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Credits

Editor:
Suelle Anglin

Cover Photographer: Jik-Reuben Pringle
Models: Vennessa Hanshaw and Chyna Anglin
MUA: Tashauna Taylor

Layout Artist:
Dandré Foster

Entertainment Contributor:
CONNEK
@connekja

Fashion Contributor:
Ashley Gordon
@_ashslayblog_

Beauty and Skin Care Contributor:
Tracey-Ann Mullings
@skinbytrace

Financial; Contributor:
Marlon Campbell

Literary Contributor:
EJ Kingston
@johnson_etal

Food Contributor:
Jaevion Nelson

Guest Writer:
Glenroy Murray

J-FLAG

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For further information on PRiDEJA Magazine
✉️ info.prideja@gmail.com
🐦 @PRIDEJAMagazine
RiDEJA has grown tremendously since the first public celebration in 2015. Since then, we have seen an increase in support from different sectors in Jamaica and most importantly from the Jamaican LGBT community. Fanfare aside, PRiDEJA represents the different spaces that afford LGBT Jamaicans to celebrate themselves without having to constantly separate their sexuality and Jamaicaness. At five years old, PRiDEJA asks us as LGBT Jamaicans and allies to do three things as we move the advocacy forward together.

**Reimagine** what PRiDE as space represents for you as LGBT Jamaicans and allies living in Jamaica. In the global context of pride celebrations, many conversations have been raised about the commercialization of pride and the loss of the true meaning and focus of what space should represent.

**Reintegrate** all members of the community into community engagement and development initiatives to ensure that PRiDE remains community centred. An important part of this is the inclusion of rural LGBT people in as many pride activities as possible.

**Rebuild** and heal the trauma many LGBT Jamaicans at home and in the diaspora have experienced through the creation of safe spaces for all to participate beyond pride week.

We have much to celebrate and much more to do but together as a community, we will continue to stand bold and ready to hold space for those who are not yet ready to stand. Five years down and five more to go, imagine what we will accomplish together.

**Happy PRiDE Jamaica!**

Whether yah celebrate a yaad or farin!
A Pride Message from We-Change

We-Change is again heartened to extend this note of congratulations to the team at J-FLAG on marking the 5th anniversary of PRiDE Week celebration in Jamaica.

Undoubtedly, the first steps to building what can now be regarded as a paragon localized Pride celebrations foresaw the utility of granting the space for LGBTQ Jamaicans to immerse themselves in activities which centre their social wellbeing and interests.

The past five years have seen gradual refinement in the offerings of this week, with increased positive responsiveness from the community; this encouraging trajectory echoes the tone of the slowly improving conditions for queer Jamaicans and gives cause and opportunity for the community to live out the definition of "pride," an expression of delight about an attribute or accomplishment.

We are happy and encouraged by your story of resilience and growth, and we are happy to have been partners for parts of this journey - from our team to yours.

Big up!

Nicolette,
WE-Change
A Pride Message from Equality Youth Jamaica

Shey

BH, I think Pride Week the only time we get to really celebrate. For the whole year, we go through a lot. One whole heap ah things happen to us. The violence against us, the fact that we have hide who we are to protect ourselves, we face discrimination if we are open about who we are. It’s mainly negative vibes when it comes to being apart LGBTQ+ community in Jamaica.

PRiDEJa gives us the opportunity to celebrate who we are and how far we’ve come.

Pride is also kinda like a ray of hope lol.

Years back, these events were almost impossible. This shows that we’re heading in the right direction (slowly but surely).

Luna

For some, it might be comforting to see LGBTQ people in one place. It’s probably why Pride Week is important. It makes me examine all that I’ve lost and gained, as well as examine how far I’ve come. Not one of us is not free until ALL of our LGBTQI family is free. This is why Pride is necessary.

PRiDEJa gives me hope, a feeling of belonging and provides spaces in which I and community members can be ourselves unapologetically. Pride continues to be a necessary riot for me, it will never be a parade. Pride is always bittersweet, but that’s how it’s meant to be. The first riots were built on the backs of the women of the community, yet they are disregarded a lot so I strive to always highlight their contributions to the movement. I will always honour the likes of Audre Lorde and Marsha P. Johnson.

The LGBT Movement is not for Capitalists. It’s mine, yours and ours, it’s a social movement and my Pride always highlights that. I pride for the little girl that I was, who was bullied and always got into fights in school and on the road. I pride for all the LGBT youth who have ever had it rough in schools and the ones who do now.
Pride is a journey on our becoming. It's a celebration of our diversity. Pride destroyed the idea that only oppression can remind us of ourselves.

In the beginning, we came together out of oppression, the desire for self-ascription and collective identity. Today, we come together to celebrate our diversity, achievements, and strength.

The community faces every type of discrimination. It has to stop. I will do everything in my power to stop it. Pride is about selflessness. It's being open to yourself and living your truth.

Pride is not only about celebrations, parties or fetes (those are extremely important too), but it's an independent quest for rights, respect and individuality. Pride is a reclamation of our sincere independent self. The self says "I'm gay/trans/queer/lesbian/intersex" even while we take our last breath. It's parading for equality and making it known that we too are Kings and Queens of this Universe ruling our own lives and having the ability to live flawlessly effortlessly and with style.

