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Editors Note

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UGLAB

THE FIRST MAGAZINE OF IT'S KIND

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## DISCLAIMER

This magazine contains entries of an adult nature and has a gay theme. If you are not an adult (18 YEARS OF AGE OR OLDER) or if the laws in your country prohibit the viewing of adult or gay orientated material, or if you are offended by any matter concerning or pertaining to the gay lifestyle, then please **don't read** you can search for something more suited to your liking.

Furthermore....

I make NO claims as to the sexual orientation of any person pictured in this magazine, nor do I claim ownership of all the pictures posted in this magazine. If any pics posted here contravene any copyright laws or regulations then please notify me and I will remove them immediately upon proof of ownership or copyright infringement.

Concerning my lifestyle and preferences....

You have the right to remain silent. Should you choose to give up that right then anything that you say may be totally **ignored**.

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# Editors Note

There has been a lot of talk about the youth in Barbados and the gay and lesbian issue. What are you to do or expect or country is so divided. We know it's there but we choose to ignore it the critics say it the family environment.

How can that be? We look for excuse after excuse but the truth is times are changing in Barbados the youth are not like they were before they want to be who they are and don't care who is offended. And a child shall lead is that not in the bible. Why not learn from the kids and try being yourself no matter what.

Why not learn to see the change and except it.

Love

GayInBarbados

Well, Crop-over is well, over. All the parties are done. I am not really a Crop-over person, have not been since the mid-nineties. The music just has not been doing for me since then. I will say that as a music fan in general, I do try to keep up with what is going on by taking in what the folks are getting excited about. That's what I did the weekend before Kadooment Day: went on Bajantube and had a marathon listening session of the calypso hits for the season. First of all that was the first time I actually heard many of them and I immediately loved "Chrissening", "De Whole Place Mash Up" and definitely "La La". Not the biggest RPB fan but he always comes with something good, gotta to give him that.

As for all the controversy, booing competition winners, and aftershow fighting: boring!!! Moving on!! What I will say is that the powers that be will soon have to look at changing the name of the festival. Unless they find a crop other than sugar-cane to tie it to the name will become irrelevant very soon after all there is so little crop to be over!!!

# Drive thru @ Burger King In New Jersey

By SG

{SALES REP}"Good evening thank you for making it BURGER KING!, "how i can take your order"?

{CUSTOMER}"yeah, hi I'd like a chicken san which, wid extra mayo, extra tomatoes, and extra onions and a Large, Milk shake".

{SALES REP},"I'm sorry sir ,were out of onions would you like another topping also were outa milk shakes at the moment", would you care to make another drink order and do you still want that Burger?"

{CUSTOMER}"outta onions!, what da hell kinda place is dis! wada mean no onions, what happened to the onions!?"

{SALES REP}"I don't know sir you'd have to take up that complaint with the vegetable farmers association or my supervisor or some thing I'm just doing my job".

{CUSTOMERS} so whats the deal pal wid no milk shakes hugh? ,did all the cows go on strike or some thing?

{SALES REP}"I appologise sir but that's outta my control, you'll have to ask the dairy farmers association or some thing, would you care for another drink?"

{CUSTOMER}"No, I'd care for a freakin milk shake and my Burger the way I want it! ,dis is preposterous!"Did all the cows go on vacation or some thing, ?sheesh"

{SALES REP}"Look sir there very little, actually nothing I can do about that right now so you'd have to make another order or hurry up because other persons are in the line waiting"

{CUSTOMER}"OH YEAH!, well I'll tell you what imma do about it ,how's about I come in there and beat your scrawny ass Hugh? , Maybe then you can do some thing about it Hugh pal!?"

{SALES REP}"OH REALLY! Sir?," I hardly doubt that, would you care for a side of whoop ass wid dat order to go go?"I get off at 6pm SHARP!, Meet me by da docks I'd be glad to give you your order then ,a nice kick up de ass ,wid a side a stupid!"..i don't have time for this shit I get paid \$5.40 an hour ,not to take orders from M, Fer's like you bub ,I gotta job to do!"LATA. Douche bag".

{CUSTOMER}THAT'S it!< I'm coming in dere for your ass ,I asked for a freakin milk shake and extra onions and dis is what I get some fagget at the window talking smack!, who's your super visor?

{SALES REP}(clears throat)"he's my father ,and he 's in the mafia ,would you still care to come inside ?,and my brother Bruno is the guard and my uncle jimmy works as the janitor and oh yeah my lil brother loui is working at

the counter ,I'm sure they would help me kick your ass ,still care to come inside!?

{CUSTOMER}//.....SILENCE .....  
DRIVES OFF.....

{SALES REP}..NEXT Please!, thanks for making it Burger King HOME OF THE MAFIA!..Would you like yur woop ass now? or to go.....

## Just a bit of frivolity.

Loving the 3 Dollar store. Why? Everything costs 3 dollars!!!! Firstly its nice to be able to buy small household products without spending a lot of money, they can be easily replaced without great expense. Nice!!! And more importantly when you get to the cash register it makes for much easier mental calculation: just multiply the number of items you have by three, easy.

Well until next time folks, enjoy the remainder of your summer!!!!!!

Sebastian





During the summer of 2007, Cazwell was a part of the multi-artist True Colors Tour, which traveled through 15 cities in North America. The tour, sponsored by LOGO, was hosted by comedian Margaret Cho and headlined by Cyndi Lauper and included Rufus Wainwright, The Dresden Dolls, Rosie O'Donnell, Indigo Girls, Stephen Reed and other special guests. Profits from the tour helped to benefit LGBT organizations Human Rights Campaign, PFLAG and The Matthew Shepard Foundation.

