

THE L.E.G.A.C.Y. VIBRATION

WWW.LEGACYS-HAVEN.COM

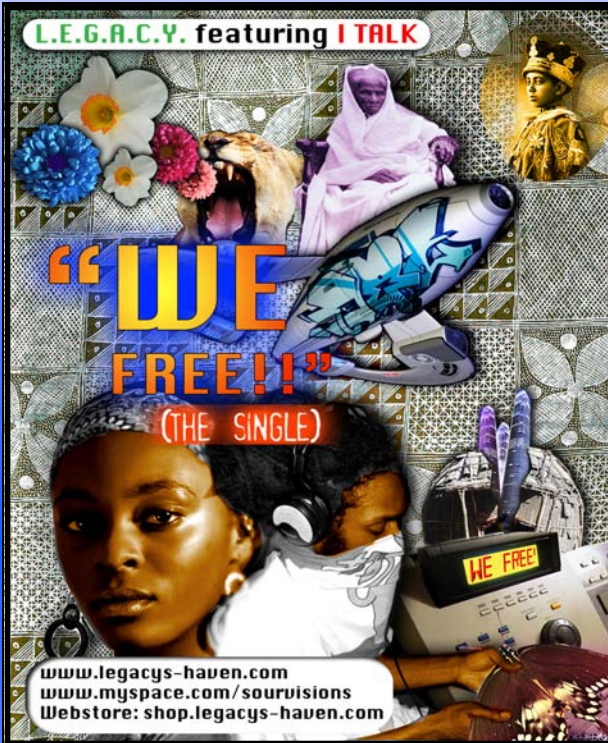
“Dedicated to Collective and Cooperative Community Growth.”

“WE FREE” the Video

L.E.G.A.C.Y. FEATURING I TALK!



L.E.G.A.C.Y. in Sierra Leone, February 2009



I discovered that Brotha Manu made a video for "WE FREE" at the end of last year. Before he made the video, I didn't know him. To say the least, I was surprised, honored and Humbled. Thank you Brotha Manu Heru for your tremendous support!

To see the video visit my You Tube page at:
www.youtube.com/legacys8haven



Check out the Hip Hop All Day photo shoot on page 4 with I TALK! and L.E.G.A.C.Y..

Flier by Brother Dirt: www.myspace.com/upfromsumdirt

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My visit with Scholar and Historian Dr. Yosef Ben Jochannan (Dr. Ben)

I visited Babba (Father) Dr. Ben when he was in Harlem hospital last November. I had the opportunity to visit him several times thereafter. It was an honor to be in his presence. It was an experience I would have never expected to happen. If you are not familiar with Dr. Yosef Ben Jochannan, go here: http://www.africawithin.com/jochannan/dr_ben.htm. He is a Very Important Person in Afrikan History. I'd like to share with you all one of my diary entries from one of my first visits with him. I am charged to pass this story on. I hope you all enjoy this message:

11/2008 - I visited Babba Dr. Ben today. Today we were able to talk more than yesterday. I asked him what is his charge for us youth and communities, in general, as we move forward towards building united fronts towards the Unity and True Liberation of our people. He said to me, "Be Kind to each other, Love each other and carry out our Carribean/Afrikan values." I said to him, "Yes, we should just Be Ourselves."....and he gave me that "you know it!" look. We spoke about many things. Since I am doing work in Papua New Guinea with our indigenous brothers and sisters there, he told me stories about how he lived in PNG for a year working and doing research. I sang my newest single "WE FREE" to him in acapella amongst other songs and he listened the whole time. I finally kept singing until he fell back to sleep to rest. (smile) He also told me that Our task will be a struggle, but he said, "Keep on fighting, keep on. Never give up."

It is an honor for a youth like myself to be able to go see Babba Dr. Ben. I've read his books and many in my family first learned the truth about Ourstory from Dr. Ben and John Henrik Clarke, who I believe, was a good friend of his. It is an experience I will remember for the rest of my life and I will pass his charge and words on to other youth. I value the presence and guidance of my elders, including those who gave me the call to go visit Babba Dr. Ben. Thanks to the Queens.