I am Perfect.
I am Respectful.
I am Independent.
I am Defiant.
I am Effortless.
A Pride Message from TransWave Jamaica

This year, as our community embarks on another celebration of Pride, we are grateful to be a part of a group that supports and advances the rights of the Jamaican LGBTQ community. This 5th staging of PrideJA is truly a milestone as the 5th year often represents a time to reimagine and reinvent how an organization focuses their energies into the work they do. For the past 5 years, PrideJA has successfully demonstrated that there is strength in numbers and when we come together, we are able to celebrate the victories made, however big or small they may be.

This year, TransWave Jamaica celebrates its 4th year and has done remarkably so with the support of J-FLAG. As an organization that advocates for the health and well-being of trans Jamaicans, we are proud of the work that J-FLAG has done to ensure that trans persons are protected in the work environment demonstrated through the adoption of the Transforming J-FLAG Policy. The protection of trans-identified persons is an important step in ensuring that trans persons are viewed as people first with rights that should be inherent to all.

PrideJA continues to curate spaces where trans-identified persons can be their most authentic selves. Whether it is sitting on a panel, competing at sports day or performing, trans visibility is very evident. PrideJA provides an inclusive space where our community is affirmed. We exist and we are flourishing with TRANStastic pride.

Congratulations to PrideJA!

Happy Pride!
The Caribbean Vulnerable Communities Coalition (CVC) stands proudly with team Equality in celebrating Pride Jamaica for another year. Over the past few years, Pride celebrations in Jamaica have grown significantly and has created a safe space for the community to celebrate and reflect, together. This growth is reflective of the strides being made by the local LGBT community, through persistent and consistent advocacy.

This year’s theme "Re-imagine | Re-integrate | Re-build" is a timely reminder of the need for the community and allies to reflect and build on the achievements over the years. It is also a time to imagine a bold new Jamaica, by asking ourselves some critical questions that are crucial to help chart a path forward for local advocacy.

We take note of the fact that this 5th staging of Pride Jamaica, coincides with the 50th anniversary of the Stonewall riots which was a watershed moment, triggering a global shift in LGBT advocacy. As we reflect on the work of those who were involved in the Stonewall revolution as well as the foundation laid by trailblazing Jamaican LGBT advocates; let us continue to take the bold steps needed to build on their legacy, while leaving a lasting one of our own, such that Jamaica will become a much more inclusive space for all.

Happy Pride!
Jik-Reuben Pringle, The Visual Advocate

Who is Jik?

Well, Jik-Reuben Pringle is a proud 28-year-old Aries and creative also known as The Visual Ninja and in more recent months The Visual Advocate. I was born an artist. As young as I can remember, I’ve had an overactive imagination which leads me to sketch various things I imagined or saw. I love live music and adventures, going to the river, meeting new people, watching documentaries and expressing myself through still and moving images. It’s my love for live music that garnered the title Visual Ninja and then my passion for telling the stories of others that gave me the title Visual Advocate.

What inspired you to pursue photography?

In high school, my mother bought me my first point and shoot camera. It was fun. I documented every and anything. Unfortunately, that camera died, and with it the interest in photography for a while. However, in 2010, while at university (University of Technology, Jamaica), that passion was rekindled. I was in Negril carrying out Practicum for my course, when a classmate of mine, Kadeem Khaleel, showed me the purpose of the macro button and how I could use it to take things really close. From that pivotal moment, I’ve never stopped expressing myself through visual mediums.

Who are your top three photographers?

Ansel Adams, Gordan Parks and Justice Mukheli

What do you think makes your work different from other photographers?

My work is pretty much a fire starter, something that opens the viewer’s eyes and allows them to see the soul and passion I’ve captured. When I do decide to put work other there for people to see, the purpose is always to make you think of something more, bring you to that particular moment, bring awareness to something you’ve never viewed or processed before. Lastly, my work will always be rooted in the sense that it documents and highlights African influences.

Outside of photography, do you experiment with any other forms of art?

I dabble in theatre/stage lighting at the Phillip Sherlock Centre for the Performing Arts. I’m also an up and coming documentary cinematographer. On occasion, I’ll write a poem or two.

Where does your inspiration most often come from?

My inspiration comes from what I observe. I love studying nature and people. I also draw a lot of inspiration from other forms of visual arts,
such as murals, illustrations, movies, sculpting. It’s only in recent times that I’ve begun to draw references and inspiration from photographers I look up to.

**What is your artistic process?**

Being primarily a portrait photographer, most often believe that the model/subject comes first, then the concept. However, my process is different. Oftentimes, I conceptualize the project in my head, then I go searching for the model and team that best fits the concept I have in mind. In the case of my visual advocacy projects, I have to get familiar with the groups or issues I’m telling the stories about. From there, whatever comes to mind my team and I will brainstorm until we have a final working concept.

**When did you realize you could have a career in photography? What was your journey as a career photographer?**

Well, what I do now is more than just a career to me, its a vocation. Nonetheless, I’d say my journey as a career photographer began, last year when I finally registered my business. It was a very proud moment of mine.

From my third year of university, I knew I wanted to be a professional photographer. I recall going home one day and telling my mother, I was going to drop out of school and do this full time. She laughed and convinced me to finish my degree, which I’m glad I did. Since registering my business I’ve seen much growth and given a few talks on photography as a career.

**What role does photography have in society?**

Photography has a vital role in society, no matter if the genre is documenting history, place or person(s). It’s important that we respect photographers because we live in a digital and visual age. In advertising,
a photograph can help influence someone’s intent to purchase an item or buy into a service. Visual campaigns are a huge thing now for events, brands and politics. In addition to word of mouth, people use images to determine if they should attend the next instalment of a live show/ party, any form of event to be honest. We’ve seen how imagery can help or destroy votes for a political party.