Luke Caswell (born Lucas Tonito Cazuela; June 27, 1972 in Worcester, Massachusetts), known as Cazwell, is a Puerto-Rican American rapper and songwriter. He is best known for his explicit lyrics and collaborations with Amanda Lepore. His work focuses on gay and bisexual urban themes and content and his music and videos are heavily played on LOGO. Cazwell himself is openly gay.

Cazwell released an album in 2006 named Get Into It. The lead single, "All Over Your Face", was banned from LOGO due to explicit lyrics and sexual imagery portrayed in the music video directed by Francis Legge and edited by Cayle Ryan Pietras. Cazwell is known for hosting and djing at parties, including BoysRoom in New York City, with guests such as Ladyfag, Amanda Lepore, Dj Adam, Raquel Reed and her brother Stephen Reed.



*Image*  
2010



# THE COUNTESSA...

## Advice to get by in Gay Barbados

MEN... It pays to Vibrate a little....

Two surveys by a university in the good ole U S of A are suggesting that vibrator use (also what we would call dildos) during sexual encounters is common among men and women and is linked to better sexual health.

The lead investigator for the women on these studies was a doctor named Debra Herbenick. She and her colleagues surveyed 2,056 women between 18 and 60 years old and found that more than half of the women (52.5%) had used a vibrator, with nearly 1 in 4 having done so in the past month.

Women who used vibrators were more likely to have had gynaecologic check up within the past year and were also more likely to have performed a genital self-exam within the past month.

In addition, women who used vibrators, and particularly recent users, reported more desire, arousal, lubrication, and orgasm, and less pain.

Most women (71.5%) said they never had any side effects associated with vibrator use and side effects that did occur were generally not severe or long-lasting.

Dr. Michael Reece and colleagues surveyed 1,047 men, also between 18 and 60 years old and found that, for both solo and partnered sexual activities, 44.8% of the men had used a vibrator at some point in their lives, with 10.0% having done so in the last month, 14.2% within the past year, and 20.5% at some point more than a year ago.

“Men who used vibrators, particularly those with recent use, were more likely to report participation in sexual health promoting behaviours, such as testicular self-exam,” Reece and his colleagues reported.

In addition, men who reported recent vibrator use scored themselves higher on sexual desire, erectile function and satisfaction with sex and orgasms, than men who did not report recent vibrator use.

In statement, Herbenick said: “The study about women’s vibrator use affirms what many doctors and therapists have known for decades -- that vibrator use is common, it’s linked to positive sexual function such as desire and ease of orgasm, and it’s rarely associated with any side effects.”

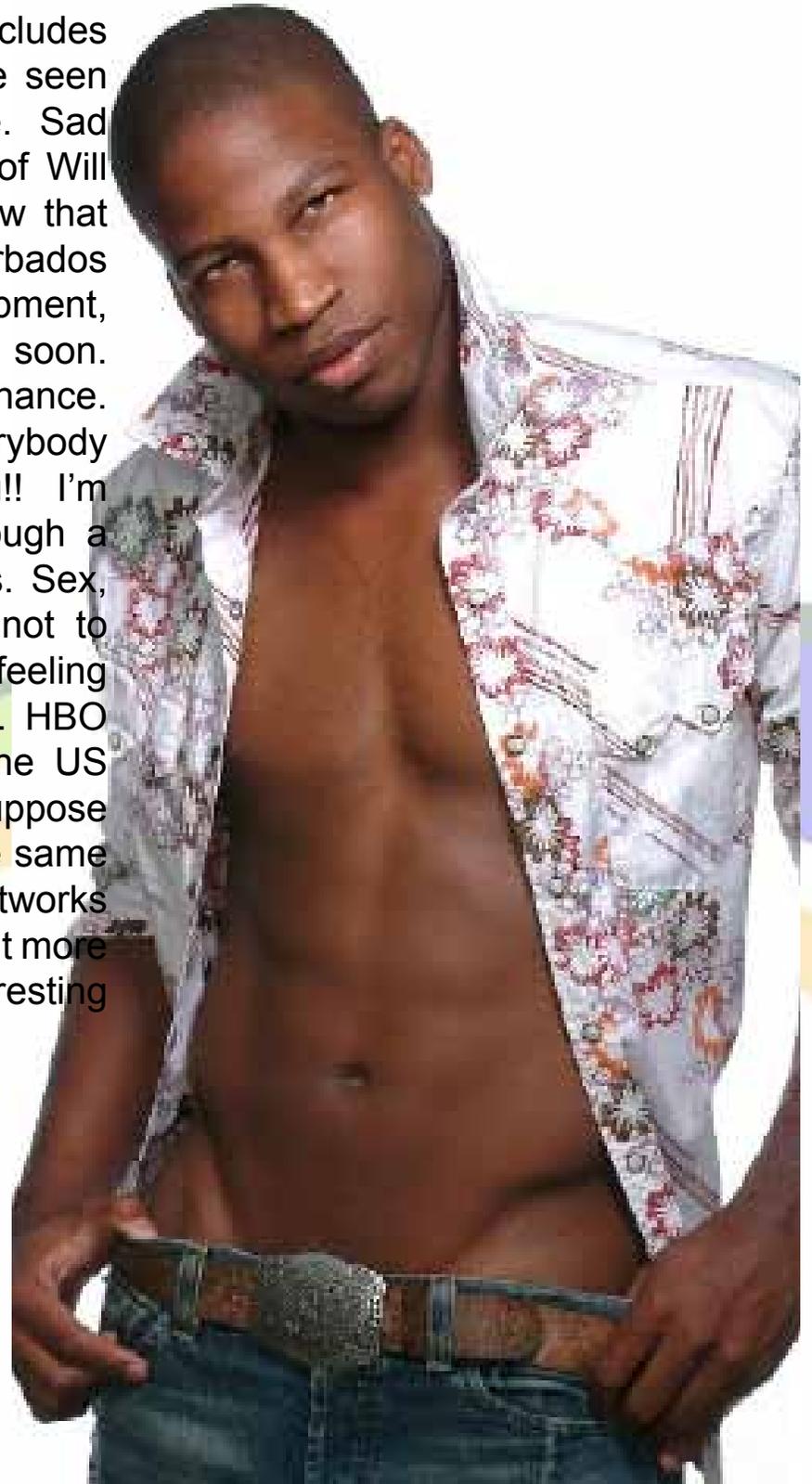
“The study about male vibrator use,” Reece added, “is additionally important because it shows that vibrator use is also common among men, something that has not been documented before.”