Finally, before I left, I said to Babba "Forward Ever"....We said together "BACKWARD NEVER!". I told him "Babba you are my King." He said, "And you are my Queen." A true Love story. 1Love. - Legacy



THE ELDER'S GUIDE

The Real "Bling Bling" of Sierra Leone are The Youth

Written by Reverend Yvonne Washington-Turay, Founder of God's House International, Inc., February 2009

Introduction: After 11 years of internal conflict that lasted from 1991 to 2002, the Country of Sierra Leone is finally beginning to look toward regaining more internal development and stability. There is much to be done. President Ernest Bai Koroma, now into the second year of his presidency vowed during the election campaign to make the youth a priority in his administration. As of this writing, a National Youth Commissioner has yet to be named. There are many issues affecting the population of Sierra Leone. Massive unemployment amongst the youth, poor healthcare including the rising incidence of HIV/AIDS, rising maternal mortality, and unenforceable child labor laws that perpetuate the incidence of children working long hours on the streets. (Many children are unable to attend school due to lack of monetary resources). The influx of western ideology, including the corporate commercial rap culture and it's media have left many young people in Sierra Leone wishing for the false life of the "Bling Bling" culture: money, women, cars, sex and much of the materialistic values that are held in American culture as a whole. Traditional family values, African culture and language are being rapidly replaced.



Students in the province of Rokupr

Many Sierra Leoneans believe that Krio will become the official language of the country, replacing tribal dialects such as Loko, Mende and Timene - to some, this is quite offensive. For many young Sierra Leoneans, tight jeans, miniskirts, baggy pants and the likes are the dress of the day. "We are losing ourselves!" exclaimed one culturally conscious youth who attended one of the God's House events that took place in Freetown, Sierra Leone. *Foreign investors are coming from all over to get a taste of the wealth they believe they will find in this diamond rich country. While everyone has heard the story or seen the movie of "Blood Diamonds" it seems that there is very*

*little, if any, consideration paid to the millions of young people who are walking the streets selling their wares, begging, and yes, even digging for diamonds in the diamond field of Kono, diamond country. There are countless numbers of other young women who are uneducated, illiterate and believe they have no other way to make a living except to market themselves in unregulated brothels all over the country. Hundreds and hundreds of workers, many of them children are day by day mining the fields in search of that which will enrich the lives of many - excluding themselves. Within the world of commercial rap "Bling Bling" refers to flash, glitter, material wealth, and relatively speaking, Diamonds; without the "Bling Bling", you are nothing, you're not "in" - you are a nobody. Many wish for educational opportunities, some for employment opportunities while others wish for a break to show the world their talents of art, rap ,dance, ministry, community organizing etc.. Below are some of the stories of the real "Bling Bling" in Sierra Leone: **The Youth.***



Artist in front of his art work at the God's House clinic

The Artist, Abu Bakr: Abu Bakr Kabia, a.k.a. Artist, is a 32 years old self taught artist. His passion in life is his art. From wood making to stonewall tapestries, his gifts are many. While his work is in high demand, Artist refuses to have his art brought down for the price of a dollar. He desires to share this gift with young people of all ages. In fact, he can be found giving informal lectures on the streets, at his job sites, and even at the art schools who solicit his expertise. As a survivor of the civil war, he says God gave him this gift in a dream and he began to pursue it. As a result, he has been chastised by his family, who say he is ruining his life.



Artist has taught L.E.G.A.C.Y. how to paint in the dark!

Artist is insistent and persistent that this is his dream and the passion he wants to share with the world. I met artist in late 2008. He was introduced to me by my husband through a friend of his "Big Blow". I have long visualized the writing that would be on the wall of the God's House facility and Artist had the answer to my prayer. I asked God to send a messenger with a passion for the work and mission. I found both in "The Artist". We Love "The Artist" and will continue to support his endeavors.



Efe, Isatu's daughter

Isatu Mansary: Isatu is a mother and housewife. She cannot read or write but wishes only for her two daughters to have the opportunity to go to school. When I am in Freetown, she works diligently to provide services that she knows we need and are often too busy to take care of: housekeeping, cooking, washing clothing etc. She is my right hand woman. Isatu sees her future via her children.