My place in all of this is to use photography to influence and inspire the younger generation of black children, especially girls. In addition, it’s also to document the local music space as I’ve been seeing it. For years, the documentation of the creative industry in Jamaica has been done by foreign press and documentarians, its important for us as a people and for our archives that majority of this task is carried out by our very own Jamaicans.

**What advice would you give to young photographers?**

Honestly, the best advice I’d give to anyone is find why you love photography and what aspect of photography you want to focus on. Don’t worry about the gear. Also, be open to criticism. I’ve been able to find advice even in less constructive criticism.

**What is your favourite photograph you’ve ever taken?**

To be honest, I’d be lying to everyone if I said I had one specific image that’s my favourite. I don’t believe I have one.

**What is your dream photography project?**

My dream project is to document the Wadabe tribes of Africa. I’d love to capture stills of the men in their courting ceremony and create a compelling documentary centred around “Defining masculinity” through studying the men of this tribe, who are pretty much the human forms of Birds of Paradise.

**What project are you currently working on?**

Currently, I’m working on getting my photography interview series “Focal Point” back into production. I’ve already aired season one and I’m working on season two. I’m also in the planning stages of two other visual advocate projects which I can’t announce just yet.
Shoutout from Jamaicans For Justice

5 years!!

In these short five years, we have seen where the #PrideJA movement has made waves both locally and internationally. Not only are we seeing changed perceptions in the wider population, but we see where the community you have built is empowering Jamaican LGBTQI+ to live their truths unapologetically.

Jamaicans for Justice (JFJ) congratulates #PrideJA on celebrating this important milestone, and we can’t wait to see what you have in store for the next five decades.

Persons from the LGBTQ+ community have more to them than their sexual preference. WE’RE ALL HUMAN! Discrimination is still meted out to persons based on their sexuality in our health sector, in the job market and most of the areas crucial to human development. The strides being made by J-FLAG prove to be instrumental in the resocialization of our society and its institutions. These efforts mirror the foundation of the response efforts of the Jamaican Network of Seropositives (JN+). We believe that the members of our network and PLHIV, in general, are capable of living positively while being positive. We congratulate J-FLAG on their consistent push to make all of Jamaica a safe space for key populations.

Happy Pride!
Restaurants and hangout Spots

- Chilitos
- Haven
- Marianna’s Kitchen
- Tea Tree Crepe
- Fromage
- Stones’ Throw
- TGI Fridays
- 100
- Alice’s Crab, Soup and Corn (Heroes Circle)
- Luna Sea Inn (Bluefields Westmoreland)

Transportation and Tours

- Kingston Experience Tours
  Kngexptours
- ConnekJa

Literary Wonderland

- Bookophilia
Fashion & Beauty

- Skin By Trace
- Nail technician Rox Ann
- Rox Ann
- Sade Sweetness
- Fashion code
- Trademark Outfitters
- Di Trends
- Skye Milan
- Shop Sara
- Beautiful beginings Make up Artistry
- The Lotus Experience
- Earth Tones Designs
- Saran's Kandi
- Sade Sweetnessss
- Loving Coconuts
- BootlegRockstar

Accommodations

- Private Room in a City Oasis – Hosted by Shadae (AirBNB)

Adult Novelty

- Fetish Secrets
The Lotus Experience is an online jewellery outlet, owned by a proud member of the LGBTQ community in Jamaica. Our belief and endorsement (through our brand and creations) is that all humans are born equal, and as such deserve equal treatment and opportunities in every area of life.

This edition of Happy Pride themed, “Re-image | Re-integrate | Re-build”, serves as reinforcement to our belief and is another amazing step on the long walk to equality and awareness.

The Lotus Experience team is inspired and grateful for the opportunity to actively participate in achieving various collaborative goals.

#PRIDE2019 #Re-image #Re-integrate #Re-build #Equality #Change #Love

My new friends I invite you to love the skin you’re in, that skin gives you strength and your strength will bring you through the dark times and smoothen all the rough edges of life, always remember to wear a smile and push through because no matter what happens you are always uniquely you.
PRIDE JA 2019
BREAKFAST PARTY

Venue: Constant Spring Golf Club
Tickets: Presold $8,500 Gate $9,000

TIFA
with performances by ISHAWNA
YANIQUE CURVY DIVA

*Premium liquor, American and Jamaican breakfast included
Our resident chef at J-FLAG is none other than our Executive Director, Jaevion Nelson. You haven’t had a fancy home cooked meal until Jaevion has prepared you a meal. We decided to probe and find out more about the man behind the meal. He obliged us by sitting down to answer a couple of our questions. Here is what he had to say.

**What was the first meal you ever prepared? Was it good?**

I’ve been cooking all my life. I started out with eggs, sausage and mac and cheese for myself and cousins but that’s not real food/meal. The first full meal that I cooked was rice and corn beef but it was really horrible. The rice did puko-puko all because mi ask mi mother if it cook and she go seh it jus need likkle more wata and milk and it tun porridge. I mis understood and added more water and proper spoil the rice. You can imagine eating puko-puko rice and corn beef?!

**When did you first realise that you had a liking for cooking?**

I have no idea. I just know I was always in the kitchen watching and learning from my mother and grandmother. It was at UWI that I realized I liked cooking. Before, I just helped out or tried my hand here and there with a few things when I was hungry and home by myself.