“Also, both studies help us to further understand the way in which consumers are turning to the marketplace for products that promote their sexual health,” Reece said.

The surveys were sponsored by Church & Dwight Company. For those of you who don’t know or play they don’t know – they are the manufacturer of Trojan Condoms.

Good Luck  
Countessa is out ...  
for now

I have always been a big fan of television, though perhaps not so much in recent years, because of work and you know, trying to have a life. But I am a big appointment tv person, there are some shows that even now I try to be in front of the tv for and that includes reruns, that in many cases I've seen several hundred times before. Sad I know!!! I 'm still a huge fan of Will and Grace, Friends and a show that perhaps not many people in Barbados will know called Arrested Development, very funny, cancelled way too soon. Check it online when you get a chance. Never got why people think Everybody Loves Raymond, just saying!! I'm currently working my way through a marathon session of Spartacus. Sex, and extreme violence, what's not to like!!! I know people are also feeling True Blood. That's a fun show. HBO and other cable channels in the US have the best programming. I suppose they are not subject to quite the same regulations as the broadcast networks and could push the envelope a bit more and therefore provide more interesting and less formulaic shows.



# BUCKLE UP CHRONICLES

By David L Romar

You do you and I'll do me.... Thanks

Now why in God's name do people – and by people I mean persons who are in the life – tend to make life more complicated that it really is? Or for a matter of fact more deleterious than it needs be? Why do we as a “family” - and I am using that word loosely here because half y'all does do the shit I'm about to roll on about here- try to be so evil...

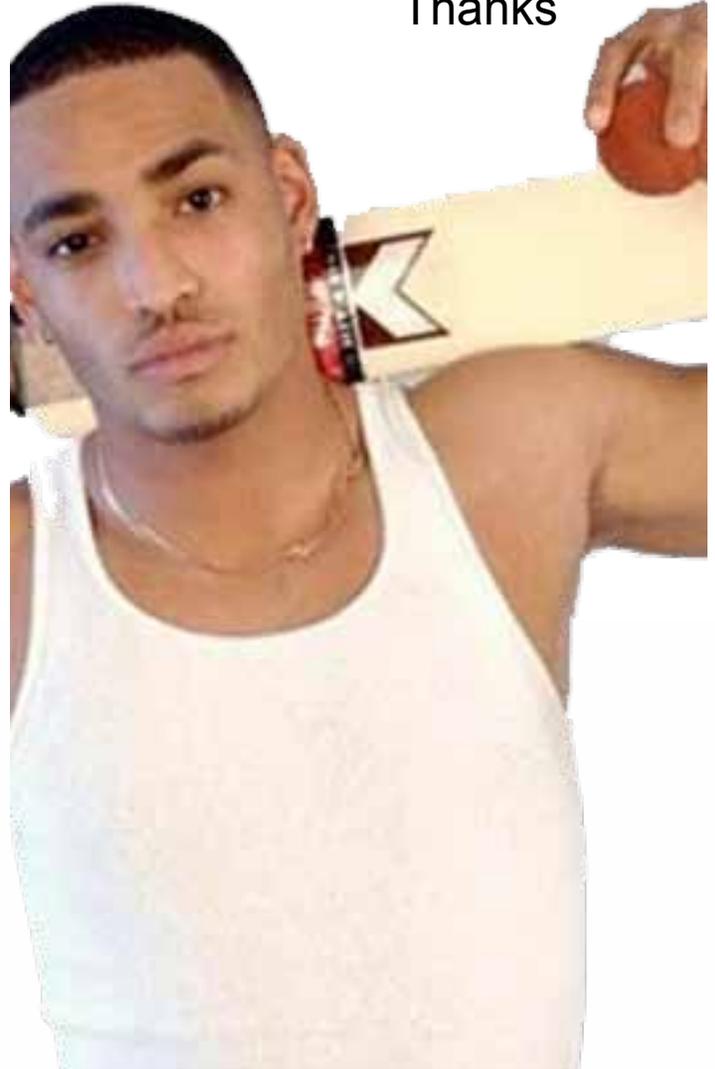
Y'all know from episode one I put me out there and let everyone know from the get go that I like meat, beef to be more precise and as my very best friend in the world told me up to two days ago, the thicker the better – that is in terms of the thickness of the meat (lol personal joke). I also like fish – but I don't eat it that often or rather I should say I don't use it that often.

