

Welcome
To
The Island
Of Saba, N.A.
and THE
SABA UNIVERSITY
SCHOOL OF MEDICINE
SIGNIFICANT OTHERS
OF
SABA (sos)



SABA UNIVERSITY
SCHOOL OF MEDICINE



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Welcome to Saba!

What Is SOS?

- ❖ An organized group of people
- ❖ Whose significant others are students or faculty at Saba University School of Medicine
- ❖ We are here to
 - ❖ support you,
 - ❖ help you adjust to life on Saba
 - ❖ answer any of your questions.

How do we keep in touch?

- ❖ We meet monthly to discuss upcoming events
 - ❖ We encourage one and all to come to these meetings to plan and make suggestions
 - ❖ We offer encouragement and friendship as you adjust to island living
 - ❖ Make sure you contact us with your **e-mail address and phone numbers** as soon as possible so we have a way to contact you with info
- ❖ By the contact list provided to you by email or print
 - **Check your e-mail daily to look for announcements**
- ❖ By telephone
 - Give the secretary your **up to date** cell, land, Skype, Vonage etc. numbers (let us know whenever these change)

Our Activities may include:

- ❖ Playgroup for the children at the park or each other's homes
- ❖ Potlucks
- ❖ Hiking
- ❖ Cooking classes
- ❖ Yoga/Pilates
- ❖ Swimming (at Cove Bay, Queens Gardens or Tropics)
- ❖ Jewelry making classes (at Jo Bean's in Booby Hill)
- ❖ Movie & game nights
- ❖ Card/Game nights
- ❖ Thanksgiving Dinner (entire school)
- ❖ Halloween Trunk or Treat (island wide – SOS Sponsors)
- ❖ Easter Activities
- ❖ Welcome Lunch/Dinners (every semester)
- ❖ Farewell dinner for the SOS members who are leaving that semester

Everyone, including students and faculty are invited to participate in any SOS activity or event **except our Welcome and Farewell Dinners.**

Please invite your friends or significant other to our hikes or potlucks – the more the merrier.

Many of these events include children, but people without children are welcome to attend these events as they are often a time for SOS members to relax and socialize.

How do we Pay for Events?

- ❖ Many of our events are pay as you go
- ❖ We may ask you to help in one or more of our fundraisers
- ❖ Big events are covered by group fundraising
 - ❖ Bake sales, smoothie sales, Val-o-grams etc
 - ❖ Any other fundraising ideas are welcome

REMEMBER

- * anytime you are feeling lonely, depressed or just need to talk
- * you can call, e-mail or drop by anyone's home
- * we have all been there and still have times we need someone to talk to or just sit around with and kill time.
- * It helps you and everyone you include when you participate.

The Creature Comforts

Hair Care

Ana's – Windwardside 416-2804

Acrylic Nails/ manicures/pedicures etc.

Akilah – The Bottom 416-3311
Juliette - The Bottom 416-3473
416-7025 cell
Saba Day Spa 416-3488
Sherry – Hell's Gate 416-2410

Medications

Best to bring yours from home as the only pharmacy on the island is at the hospital

Baby Needs

SOS does a diaper order every semester (end of semester). Check with the President
Purchase diapers to last the entire semester as diapers are more expensive on the island (but they are available).

Veterinarian

- ❖ Comes from St.Maarten occasionally
- ❖ Drs. Teresa & Chris DeWitt 599-544-4111
- ❖ Bring and special items i.e. meds, special diet items
- ❖ Food is available at the grocery stores
- ❖ Bring letter from your vet at home that the pet is in good health
- ❖ Make sure all immunizations are up to date

UTILITIES

Cable Company

- ❖ Located on the road down to Fort Bay.
- ❖ Third building (house) on the right. (Same as the Gas Co.)
- ❖ They do **NOT** send a bill – you have to remember to pay it.