**What’s your favourite thing to cook?**

No clue. Most times, I cook based on my mood or what I feel for. Typically, I like curry (anything-ish) but I’ve gotten so lazy and always hungry I just cook whatever is quick to do.

**What three things must be in your kitchen?**

Nuff fresh seasoning (onions, peppers, etc), random sauces to experiment with and meats.

**If you could have dinner with three people (dead or alive) who would they be?**

Mi nuh know enuh.
What is the name of your favourite restaurant and what is the last thing you ate there?

Ziggy's! Curry goat and rice.

What is your most difficult recipe to make?

Mi nuh cook nothing hard to cook but I can't bake to save my life. I spoil everything I bake - even cake mix.

In another lifetime, would you consider being a professional chef?

No.

If you owned a restaurant, what would the name be?

I'm not sure. Something about belly. LOL
PRIDE JA

DAY OF SERVICE

Friday, August 2, 2019
6:00 am - 12:00 noon
Pride Week and its associated activities have grown from strength to strength in Jamaica over the years. Since the inception of Pride in Jamaica in 2015, we have seen an increase in love, tolerance and education in regard to the LGBT community and what it stands for. The Equality for All Foundation has worked and continues to work assiduously to highlight the country’s fight against discrimination and phobia. Pride in Jamaica provides a safe space for the members of the LGBT community and allies to celebrate and showcase their love, talents and uniqueness. From activities such as sports day, family fun day and the newly introduced breakfast party, Pride JA is an event that will continue to help shape positive responses to the community and form a noticeable part of Jamaica’s history.

Live, love and enjoy this Pride 2019!
CONNEK IS CONNECTING QUEER JAMAICA WITH THE WORLD

CONNEK is a travel platform that focuses on connecting LGBTQI persons in Jamaica with the world. It provides a taste of the best of Jamaica to local and international patrons while highlighting local persons in the LGBTQI community to foster authentic connections and synergy. For our Entertainment spotlight, we had an interview with owners Chaday and Chris to hear more about how CONNEK is revolutionizing Jamaica’s LGBTQI entertainment space.

What can one expect from an experience with CONNEK?

One can expect a complete and authentic experience as CONNEK is run and operated by queer Jamaicans in and outside the country. We have customizable packages so anywhere from the beach to the mountains, we have you covered. At our CONNEK launch event in April 2019, we brought participants to the mountains where they hiked to the river, a private beach island to swim and we hosted our first CONNEK Bashment! The bashment provided a space for local DJs to show off their talents, locals and foreigners to celebrate and get lit safely together.

What are some of the benefits of using CONNEK for entertainment needs?

We care deeply about our mission in making sure CONNEK international visitors feel taken care of and local patrons feel a deep sense of community when they join us at CONNEK events. Too often foreigners come to Jamaica and don’t get to experience the island from a local queer perspective. For locals, we provide day trips (CONNEK Tours), link up and online community to foster a better sense of togetherness. You may have been to Lime Cay island or Hollywell Park but there
is something special about going to the best of Jamaica with a bunch of queer people from your community. This is what CONNEK is all about.

What made you start this company?

Chaday: Meeting people from all over the world that were shocked by my existence (lol) and only had one perception of Jamaica. I want to provide more activities and events that cater to LGBTQI travellers and my local community.

Chris: It has been a necessary growing experience to break and overcome my own assumptions and ignorance about not just Jamaica, but black countries in general. This project and a lot of my recent work with RAGGA NYC, CONNEK and my own personal art practice, has been about me encouraging empathy and action. I wanted to mirror my own experience coming to Jamaica for other foreigners who had a longing to connect to Jamaica or challenge their assumptions about being queer in Jamaica. With that said starting a travel project made sense. As we say in our about page about CONNEK: What better way to connect with people than to travel to them, celebrate with them and connect!

What is that single need that you think your company fills in Jamaica?

The need of building a bridge between the local community and the international community at large. Not only do we bridge that gap online and through media but we also allow community to form across country borders. Pulling the diaspora closer together.

What differentiates you from other businesses in your field?

We are working to change the narrative of LGBTQI people in Jamaica, but also extend the family of networks between Jamaica and The States. Just this past 2019 Pride in NYC one of our CONNEK ambassadors performed at a RAGGA.NYC event in NYC for Pride. This is the kind of cross international linkup we seek to build and drive. Jamaican talent in the states, NYC talent in Jamaica! A worldwide link up of queer family making connections and making things happen.

What has been your most difficult challenge since starting?

Funding and bandwidth. Entrepreneurship is no small task.

Where do you see your company in five years?

In 5 years, we see the company having events and tours not only in Jamaica but New York, Canada, Puerto Rico and more! Being able to bring Jamaican LGBTQ talent to the world and provide exposure and business opportunity for the community. That’s the goal!
PRIDE JA 2019
COOLER FETE
SATURDAY • AUGUST 3 • 2019
TURTLE RIVER FALLS • 10:00 AM - 5:00 PM
ADMISSION: $1,000.00
Shoutout from Fetish Secretz

Pride Week is so important to us here in Jamaica because it marks this huge change that’s happening within our LGBTQ community, as well as the wider societal implications. Even though attitudes and injustices still remain, we have come a long way after celebrating 5 years of this standing tradition and 20 years of J-FLAG continuing to raise awareness, improve the attitudes of society and encourage inclusiveness.

A favourite quote of ours at Fetish Secretz is “Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life, define yourself.”