I recently got into a heated debate with someone who thought I was living the wrong life because of that. I was the worst thing since herpes because I was leading on some young girl or boy about my intentions. I understand all that but as I have said while it is easy for some of you to be out for others it simply isn't. In fact it is considered a thin line between living a simple unobtrusive existence and a life of hell... Anyways back to the conversation I was having with Richard:

Richard: But you know that that is bare foolishness. You being nasty bout this whole thing. And more importantly, you are

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You do you and  
I'll do me....  
Thanks



not being true to who you really are.

Me: What is that? I have said that I like both sexes, true the ladies don't know that I do but I make a point of telling the men. What is wrong with that?

Richard: You are in denial about what you want and who you are. You are ashamed of being gay. And if you don't come out and stop hiding about who you are, then heavens knows what cud happen. You can't continue on this path. Think about who you are hurting.

Now I was like WTF and all I could do was

shake my head and ask when the frig did he become the countessa?

But granted that he has a few points and I am not going to deny that – namely the issue of fairness – wouldn't want to be fucking up anyone else life but mine, the issue of being true to oneself and all that. But as I have said countless times before – this is Barbados.

I am hearing some of you saying right now – “So what by this is Barbados?” and I want you to go back to the time before you came out in ally you fierceness and flamboyancy. I want you to remember what it was like. BE HONEST!!!!

How is wonderful Barbados for you now? How was it when you decided you would go up to work being you and act as you do now – all carefree – what was it like? How did your family react? To those of you who never had that problem congrats. You are a fortunate few.

Look at my scenario and some of you might see similarities with yourself:

Holier than thou strong Christian family and upbringing, seriously homophobic family, where I live/grew up heavily influenced by block culture (someone out there is saying that half if not all the guys on the block gay – that is not the point), my Job or rather the work I do is not really conducive to me coming out.....

You see I consider it that I have a little bit too much to lose – family, friends, job, reputation... that is the life you live here in wonderful BIM.

The thing is this.... I like who I am and

I'm comfortable with ho that is. I just think seriously that it's a pity that the Barbadian society judges you because your preferences are not in line with theirs. What do I mean: you are a gay male you like men. You are hated, abused, cussed out by persons in society who do not share the same sexual preference and belief as you. For me, I am a bisexual male. I like both men and women, like you I am hated, abused cussed out by straight persons in society and oh yeah, how can I forget you! You loathe me.

But want to know the irony to it all? Do you know that there are females out there that are bisexual who like both men and women and they don't have the same stress that I have or at least I assume they don't... Talk about your double standards. That is why I love it when I travel. I can be me. I can be a flamer if I want, I can be a stuck up queen, I can be a thug, and I can be whatever. That is all without the knives that are so evident in this 166 square mile rock of a country if you don't fit into the ever so complicated stereotypes.

But I will go on doing my thing and like the younger folk usually say – Imma do me and you do you...

**I'm out for now or am I really?** Wouldn't you like to know?

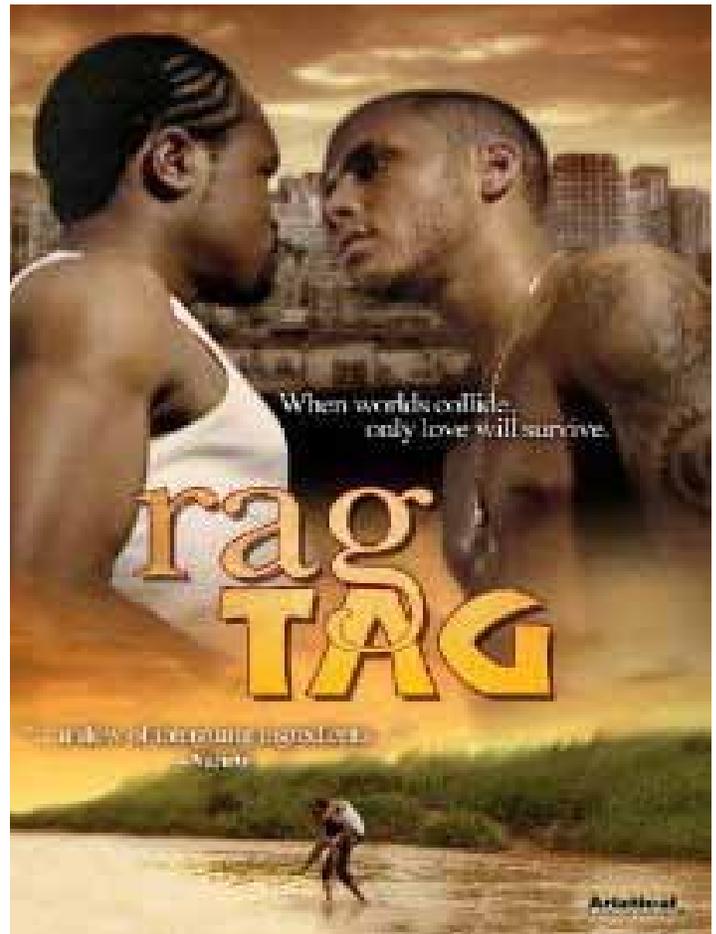
*Too gay...* People who can't think of anything else but whether the person you love is indented or convex should be doomed not to think of anything else but that, and so miss the other ninety-five percent of life. ~Robert Towne