Hassan Juse and Esheka Kamara; These two Fourah Bay College students work diligently in the community. Hassan is majoring in Engineering and Esheka in Accounting. As members of SWISSOSA, an organization for upper level college students, they work to secure their future by attending college and by providing reliable media and event planning services to organizations. Hassan stressed that above all, he works to secure his reputation by planning the most successful events in Freetown. These two young men led the event planning for the God's House International outreach at Club Porsche on February 7th. The event was a great success. Such motivated and hard working young people need encouragement and continued support to make their lives sustainable.



Hassan, Rev. Yvonne and Esheka

Then there is Pastor Kano and Sister Blessing who have started the most successful church ministry in Marjay Town - **Heaven's Gate Church.** Heaven's Gate collaborated with God's House to host the women's session on February 13th. Sister Sibel is the youth leader of the church. She is an aspiring singer and great inspirational speaker. She and L.E.G.A.C.Y. have become good friends.



L.E.G.A.C.Y., Sister Sibel and other youth at Heaven's Gate.

There are many other stories I can tell. Ingenious builders, seamstresses, craftswomen, independent music artists, DJs, herbalists, business men and much more all looking for opportunities to provide for themselves and their families. When you are looking for diamonds in Sierra Leone look at the people FIRST. They are the real "Bling Bling" of Sierra Leone.



God's House International and L.E.G.A.C.Y.
 "Let's Be Free" of HIV/AIDS Outreach
 Freetown, Sierra Leone: February 7 – 18, 2009



www.GodsHouseInternational.org www.myspace.com/legacythealbum



Rev. Yvonne and L.E.G.A.C.Y.

God's House International is a grassroots organization that was founded in 2000 by Reverend Yvonne Washington-Turay, Family Nurse Practitioner. The mission of God's House is to bridge medical, social, cultural, and economical gaps in Sierra Leone and abroad. God's House returned to Freetown this past week. Despite travel delays due to weather conditions and lost baggage, Mrs. Turay and her daughter Nusaiba, also known as, L.E.G.A.C.Y., managed to arrive in Freetown and begin their annual outreach on time. Nusaiba is the Executive Assistant of God's House.

The opening event was held on February 7, 2009 at Club Porsche on the East End and was Co-Sponsored by The SWISSOSA Association of Fourah Bay College. The event was a "Miss Sir Winston" Beauty contest coupled with a lively music performance of L.E.G.A.C.Y.'s new single "WE FREE" amongst other songs. L.E.G.A.C.Y. is an internationally known "Wholistic Soul Artist" living in New York City, U.S., and Gullah by heritage and culture. The music performance was followed by and HIV/AIDS sensitization and condom demonstration by Reverend Turay. There was also a condom demonstration using male and female condoms. Audience participation was solicited and the attendees were quite helpful with relaying the information to their comrades. Gift packs were given to active participants and those who wanted to receive condoms.

For the next event, the staff of God's House and a few local volunteers, traveled to Kambia to provide HIV/Sensitization to two schools in the village of Rokupr on February 11th. Ahmadiyah Muslim School and Magbema Secondary School are not strangers to this group. For the past three years they have openly welcomed the God's House program. An additional event was the school to school educational exchange. School supplies were given to the top 15 students at each school as well as those participants who were active in asking question during the HIV/AIDS portion of the event. This year, Heaven's Gate Ministries which was founded by Reverend Delwin Kanu and his wife Sister Blessing was the site of this years' Women's Empowerment session on February 13th. This year, an added feature included scriptural references for dealing with HIV/AIDS. Reverend Turay informed the attendees about the prevalence of HIV in Sierra Leone amongst the general population, antenatal segment of society as well as biblical perspectives on maintaining abstinence from sexual immorality, marrying in Christ and encouraging the women to be proactive in caring for their sexual health. There were also many men in attendance and the seminar was well received. After the lecture/presentation, all of the women in attendance were given care packs as gifts and everyone in attendance had a full meal with drinks. Reverend Kanu and Mrs. Turay share the thought that the church must involve itself with educating the congregation about HIV not only as a means of prevention but also to facilitate an open ended relation between the pastor, congregation and person who may be HIV positive and attending the church.