#happypride2019
#pride2019
#yourfetishoursecret.
Globally, Pride celebrations have been at the heart of an LGBT movement’s journey towards equal recognition and equal participation in public life. These movements have yielded significant gains across the world. More and more, we are seeing these gains in Caribbean shores with the recent win at the Caribbean Court of Justice for the transgender community in Guyana. Pride celebrations have been popping up all across the Caribbean as we celebrate publicly and fearlessly our resilience and highlight our existence as uniquely queer and indigenously Caribbean.

PrideJA challenges Jamaica to reimagine the local LGBT community beyond Clovis caricatures. They force our international interlocutors to reimagine their perceptions of Dancehall as we show them that queer Dancehall spaces exist and thrive in Jamaica. PrideJA also challenges us the community to think about what matters to us and where we want to go as a marginalized group and as Jamaicans.

For many of us in the Jamaican LGBT community, PrideJA challenges us with the concept of visibility. Will I go to the Breakfast Party and dash out, only to be picked up on camera? Will I speak at the forum and be spotted by the openly gay person in my community who may “sell my story”? Will I showcase my talents at the concert and be branded a “gay artiste”? Pride offers us the promise of inclusion but only to the extent that we are willing to emerge from the shadows and claim our space.

As we grapple with what that inclusion may or may not look like, we also have to ask ourselves who do we, as a community, include in the celebration of ourselves? Private sector support has been a cornerstone of PrideJA for the last five years, and it continues to grow each year to unexpected levels. With the support of private sector, a message is sent to the wider society that we no longer live in a country where discrimination and exclusion is the standard everywhere. It also communicates to the community that there are allies in high places who will look out for us.

And yet, we have to be careful about growing commercialization of global pride celebrations. Sports Day is as important as it is because it is community-led and driven. While a house fully sponsored by a sportswear giant would be great, we have to think about what parts of ourselves we trade-off for such conveniences.
The support of the clergy and our allies in civil society, academia and government has only seen pride grow to have amazing elements like Out for Jesus and two Conferences, spaces that were critical to adding the necessary nuance and critical conversation that re-energizes the community and the movement. Inclusion of allied voices can certainly help PrideJA to blossom into something bigger than originally imagined.

However, due care has to be taken to ensure that loudest voices during PrideJA are our own. PrideJA is a time for us to consider what our emancipation looks like, what our equal citizenship consists of and what our future can become, and only the local LGBT community can decide that for themselves.

So, as we ponder questions of balancing visibility and personal safety, balancing corporate support and corporate domination and balancing growing allyship and community-led dialogue, it must be remembered that PrideJA at its core is a revolutionary act. It is about shaking things up and making everyone uncomfortable with the status quo.

There is no easy answer to any of these discussions but any good answer has as its minimum growing community participation in decision-making, increasing support from private sector and increasing displays of support, growing allyship across all sectors of society and greater visibility by the most revolutionary actors: the LGBT Jamaicans who dare to live, remain, thrive and celebrate themselves in Jamaica between August 1 to 6.

HAPPY PRIDE!!!
It's an honour to be a part of this year's Pride events. As a musician, artist, and spiritual business owner I feel privileged to be able to offer a safe space for other LGBTQ+ Jamaicans to share art and music, acquire gifts for their partners, or simply enjoy like-minded conversation without fear of judgment. I have had the joy of meeting so many incredible individuals through my work and the pleasure of watching others connect through this space I've created over the past few years. I'd like to thank everyone for your continued support.

Love & blessings, happy pride!
Moon Earthtones Designs / Earth & Moon
PRIDE JA 2019

Concert & Open Mic

Friday, August 2, 2019
6:00 pm - 9:00 pm

Venue:
Knutsford Court Hotel

ADMISSION: $1,000.00
The skin is considered the largest organ of the body, having a total surface area of approximately 20 sq feet. Our skin protects us from bacteria and the elements; it helps to regulate body temperature and communicates the sensations of touch, heat and cold. Caring for the skin can become complicated and there are different actions that we need to take in order to keep our skin looking, feeling and being healthy.

What do we want? Clear and healthy skin. When do we want it? Now...and forever to be honest. Summer is back and that means we’ll probably be showing more skin than we’ve done in months prior. Temperatures have risen as high as 40C this year, an unbelievable 3.1C higher than last year’s 36.9C. With that being said, we have lots of work to do when it comes to skin care and protection. While skin care often requires you to get into a routine, it doesn’t always mean that you have to break the bank for it.

First and foremost, always remember to drink your water. Staying hydrated is good for your overall health but it also has major benefits for the skin because it helps you from the inside out by flushing your digestive and excretory systems. Your skin is mostly made up of water, so a lack of it can cause dryness, tightness, wrinkles and even acne, especially during the summer months when it is hotter than usual. The next thing we need to consider is keeping our skin moisturized; both face and body. When the skin dries out, it tends to crack and flake which can be
unsightly and even border on being painful. It’s important to moisturize at least twice a day in order to keep the skin soft and supple. Butters and oils help to seal in moisture better than lotions as the skin absorbs them slower making them last longer. For summer, you should use lighter oils such as jojoba, rosehip and moringa so you won’t be left feeling greasy during the heat. You should also exfoliate at least twice a week to rid the skin of dead cells and unclog pores. Exfoliating with sugar, coffee, salt or oats are great if you’re looking to use more natural products on your skin. You can also opt to use a cleansing sponge if your skin is extra sensitive.