It always seemed to me a bit pointless to disapprove of homosexuality. It's like disapproving of rain. ~Francis Maude

You are digging for the answers until your fingers bleed, to satisfy the hunger, to satiate the need.... And as you pray in your darkness for wings to set you free, you are bound to your silent legacy. ~Melissa Etheridge, "Silent Legacy," Yes I Am, 1993

To hear two American men congratulating each other on being heterosexual is one of the most chilling experiences - and unique to the United States. You don't hear two Italians sitting around complimenting each other because they actually like to go to bed with women. The American is hysterical about his manhood. ~Gore Vidal

There's this illusion that homosexuals have sex and heterosexuals fall in love. That's completely untrue. Everybody wants to be loved. ~Boy George



## Movies:

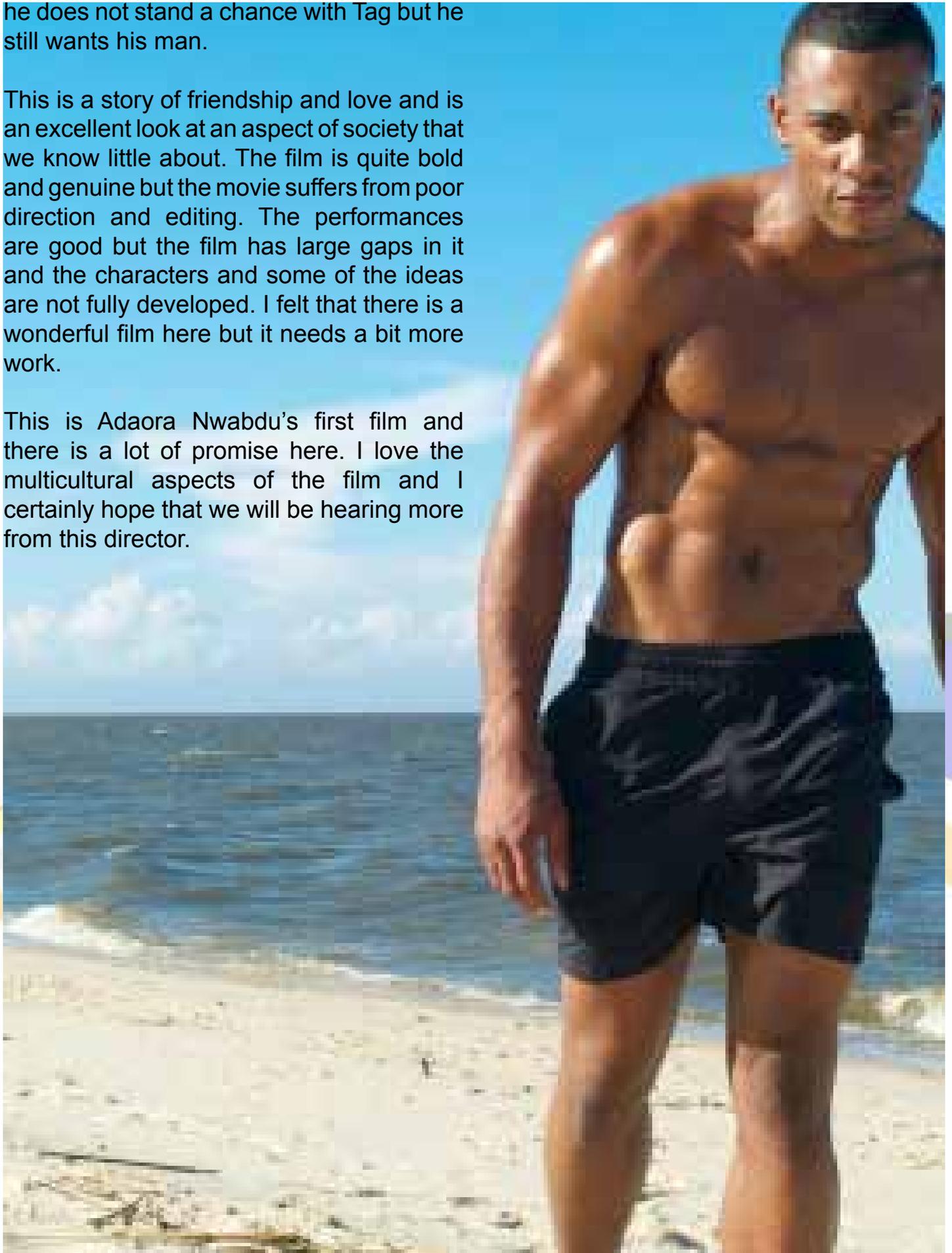
“Rag Tag” is the story of Raymond and Tagbo who met when they were eight and who are from totally different worlds. Raymond or Rag is from a single parent West Indian home and Tagbo or Tag is the only child of middle class Nigerian folks. The two have been inseparable until the teen years when social services takes Rag away and he has to move. Ten years later, Rag comes back to find Tag and they see that they still want to be together.

They are now both 23 and their friendship has changed as well as their personalities. Tag is finishing law school and having a rough time finding a position. Tag has a girlfriend who is white but she is not good enough for his parents. Rag realizes that

he does not stand a chance with Tag but he still wants his man.

This is a story of friendship and love and is an excellent look at an aspect of society that we know little about. The film is quite bold and genuine but the movie suffers from poor direction and editing. The performances are good but the film has large gaps in it and the characters and some of the ideas are not fully developed. I felt that there is a wonderful film here but it needs a bit more work.