Outreach at Magbema School in Rokupr



DJ Base, L.E.G.A.C.Y., DJ Blacka

The last two events are radio interviews by L.E.G.A.C.Y. with DJ Base of United Nations Radio on February 17th and with DJ Blacka of Culture Radio on February 18th. Thus far all of the events have been dubbed a success with Brand New collaborations with the SWISSOSA Association and Heaven's Gate Ministries of Upper Marjay Town.

With more than 27 million people in Africa effected with HIV/AIDS and approximately 250,000 infected within Sierra Leone, it is imperative that greater strides be taken to involve Government and Non Governmental organizations in all programs involving of HIV/AIDS Prevention. God's House International is committed to continuing the fight against this malady. L.E.G.A.C.Y. is also committed to utilizing her talents to draw young people into HIV/AIDS awareness, social consciousness and increased community activism to improve the conditions in Sierra Leone and in the Afrikan Diaspora.

To view the full slide show of pictures from the mission [Click Here](#)
 To hear L.E.G.A.C.Y.'s interview on United Nations Radio with DJ Base [Click Here](#)
 To view God's House video footage [Click Here](#)



**What keeps you inspired to move forward in this life?
What is it that you live for and look forward to?**



In my email blast on March 4th I asked the two questions above to my supporters. What made me ask such a question? Well, I am always inspired when I encounter people who seemingly have nothing, but live the most Peaceful and content lives. The day I asked that question I had been hearing stories about men killing their entire families because they couldn't make their mortgage payment...the thought was mind boggling to me. Of course, the root issues likely laid deep within the psyche and Spirit past bills and stress. I wondered, perhaps, if those men valued who they were past the false demands of society? I wondered, if someone would have asked them the same question if their decision would have been to value Life instead.



More than two years ago, I made the decision to throw out my T.V.. I decided that it was time for me to begin shaping my own reality of the world. Popularized media has a way of bringing us into a "brain-washed" state, where we begin to mentally digest food that makes us sick, whether we realize it or not. I began using the internet and my computer as a main information and edutainment source. After getting rid of the T.V. I realized that I had more time to reflect, I spent more time reading and getting to know myself.

The day I sent out the email blast, I received so many different responses to the question above. Many of which were similar to my answers to the very same questions. Among the responses, some people said that family inspired them, some said "the small things in life", some said looking forward to a new day, some say God, some said Truth and Love, some said looking forward to seeing more people become liberated in thought and action.

By reading my newsletter, you'll see what inspires me. I liked the format that one person in particular wrote their response, so, I'm going to copy that. I could keep it short and just answer those questions by saying, "Truth and Love", but....what the heck.

What inspires me to move forward?: The All Wise One; Living in Oneness; Truth and Harmony; Reciprocity and Justice; the Ancestors who Lived with the future generations in mind and fought for Truth; the Youth who live for the upliftment of their people and the next generations; the elders who guide; the baby, whose innocence makes me cry and smile in the same breath; the sun, moon and stars that provide us Divine Light; The human body; The trees, flowers and dirt; Nature; the authentic and passionate Artist; a mic and recording equipment; pen and paper; a hot bath with essential oils; green juice with apples and ginger; the human heart; the History of a People whose Spirit will never die; my immediate Family; my extended and ideological family; seeing something come from what seems like nothing; knowing that the wind is flowing across my face even though I can not see it; The Unseen, but Known; Knowledge of Self; Resilience; Spirituality; Life.

What do I live for and look forward to? Peace, Love and Truth; the justice and liberation of indigenous peoples of the Earth; seeing the next generation become stronger and wiser; living in a place where I can breath clean air, have a garden and visit the beach daily; sharing sincere laughs, smiles and thoughts with the people I Love and meet; creating music that is filled with the Light of Ra!; singing, dancing and having fun! Collaborating with those of like mind and Spirit; making moves to enable the next generation to more effectively realize and Love themselves; knowing that the true history and nature of humanity will one day be the popular and the Universe will shift planes.