One of the newest trends in skin care right now is the face roller or facial massager. It looks like a typical paint roller and has been proven to reduce puffiness, under-eye circles and wrinkles by increasing circulation in the face. Face rollers have been used by members of high society in China since the 17th century and are usually made of jade stones. The product is used by simply rolling it along the cheeks, forehead, eyes and chin in an upward and outward motion while applying slight to moderate pressure. Famous faces such as Tracee Ellis Ross, Victoria Beckham and Meghan Markle have been spotted using the face roller. Go ahead and try these tips this summer (and beyond) for healthy and glowing skin!

Follow us on social media for more information on skin care: @skinbytrace
PRIDEJA 2019
TRADE SHOW

A CELEBRATION OF COMMERCE

- A variety of local suppliers on show
- Panel discussion on "Generating income via Storytelling"
- Breakout sessions on "Film, Finance, Fashion and Food"
- Keynote presentation

Monday August 5th 2019
Courtleigh Auditorium
11:00am - 8:00 pm

We will also be screening the Kenyan film RAFIKI @ 12:30PM
Who is Darien?
I’m an editorial and portrait photographer, and educator, currently living in Fukuoka, Japan. I’m a ‘creative’. I’m a dog-dad to two lovely pups back home. I have no flashy or extensive introduction, but these are a few parts of the person I am.

What inspired you to pursue photography?
While pursuing my degree in Communication Arts and Technology at the University of Technology, Jamaica, I was required to do courses in journalism. My lecturer, Andrew Smith, showed us the work of various photojournalists. In particular, we watched a documentary about James Nachtwey and his work. It sounds cliché, but that day, in that class was when I knew I wanted to be a photographer. Mr Smith himself was an inspiration to me, as he’s a freelance photojournalist and the closest thing I’ve had to a mentor in this profession. He has helped me from the very beginning when I was his student, right up to when we were colleagues working in the same office.

Who are your top three photographers?
Top three, in no particular order: Gordon Parks, Albert Watson and Wade Rhoden. I’d like to throw in one more. My current favourite contemporary photographer, Dana Scruggs.

What do you think makes your work different from other photographers?
I can't entirely say for sure without getting technical. People have told me that I capture how someone is truly feeling, not just the superficial. But for me, I would say it's how I use light and shadow to try and tell the story for the image, to create the appropriate tone. Many photographers use light, but many know how to sculpt with it. It's something I'm still learning to this day.

Outside of photography, do you experiment with any other forms of art?
When I was younger I used to sing a lot, and I played the guitar (just a
Where does your inspiration most often come from?

Other visual artists plus my natural environment. During my time working at the Edna Manley College, I had the privilege of working under Donnette Zacca, who was the head of the Photography Department. At the time, though I’d done portraits for a while, I was still very technical. She opened my eyes to a whole new way of seeing, almost literally. Looking at lights, shapes and colours and how they interact with the environment give me inspiration. Being in a space where I could look at the work of painters, sculptors, graphic artists, helped open my eyes to a whole new world.

What is your artistic process?

I generally get an idea or outline, a flash of inspiration. I walk with two notebooks and a steno pad that I use to scribble my ideas in. Then I flesh out my concept and start looking at how feasible it is, what do I need to execute it. I think about how I want to light it (as you can tell, it’s very important to me!) and who I would want to cast as my subject. I’ll turn the scribbles into more concise points, then type it up in Evernote. After that, I start contacting the people who would make up my team to gauge their interest, bounce around the idea some more, refine it. And then the planning truly begins.

When did you realize you could have a career in photography? What was your journey as a career photographer?

A part of me still doesn’t know if I can make it a full-time career. But, luckily, it’s a small part. I would say I realised in about 2012. I got my first internship with a popular marketing and event coverage company. I interned for a few months, then transitioned to a paid position. I stuck with them for about another 18 months and then we parted ways. I was focusing on my final year of university.

Since then (2014), I’ve been freelancing all while working in media and media-related fields. I was a production coordinator on Mission Catwalk for 2014 and 2015, and in 2015 I also started working in the Photography Department at the Edna Manley College as a technician. From 2016 to 2018, I taught photography to many wonderful people, while still working as a technician. In addition, I was a freelance photographer for The Gleaner Company for about 14 months from 2016 to 2017.

What role does photography have in society?

An immense one. Photography serves so many purposes in society that I can’t imagine a world without it. Starting with photojournalism, an image can turn a story from informative to powerful. Even beyond journalism and reportage, photography is in almost every facet of life, especially in today’s world. From commercials to your personal life, it’s there. And each image, no matter who captures it, can tell a story.

What advice would you give to young photographers?

This is said often, but practice, practice, practice. I won’t say shoot every day but do it as often as you can. You don’t need an expensive camera to start photography. Most phones these days take decent to amazing quality photos. On top of practicing, read (or watch YouTube, if that’s your thing). There’s a wealth of information at your fingertips, waiting to be discovered. Use every resource you have. And I’ll follow that up with, reaching out to your peers and your ‘elders’. Work with them and learn from them. All that information that you gain from reading or watching YouTube won’t mean much without context. This also helps with building connections in the photography scene. It’s still something...
I have trouble with because I can be a very insular person. But it's worth doing.

**What is your favourite photograph you’ve ever taken?**

I'm asked this very often, but to be honest it changes a lot. I don't have a single favourite image of all time. It might change depending on my mood or mindset. The best I can do is say that all my work since 2016 falls into the 'favourite' category.

**What is your dream photography project?**

Oh wow, I'd say a spread in Essence, Harper's Bazaar or W Magazine. They're all included in my research materials, and it's been a dream of mine to have my work in their pages.