This is Adaora Nwabdu's first film and there is a lot of promise here. I love the multicultural aspects of the film and I certainly hope that we will be hearing more from this director.



## THE MOD LIFE By shako

Life as a model is quite an interesting one, having dabbled in the modeling scene starting at the age of 17, I was first intrigued by the fact that by modeling I could travel and meet lots of pretty people and of course make some money while doing it .I was also smitten by the fact that the “Mod life” style seemed so effortless and carefree, The parties, the expensive clothes, the photo shoots all of it.

But I was so wrong, the life of a model is for the most part glamorous and exciting, but on the other hand it can be a place for some compromising moments.

In the scene you will always find some one that tries to discourage you or take advantage of you, whether its talking you down from doing a shoot or a scout trying to get you to come to their agency, or another model offering you a line of cocaine, beware they are a lot of scandalous individuals who would rather use your pics for bad than good and in turn harm your model image and future career.

I would advise any young model that is now getting into it ,to thoroughly background check any agency you enter, you can do this by checking with the Accreditation council ,an institution that primarily focuses on the validity of any institution or firm that claims to have an honest business that is in no way fraudulent or discerning.

It not all scary in the “Mod life” you just have to be vigilant of users and negative people.

Any model worth their weight should have an extensive portfolio of various looks and in different size photos, color and black and white, these photos can assist you on getting jobs, such as ad campaigns, commercials, infomercials, hosting opportunity’s and the list goes on, your personal grooming is one if not the most important thing you have to keep on top of, exfoliants, cleansers, and astringents are a staple to keep that skin photo ready and moisteners so you don’t look like a scaly fish.

Personal fitness is also a key to becoming an elite model cardio three times a week is satisfactory for most, drinking lots of water is also very crucial ,this helps keep the skin hydrated and the result is beautiful clear skin.

Models should make it their business to know what’s happening in the world of fashion, whether you read fashion blogs or read magazines or watch tutorials on how to do make up looks and guys this includes you too, not only women wear makeup.

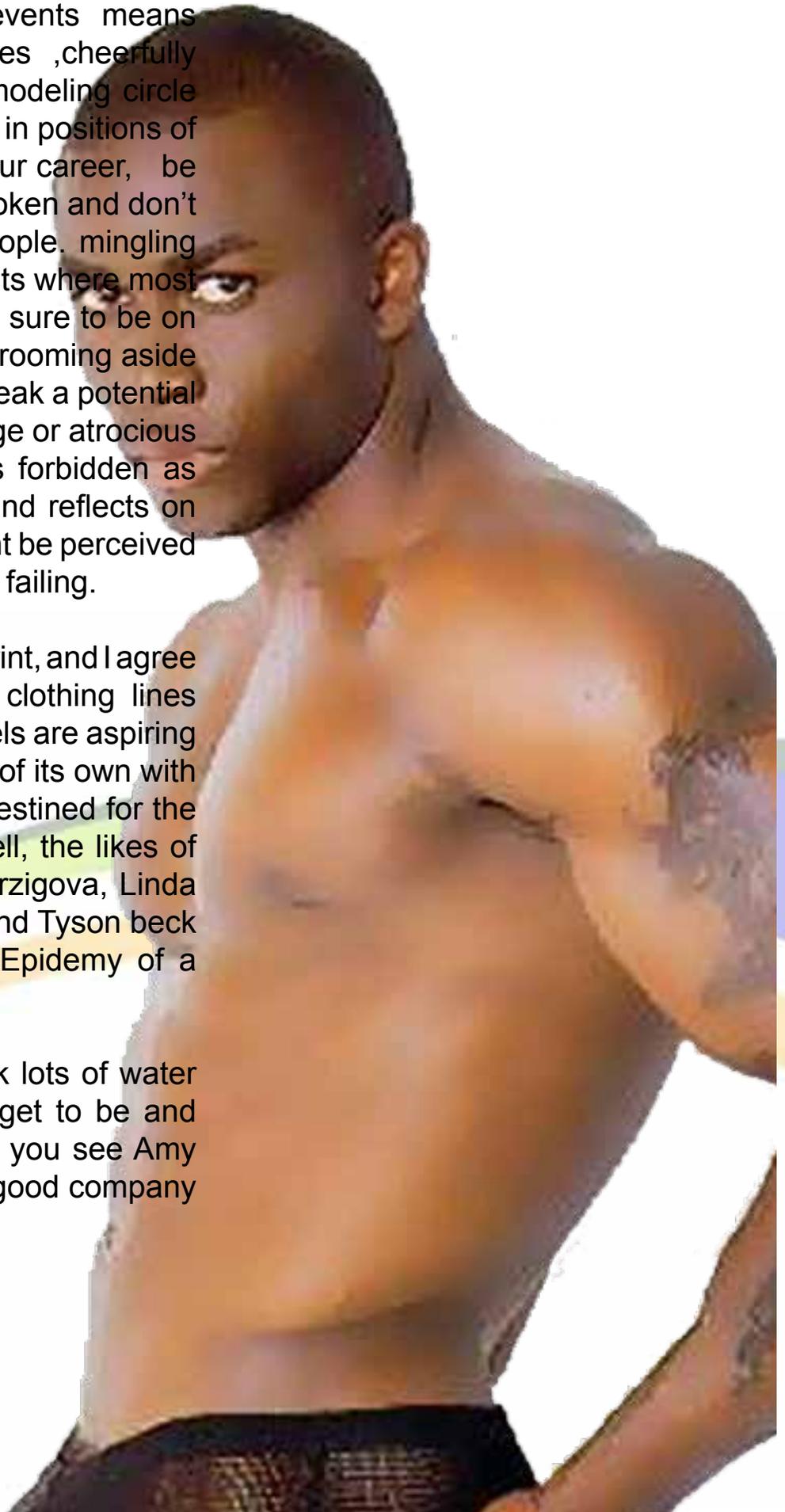
Always keep your self informed on the latest skin care treatments going for the more natural based products which tend to be the best at getting results.