***Live Like tomorrow will be a New DAY... because it will BE!
Love Like it is a NEW YEAR...because for some it IS!***

Life... is appreciating every invented second, minute, and hour we have to BE ourselves, within our spaces, without any TIME Limits...living love as conduits of PEACE.

***LIVE LOVE (manifested through your works) as if you are never going to DIE. Pray, as if you are going to DIE tomorrow.
BE: Living Proof of one who is ALIVE and Living.***

***Through ME to YOU
Love ETERNAL
Jah de JAH***

Hip Hop All Day: The Colorful Underground
(an impromptu photo shoot)
Location: 5 Ptz. Queens, NY
<http://www.5ptz.com/>

On one weekend, I TALK! and I decided to take a trip to the 5pts exhibit in Queens. Our trip turned into an impromptu photo shoot which turned out to be really cool, colorful and worthy to be displayed. See below the pictures and view the full shoot [here](#). L.E.G.A.C.Y.

Here is some history of the 5 ptz exhibit:

5 Pointz is a free public outdoor art exhibit that spans a full city block in Long Island City, Queens. It is a commercial factory building that is almost entirely covered by Aerosol Art, more commonly known as graffiti.

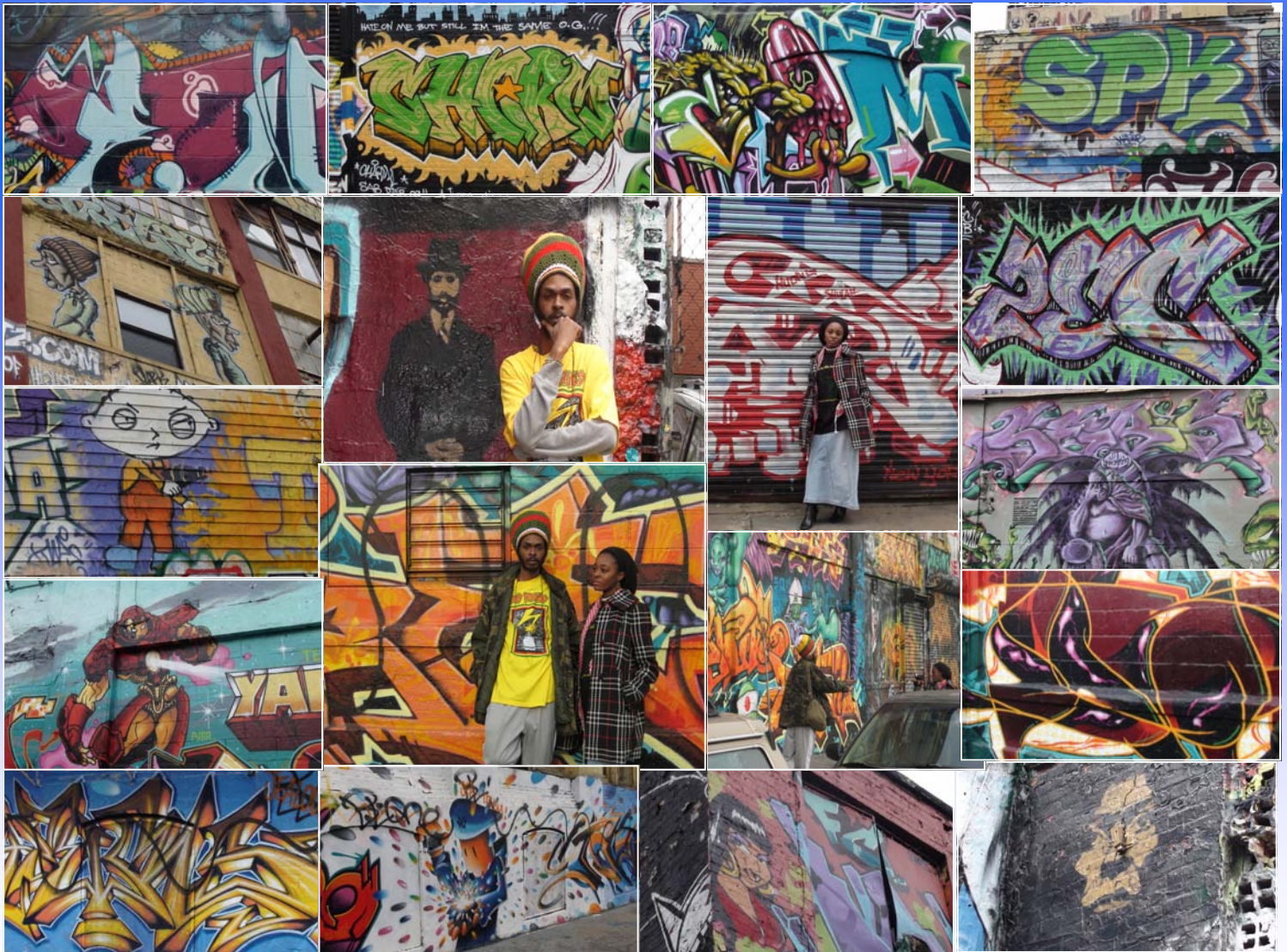
5 Pointz is an organized outdoor gallery which is curated by Meres One. The walls painted on the building are all done with a permit after a review of the artists work and proper placement by Meres. All murals are eventually gone over due to an influx of artists from all over the world, including the originators of this sub-culture and some of the most famous and talented to do it throughout the decades.