**What project are you currently working on?**

I'm currently brainstorming four or so projects, one to be done during my time in Japan, three when I get back home to Jamaica. I can't talk about the latter ones yet, but the first, I'm looking at ways to document my life and emotional state while living in 'inaka' (the Japanese countryside). That's about as deep as I can get into it right now.
Babby, nobody is gonna love you the way you can love you. And at the same time, nobody could ever hate you as much as you can hate yourself. And it starts with self. The world will give you what you give to yourself. This is the greatest thing. This means you are powerful beyond measure, and you have the ability to pull as much love or hate as you choose into your life.

- Choose love.
- Choose self-love.
- Choose community love.
- Choose family love.
- Choose romantic love.
- Choose divine love.

Because you are divine. Regardless of what they have done to you. Regardless of what they have said about your body. Regardless of what you have believed about your own self so far.

You are pure |divine| love.
You are PRiDE personified.

And it is our pleasure at Honey and Lime to support your journey to your highest and proudest self.

We love yu. We lucky fi love yu. We proud a yu too!

Happy PRiDE!
PRIDE JA 2019

SPORTS DAY & LYME

Venue: South Beach Cafe
ADMISSION: FREE

Thursday, August 1, 2019
10:00 am - 2:00 pm

REMEMBER TO SIGN UP AND PICK YOUR TEAMS
Summer 2019
Fashion Trends

By Ashley Gordon

When it comes to summertime it’s all about wearing less. Unlike other summers, this year is blazing hot and deserves only bikinis.

Place Hot B !!!

The fashion trends for spring-summer 2019 were decided months ago thanks to the catwalks at New York, Paris, Milan and London, but now’s the best part; the coolest looks from the catwalks have been converted into high street offerings at a fraction of the price.

With the fashion world looking ahead to autumn winter already, now’s the perfect time to make the most of the summer trends, before the shops switchover later in the year. Whether you’re unsure what colour scheme to invest in (hint: bright is best) or whether you can pull off the trickier trends of the season, we’ve pulled it all together -- plus given you some great shopping options -- so you can feel stylish for the whole season.

From the colours you’ll need in your wardrobe to next year’s ‘it’ print, here are all the spring and summer fashion trends we’ll be wearing this year.
Happy pride to my LGBT family. We have one shot at life, no restart. Live your truth and be who you are. Let's spread love every day and love on each other more. I'm sending love and light to all the closet LGBT members who can't love opening like others. Keep doing what's necessary for your life until you're at that place and ready to love open.
GALore
The All-Woman Event
Venue: Knutsford Court Hotel
Friday, August 2, 2019
10:00 pm - 2:00 am
Admission: $1,000.00
KavPRO extends hearty congratulations and applause to J-FLAG for its continued and expansive works in ensuring that Jamaica is moving in the right direction as a place where LGBTQ+ Jamaicans can live in dignity.

J-FLAG and its affiliates have, over the years, managed to create spaces for open and frank discussions, while also finding ways to creatively disrupt existing narratives. This 8th edition of PRiDEJA Magazine for PRiDEJA 2019 is a prime example of that. It is a testament to J-FLAG’s commitment to continue to celebrate the success and achievements of the LGBTQ+ community while advancing the rights of the community through advocacy and partnerships.

KavPRO joins the LGBTQ+ community in looking forward to Pride 2019 in Jamaica, and J-FLAG’s continued advocacy. As always, we are ready to help support.

Happy Pride!

Jean-Pierre Kavanaugh
Creative Lead, KavPRO
Planning for retirement can be a daunting task. It’s tedious, requires discipline and if not done correctly will see one working right up until death and never actually retiring. And that’s the good news, assuming that one will actually be able to hold a job post until 65 and one that will enable one to earn a sufficient amount of income to live on.

But what exactly is retirement planning? Retirement planning is the process of determining retirement income goals and the actions and decisions necessary to achieve those goals. Retirement planning includes identifying sources of income, estimating expenses, implementing a savings program, and managing assets and risk. Future cash flows are estimated to determine if the retirement income goal will be achieved. (Julia Kagan – Investopedia, June 2019). I always tell my clients that if you don’t know the lay of the land, you cannot plan. One has to take a very frank look at the present budget and make a calculated guess at a future budget in order to determine what you will need when you retire. Retirement planning takes into consideration not just finances but all aspects of life after work.

How much is enough to retire on? Different experts will give you different answers but the one thing they all agree on is that MOST persons are not saving nearly enough to retire comfortably and will have to adjust their lifestyle drastically and/or rely on children or other relatives in order to get by. As a guide, use the 80% rule, at retirement, you should have accumulated enough money to live on 80% of your at retirement income for roughly 20 years. So if you were making 1M a year, you need to have enough savings to produce 800K a year for 20 years. That would be 16M.

**TIPS FOR RETIREMENT PLANNING**

1. **START AS EARLY AS POSSIBLE!!!** I cannot stress this enough. From the moment you start earning money, start putting aside money for retirement. The reality is that most of us will not but even if you squandered the early work years, start right now. The power of compound interest over the years will amaze you.

2. **Maximize your contributions** – If you are presently contributing to a pension scheme, try to do the maximum amount allowed under the law (20%). This contribution is taken out of your income BEFORE tax thus allowing you to maximize the amount you are saving.

3. **Commit your retirement plan to writing.** Assess what you will need at retirement, work out exactly how much you will need to be saving and then implement your plan to achieve it. Do an annual review to track your progress and adjust accordingly.