Cell Phones

- ❖ Service is available through Chippie, the phone company (Satel), cable and gas company.
- ❖ All cell phone service is with prepaid cards.
- ❖ The phone company also carries phones as well as Tel Cell prepaid cards
- ❖ There is a Chippie office in The Bottom, where you can purchase phones, cards, etc
- ❖ You may also purchase cards at the cable company, ICS, Scout's Place and several other locations.

Electric (GEBE)

- ❖ Located on the same side of the street as My Store about 3 blocks away across from Sacred Heart Church
- ❖ The bill will either be delivered to your location or your landlord – check with your landlord on how this will be handled. It is usually due around the 2nd of the month
- ❖ Most renters need it put in their names (check with your landlord)
- ❖ There is a non-refundable hookup fee. Expect bills to be on the high side.
- ❖ During electrical storms be sure to unplug electronics because of the surge
- ❖ When the electricity goes out you may not have any water either

Gas Company

- ❖ Located on the road down to Fort Bay. Third building (house) on the right. (Same as the Cable Co.)
- ❖ Deposit covers tank exchange – check with your landlord they may have already paid this deposit. ****Keep your deposit receipt; you cannot get your deposit back without it.**
- ❖ Big Rock also now has gas available. Contact them for more information.

Internet Service

- ❖ This is thru the Phone Company (Satel)
- ❖ Located across from the government buildings in The Bottom. Hours: 8 – 4
- ❖ The bill is put in the students' mailboxes at the school
- ❖ You will need to check with them for their current rates and types. They currently have both dial-up (which can be very expensive) and DSL. This is billed separately from your phone bill
- ❖ **ALL** calls, whether local or long distance (COMPLETED OR NOT) or dial-up internet, have a completion charge and are billed individually (unless you get the plan that has unlimited use).
- ❖ In case of electrical storms unplug your internet connection

Phone Company (Satel)

- ❖ Located across from the government buildings in The Bottom. Hours: 8 – 4 (open during lunch)
- ❖ Bills tend to run behind – do not be surprised if they are over a month behind at times. The bill is put in the students' mailboxes at the school.

- ❖ **ALL** calls, whether local or long distance or dial-up internet, have a completion charge and are billed individually.
- ❖ There are two plans –local & long distance (deposit \$250. or \$500.)
- ❖ You must have a land line to have Internet
- ❖ need long distance plan to call cell phones
- ❖ cell phone numbers can look like local i.e. can be 416 #'s but if 416-4---- and above they are cell number
- ❖ toll free # instead of 1-800 dial 001-300 + number

Check with them

- * as they will allow you to pay your deposit and monthly bill with a credit card
- * Satel now has a site you can go to (www.unspoiledqueen.com).
- * you may place your order for phone and internet service early paying by credit card – check with them on details
- * it may be a good thing to order service early to be up and running when you get here

Check with them close to time for the semester to start as they tend to run specials each semester

SHIPPING

DHL - contact Unique Store for more info

Fed Ex – Bertha Hassell, located 4 houses down from Brigadoon in Windwardside 416-2493

Hassell Free – Located at G and C in Windwardside (Open 9-12 and 2-5 Monday thru Friday; Open 9-12 on Saturday) check website for shipping dates and prices, <http://www.hassellfree.net>, - use hassellfree for large/heavy items

ICS – Alida, located next to RBTT in Windwardside (Open 6 days a week) \$125.00 gets you a Florida mailing address for internet orders, etc. Takes between 2-4 weeks to receive mail. They also have movies you can rent, as well as other various services. Double check price, I believe it is now \$125. Shipping is \$2.40 per lb., small/lights items ICS. Their website is <http://www.icssaba.com>

DELIVERIES

Gustavo – Will charge you by the box and will sometimes pick up money from you to cover freight. 416-5380

Giovanni – Will charge you by the box and will sometimes pick up money from you to cover freight. 416-2514

Sometimes they require you to go down to the Bay and pay for your freight.