And last but certainly not least speech and personal appearances ,being on

top of your game at events means smiling at the right times ,cheerfully greeting persons in the modeling circle and approaching persons in positions of power who can further your career, be gracious kind and well spoken and don't be afraid to approach people. mingling is a key asset of a model its where most deals are made ,so make sure to be on the up and up, personal grooming aside ,one thing can make or break a potential deal, such as bad language or atrocious behavior, over drinking is forbidden as it shows no self control and reflects on your character which might be perceived by most as lackluster and failing.

They say the money is in print, and I agree booking ads for various clothing lines seems to what most models are aspiring for, the runway is a world of its own with those elite few who are destined for the stage and do so quite well, the likes of Naomi Campbell, Eva herzigova, Linda Evangelista, Heidi klum and Tyson beck ford are considered the Epidemy of a super model.

So get that walk on ,drink lots of water and mingle and don't forget to be and you'll be fine ,oh and if if you see Amy wine house run she's no good company for a model. Lol



# Personal Grooming

- Eventually it will be time to remove the nozzle and evacuate the water. Either a blockage (usually fecal matter, an air bubble, or a tight 'U' turn in the colon, usually at either the splenic, or hepatic flexures located right below the rib cage) will prevent further inflow (undesirable) or else the bag will completely empty (good!) or the sensation of bursting will no longer be tolerable. Go sit on the toilet and wait until all the water has passed. Then refill the bag and repeat the process. Each time you fill the colon it will allow more water to enter more easily with less unpleasantness. Fasters and cleansers should make at least three attempts at a complete fill-up each time they do an enema session.



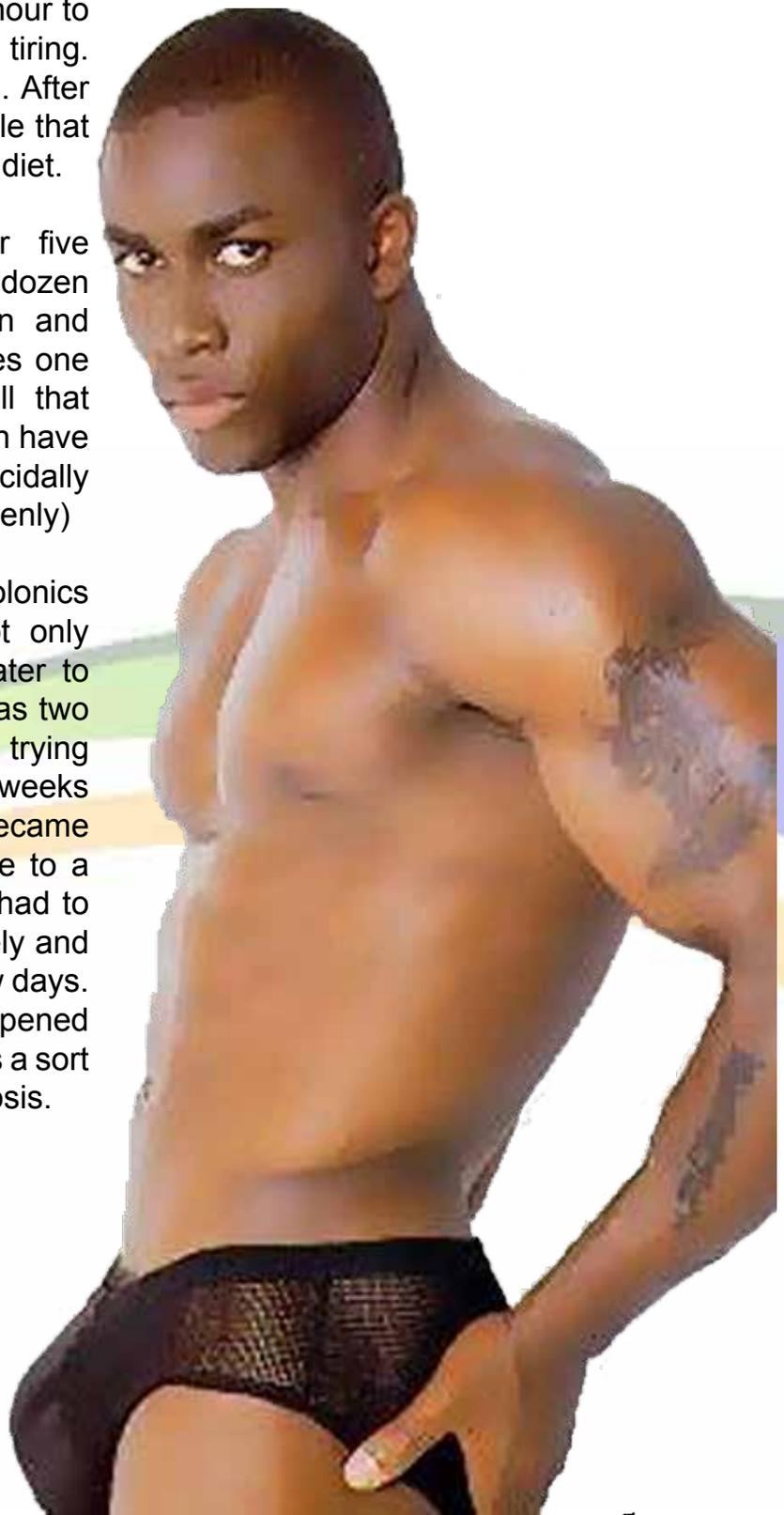
- Water and juice fasters will find that after the first few enemas, it will become very easy to inject the entire half-gallon of water. That is because there is little or no chime entering the colon. After a few days the entire colon will seem (this is incorrect) to be empty except when it is filled with water. This is the point to learn an advanced self-administered enema technique. An average colon empty of new food will usually hold about one gallon of water. That is average. A small colon might only hold 3/4 gallon, a large one might accept a gallon and a half, or even more. You'll need to learn to simultaneously refill the bag while injecting water, so as to achieve a complete irrigation of the whole colon. There are several possible methods. You might try placing a pitcher or half-gallon mason jar of tepid water next to the bag and after the bag has emptied the first time, stand up while holding the tube in the anus, refill the bag and then lie down again and continue filling. You might have an assistant do this for you. You might try hanging the bag