Over the years a community of like minded artists has developed including dancers, film makers and fans of the culture. On any given day you can expect to see Emcees (rappers) and B-boys (break dancers) practicing in the loading dock area, photo shoots taking place, videos being shot, artists mingling and sharing thoughts, kids

exchanging black books (hard cover sketchbooks) for each other to sign and for veteran artists to autograph along with beautiful aerosol art pieces being done by any number of people in various locations on the building.

5 Pointz is able to exist with a blessing from the landlord but is funded strictly by Meres, his volunteer staff, the artists themselves and donations.

The future of 5 Pointz is undetermined at this time but our goal is to one day establish a museum in this location based on what we do and the artists that have been impacting this culture since the 1970's.



L.E.G.A.C.Y.'s Recommendations

Videos

Of course, my You Tube channel: www.youtube.com/legacys8haven

(click the title to view the video)

[The Reminders: Outside my Window](#)

[Black Music in America](#)

[Autum Ashante: It's All In My Mind, I Guess](#)

[Warrior King: Can't Get Me Down](#)

This is an excellent website for exploring alternative views: <http://conspiracyrealitytv.com/>

Progressive People

The Ebony Experiment

<http://www.ebonyexperiment.com/>

For The Empowerment Experiment, the Anderson Family publicly commits to "Buy Black" for one year. National media covers The Empowerment Experiment. The Black community supports and joins their pledge. Black businesses grow. Black professionals, too. Black households and communities are economically empowered. The Black community shows the world the true value and strength of Black business, Black talent, and the Black consumer and investor dollar.

Habesha

<http://www.habeshainc.org/btor.php>

[View the Trailer](#)

Black To Our Roots is the inspirational story of a group of teenagers' journey from the inner-city of Atlanta to Ghana, West Africa in search of their ancestral home. The film will feature 16-year-old Sylvia—streetwise, yet self-conscious about the stigma of living in housing projects—and 15-year-old Kweku along with his 13-year-old sister Afua—home-schooled and sheltered in a markedly different African-centered home. Determined to transcend their environments, learn more about their history in America, and see their connection to Africa first-hand, the teens travel with Habesha—a non-profit community-based organization—to Washington, D.C. to trace their genealogy through a groundbreaking new DNA test, spend the weekend at a Yoruba village on the Gullah Islands of South Carolina, and ultimately travel across the Atlantic Ocean. Through their journey, Black To Our Roots highlights how far inner city African-American youth must go to uncover their identity.

Ras Jahaziel

www.Rastafarivisions.com

Stacey Muhammed

Check out this important doccic of award-winning independent filmmaker Stacey Muhammad of Wildseed Films. The film highlights the voices of young black boys between the ages of 11 and 13 years old growing up in New York City. They speak openly and honestly about their reaction to the Sean Bell tragedy as well as their fears and hopes as they approach manhood in a city where the lives of young black men are often cut short, too often, and too soon.

"I Am Sean Bell: Black Boys Speak"

[Click here to view the video](#)