominent person with proven international media background has come out to appreciate and tell the world about the greatness of Oucha's poetic, artistic and journalistic approach in the war against HIV/AIDS since circulation of Safe Life magazine hit the streets of Kampala on April, 1<sup>st</sup> 2010. This revelation is now putting a question to us at Safe Life Uganda which goes on like this;

What has happened to our local media who have never stepped out to appreciate this unique, artistic and poetic approach in the war against HIV/AIDS??? You will remember that among all odds, Oucha has undoubtedly become a giant house hold name in Uganda. He has also made the Anti AIDS campaign very interesting by all along giving free copies of the magazine to the public indiscriminately

**Please watch this space**



# ANGAL SECONDARY SCHOOL

P.O Box 4, Nebbi-Uganda

**ACTIVELY SUPPORTS LOCAL AND GLOBAL HIV/AIDS CAMPAIGNS**



# SAFE LIFE UGANDA (SLU)



ANTI-AIDS ANTHEM COMPOSED AND TESTED IN UGANDA



Mr. OUCHA PATRICK  
Ugandan Poet

KAMPALA ACADEMY  
PRIMARY SCHOOL



ONE MOMENT, SOMEDAY  
HIV/AIDS WILL SURRENDER  
CRAVE A.B.C, VCT, ARVs....  
GO TEST NOW

KEEP ON FIGHTING  
LET LIFE FLOW  
DON'T DIE YOUNG  
WHY DIE YOUNG

COME CLOSER GOD  
AIDS WILL VANISH  
HEAL THOSE INFECTED  
BLESS THOSE AFFECTED

WIDOWS, ORPHANS, WIDOWERS....  
AIDS WILL SURRENDER  
ONE MOMENT, SOMEDAY  
ALL WILL REJOICE

**ABBREVIATED:**

- A:** Abstinence
- B:** Be faithful or be careful
- C:** Change behavior or character transformation.....
- VCT:** Voluntary, Counseling and Testing Services
- ARV's:** Anti-AIDS Drugs or Anti-retroviral

TESTED IN UGANDA 2003

Composed by Patrick Donald Oucha

After he has successfully sensitized the YOUTH in over 2,500 Schools, Presented Anti-AIDS Programmes on 20 FM Radio Stations and a National Television between 1994 & 2004. The Anthem is designed to strengthen and sustain success stories registered against the HIV/AIDS scourge.

It has been approved by Directorate of Music as a Classic piece against the HIV/AIDS scourge.



Ombaci  
*First Among Equals*



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IT'S YOUR FAMILY WEAPON AGAINST AIDS!!!

*"Please Pick me, Read me,  
Share me and Take me Home."*

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