from the shower head and direct a slow, continuous dribble of lukewarm water from the shower into the bag while you kneel or lie relaxed in the tub. This way the bag will never empty and you stop filling only when you feel fullness and pressure all the way back to the beginning of the ascending colon. Of course, hanging from a slowly running shower head the bag will probably overflow and you will get splashed and so will the bathroom floor when your wet body moves rapidly from the tub to the toilet. I've imagined making an enema bag from a two gallon plastic bucket with a small plastic hose barb glued into a hole drilled in the bottom or lower edge. If I were in the business of manufacturing enema bags I'd make them hold at least one gallon.

- A word of caution to those folks who have a pattern of overdoing it, or tend to think that more is better. This is not true when it comes to colon cleansing. Do not make more than three attempts to fill and clean

the colon with an enema bag. Usually the colon begins to protest and won't accept any more fill-ups. When having colonics on a colonic machine it is a good idea to continue until the water comes back reasonably clear for that session. It is not a good idea for a faster to have colonics that last more than three-quarters of an hour to an hour maximum, or it will be too tiring. Even non-fasters find colonics tiring. After all, the colon is basically a big muscle that has become very lazy on a low-fiber diet.

- 
- I've personally administered over five thousand colonics, taught several dozen fasters to self-administer their own and stood by while they gave themselves one until they were quite expert. In all that experience I've only seen one person have a seriously bad result. This was a suicidally depressed water faster that I (mistakenly)
- 
- allowed to administer their own colonics with my machine. This person not only took daily colonics, but allowed water to flow through their colon for as long as two hours at a time. Perhaps they were trying to wash out their mind? After several weeks of this extreme excess, the faster became highly confused and disoriented due to a severe electrolyte imbalance. They had to be taken off water fasting immediately and recovered their mental clarity in a few days. The loss of blood electrolytes happened because during colonics there occurs a sort of low-grade very slow reverse osmosis.



## MISSION STATEMENT

To educate, care and support our brothers and sisters, coming together as one to make a difference.

At United Gays & Lesbians Against AIDS Barbados (UGLAAB), we believe that we must all join the fight to stop HIV/AIDS through dispelling myths and misconceptions about the disease and giving others the hard facts about the healthy choices they can make in life.

Thus, our aim is to promote love, tolerance and understanding in an effort to bridge the knowledge gap on health and HIV related issues, and to address some of the issues faced by those in the gay community.

## HISTORY OF UGLAAB

UGLAAB was first started in March 2001 to address the growing realization of an early sexual debut of the nation's youth. The organization got involved in providing various services to the young people in the community.

**EDUCATE:** Our community's men and women about LIFE, LOVE, RESPECT and SAFER SEX practices.

**PROVIDE:** A "Safe Space" for all persons who wish to learn more about lifestyles and sexuality without any form of bias.

**SUPPORT:** Our members and all others where necessary to help them live more productive lives.

**PROMOTE:** The belief that all men are created equal, and as such you should be treated that way.

In addition, UGLAAB provides Peer Education, Voluntary Counseling & Testing services and Bereavement Counseling for the community at large.

Today, UGLAAB is involved in providing many community-outreach services and the organization has partnered with a number of other NGOs on various projects. One such project is the **DFID Private Sector Project — Accelerating the Private Sector Response to HIV/AIDS in the Caribbean**.

## ACCELERATING THE PRIVATE SECTOR RESPONSE TO HIV/AIDS IN THE CARIBBEAN

The DFID project provides UGLAAB with the opportunity to extend our services to the tourism sector. UGLAAB is committed to this project and will:

1. Conduct educational presentations on request basis for tourism enterprises.
2. Conduct outreach to the formal and informal tourism sector to promote healthy lifestyle choices including safer sexual practices.
3. Work with project partners to provide counseling support to employees of the tourism sector.
4. Work with project partners to address HIV related stigma and discrimination in the workplace through tailored presentations for employees.



**UGLAAB - Caring for our brothers and sisters in the community.**



Image