These are two (2) of the gentlemen on the island that deliver goods received on the boats from Fort Bay. When you are expecting orders from St. Maarten, etc. on the boats, call one of them and work out the arrangements with them to pick up your order and deliver it to your residence.

BANKS

Bank Statements are delivered to the students' mailboxes at the University

1ST Caribbean, Windwardside (No ATM) 416-2216

- ❖ Hours: 8:30 – 3:30 Monday - Friday
- ❖ 1.5% fee cash withdrawal from a credit card
- ❖ Funds wired from US take 1-2 days to clear
- ❖ To open an account you need:
 - 1) passport
 - 2) one other form of ID
 - 3) full time student letter
 - 4) letter of recommendation from your bank at home

RBTT, Windwardside (Has ATM) 416-2453

- ❖ Hours: 8:30 – 3:30 Monday – Wednesday and 8:30 – 4 Thursday and Friday
- ❖ MasterCard/Visa accepted – no exchange fee
- ❖ Funds wired from US take 1-2 days to clear
- ❖ Personal & bank checks take 15 working days to clear
- ❖ To open an account you need:
 - 1) Passport
 - 2) one other form of ID
 - 3) full time student letter with the gold seal
 - 4) letter of recommendation from your bank at home

Windward Island Bank (Has ATM) 416-3900

- ❖ No need for an account
- ❖ w/a debit card (can withdraw up to \$1,000.00 a day on any credit card – no fee)
- ❖ withdraw up to \$500.00 a day on savings account with them w/a small fee for each transaction.
- ❖ The ATM at the bottom has a max withdrawal of \$300.

Social Insurance Bank Windwardside 416-2546

- ❖ If you take change to the Bank for cashing, depositing or any other transaction, make sure you roll it up
- ❖ Use any type of paper (they do not have coin rolls)
- ❖ Use US denominations (also mark the outside of the roll with what it is and the amount):
(.50 pennies, \$2. nickels, \$5. dimes, \$10. quarters)
- ❖ Guilder-US\$ conversion: 1.8 FL = \$1 US

RESTAURANTS

**A large number of the restaurants offer veggie dishes, just call and ask

Brigadoon – Windwardside - **416-2380**

Open: 6:00 p.m. - ?? Everyday except Tuesday.

- ❖ fresh fish, live lobsters
- ❖ Stop by on Thursdays for Prime Rib night or Saturday for Sushi Hour.

Campus Korner – aka Manny’s – **416-2388**

Matthews’s dorm – The Bottom

- ❖ Steak, Indian, Vegetarian reasonably priced

Chinese – Windwardside **416-2353**

- ❖ Open: 11:00 a.m. – 10:00 p.m. Everyday except Mondays.
- ❖ Variety of Chinese dishes
- ❖ Specializes in such dishes as “Nasi Goreng Specials”

Christina’s Kitchen – The Bottom **416-3971**

- ❖ Open: 10:30 am to 9 pm - Szechuan
- ❖ order at least 1 hour prior to pick up
- ❖ Take out ONLY

Limetime Chinese – The Bottom

- ❖ Open: Monday – Friday 11:00 a.m. – 10:00 p.m.
- ❖ Hong Kong inspired cuisine.

Eco Lodge – Rendez-Vouz (above Windwardside) (Rainforest Restaurant) **416-3888**

- ❖ Open for Breakfast, Lunch and Dinner
- ❖ Daily specials as well as international and West Indian cuisine
- ❖ Located on the edge of the rainforest
- ❖ Use their own vegetables and herbs from their own garden
- ❖ They are an environmentally safe restaurant. No electricity. Take a flashlight with you if you go in the evening
- ❖ You have to park at the end of the road and walk thru the edge of the forest to get to the restaurant.