4. **Build your financial literacy** – Read books, journals, speak to experts etc. Keep abreast of the changing financial winds. Learn about how stocks, bonds and other investments can help to build up your retirement income. STAY AWAY FROM RISKY INVESTMENT SCHEMES!!! If it sounds too good to be true, it usually is.

5. **Make yourself financially bulletproof** – Life happens and when life happens, you want to be sure you can survive the upheavals. Sickness, death, unemployment etc can lay waste to retirement funds. Yet a simple act such as getting life & critical illness insurance can ensure that you can weather any financial storm. Make sure you have adequate life insurance coverage and the right type of
insurance for your needs. Commit to building up a reserve fund of 6 months salary to fall back on in the case of job loss. At the same time, be aware of the change trends in the job market and ensure that you keep being employable. This might mean going back to school and learning new skills that suit the ever-changing job market.

Retirement should be a time to relax, you worked for 40 plus years, probably raised some children while at it and now you should enjoy some time for yourself. It’s time to travel more, play some golf. It’s a time to spoil your grandkids rotten, letting them get away with stuff your kids could not even dream about doing. Take the time to plan for it properly and not be the old people who have to be calling relatives to ask for a monthly contribution to make ends meet.
PRIDE JA 2019

OUT for Jesus

Sunday, August 4, 2019
5:00 pm - 7:00 pm

Admission: Free
Our country has a long history of youth-led movements that brought about significant social change. Young people have advocated for child labour laws, voting rights, civil rights, school desegregation, immigration reform and LGBT rights.

J-FLAG specifically Equality Jamaica has been making positive strides to ensure the basic human rights of the LGBT+ community are met. Though progress is being made, JFLAG and its allies have been fighting an uphill battle, in that, Jamaica has failed to develop a legal system that is responsive to and inclusive of the rights of LGBT+ persons. Repealing and amending laws, creating new ones that address current challenges toward the community are some of the small changes that will make big differences.

Message to Equality Jamaica: young people often have the desire, energy and idealism to do something about the injustice they see in the world, you are powerful agents for change.

Happy Pride
from I Love Sweetness Coffee Scrubs
His country is the land of paradox and contradiction; where a frustrating government pleads for more productivity but can’t provide an efficient bus system to get people to work on time.

Clifton—or the newly stylized Cliff, as his well-to-do friends call him—knows he should have been out of the apartment at least fifteen minutes ago if he wants to catch an early bus to get to work. He works doubly hard at his job in the ICT sector, which means he gives online technical support to people overseas. In his hurry, he pulls a T-shirt over his thin frame, only to realize it’s on backwards. He fixes it while struggling with his keys to lock the front door, then runs off before noticing that he’s left his phone and has to turn back.

Ambition tells Cliff that with a master’s degree in psychology he should be working somewhere with better pay, but the job market is so volatile. Worse, he never seems to have free time or energy to write application letters, much less go on interviews. The job barely allows him to live in uptown Newland Park. His salary might be able to cover his expenses more if he lived in a cheaper area, but he feels safe there. Safety has no price.

Cliff’s six o’clock Saturday morning shift is his worst. Sleep is burning in the corners of his eyes. It forces him to question his decision to stay out late last night rubbing shoulders with neighbourhood friends, Alex Pattel and Max Richardson. Those kids only work to stave off boredom, he thinks, as he hurries down the long street to the bus stop. It’s just that he feels somehow obligated to say yes when they ask. He never imagined that he, Clifton Moore, would have rich friends like those who like him enough to invite him out. If only his mother could have stayed in the...
one-room house where she raised her three kids—his sister, nineteen-years-old and on her second child, and his brother, now deceased from a bullet to the back of the head, and himself—and seen him then.

Well, maybe not exactly the scene last night. Cliff wore a black tee with the words ‘Pink Lives Matter’ in neon pink on the back and he is positive she won’t respond well to that.

Still, Cliff can’t blame his friends for being late. He got home at 11:00 pm, which might have given him enough sleep, if only he didn’t have to spend half the night explaining away that one selfie he took. Matías, a bed and breakfast owner from St Augustine, Florida, and his long-distance boyfriend of the last two years, was jealous.

“Why does that one guy have his hand on your shoulder?” Matías asked.

“We were taking a selfie to celebrate the end of a stressful week. It’s not like his hand was around me the whole night.”

Cliff has grown accustomed to Matías’ jealousy, so much so that if Matías stopped questioning his every move, Cliff would worry that he had been weaned. Last night, however, Cliff could have done without the interrogation. While he assured Matías of his faithfulness, he battled exhaustion and an almost instinctual desire to retaliate and blast the man for his affectionate-looking shirtless picture from less than a week ago.

The caption of Matías’ Facebook post read:

‘Enjoying Ponte Vedra Beach with my new bestie Eduardo #VivaLaPlaya #HaceCalor’

“Don’t you miss your big papi baby?” Matías asked. A smidgen of a Dominican accent still played around the edge of his words. Even in frustrating moments like these Cliff found it sexy.

“Don’t you miss these muscles holding you tight?”

“Yes, Matías, I do.”

“No te creo.”

“Don’t say that, babe. It’s because I miss you so much that I have to go out sometimes and forget about it.”

“Why you wanna forget me when all I do is think about you?” Cliff held the phone away from his face and scoffed dramatically while Matías continued. “You know what I been thinking ‘bout all night?”

“Huh? I didn’t hear that.”

“I said, I thought about you all night and when you came here last winter.”

“OK.”

Read the full short story at www.thewritelaunch.com
HAPPY PRIDE 2019 JAMAICA!