Family Deli & Bakery – The Bottom **416-3858**

- ❖ Open 7 days a week. Serves Breakfast, Lunch and Dinner. (Sundays 11:00 a.m. – 9:00 pm.
- ❖ salads, sandwiches, burgers, pizza, lasagna, and daily specials
- ❖ They have a lobster dinner every Friday.

(The) Gate House – Hell’s Gate **416-2416**

- ❖ Open for lunch 12:00 p.m. – 2:00 p.m. and dinner (7:00 p.m. – 9:00 p.m.)
- ❖ Call for reservations.
- ❖ Fresh seafood and sandwiches and salads.

- In Two Deep – Fort Bay** **416-3438**
- ❖ Open 9:00 a.m. to 3:00 p.m. and serve breakfast, lunch and snacks.
 - ❖ Air Conditioned!!!
 - ❖ Ssalads, sandwiches, entrée plates and daily specials.
- Lollipops – St. John’s** **416-3330**
- ❖ Open 11:00 a.m.
 - ❖ They serve a Sunday Brunch (10:00 a.m. – 1:00 p.m.)
 - ❖ Thursday night is chicken night
 - ❖ Daily specials as well as sandwiches and pizzas
 - ❖ They also deliver.
- My Kitchen - Windwardside** **416-2539**
- ❖ Open: Lunch 12:00 p.m. – 2:30 p.m.
Dinner 5:30 p.m. – 8:30 p.m.
 - ❖ Variety of seafood dishes and salads
 - ❖ Specialize in Caribbean and European Dishes.
- Pop’s Place – Fort Bay** **416-3327**
- ❖ Open at 11:00 a.m. – Closed on Tuesdays
 - ❖ Fresh seafood, burgers and sandwiches
- Queens Garden – The Bottom (The Mango Royale)** **416-3494**
- ❖ Open Monday – Saturday Lunch 12:00 p.m. – 2:00 p.m.; Dinner 6:00 p.m. – 9:00 p.m.
 - ❖ Lunch specials, as well as Italian night, veal and lobster night.
 - ❖ **Call for a reservation**
- Saba Treasure – Windwardside** **416-2819**
- ❖ Open: 10:00 a.m. – 10:00 p.m.
 - ❖ Homemade pizza, salad and sandwiches as well as dinner plates and a bar.
- Scout’s Place – Windwardside** **416-2205**
- ❖ Local and international cuisine and bar
 - ❖ Daily specials for dinner – call and check them out
 - ❖ Chicken dinners on Tuesday and Thursday (very good food)
 - ❖ Indian night on Sunday.
- The Snack Shop – Windwardside** **not listed in book**
- ❖ Open 7 days a week
 - ❖ Across from Big RockS
 - ❖ Sandwiches, ice cream, smoothies and milkshakes.
- Swinging Doors – Windwardside** **416-2506**
- ❖ Open 10:00 a.m. – 9:00 p.m.
 - ❖ Tuesdays and Fridays they have BBQ ribs and/or Chicken specials
 - ❖ Sundays they have Steak Night
 - ❖ **These nights require reservations or for you to call in early for pick up.**
 - ❖ They have hamburgers and finger foods the rest of the time

- ❖ No children except for nights they have the special dinners
- ❖ They do not serve food on “Open Mic Nights”.

Tropics – Windwardside

416-2469

- ❖ Open: 7 a.m. – 5:00 p.m (a lot of times later – just call and check)
- ❖ They also have delivery.

(Closed Mondays for Lunch and Dinner. They also close the month of September)

- ❖ hamburgers, seafood, steak and sandwiches
- ❖ On Friday nights they have what they call “Movie Night”.
- ❖ They have a special meal along with the showing of a recent movie for \$10.
- ❖ On Saturday nights they have what they call “Caribbean Night”. Special Caribbean food is served.

Wild Tropics Delight – Bottom of Booby Hill

not listed in book

- ❖ Open: Dinner 6:00 pm. – 9:00 p.m.
- ❖ Ice Cream from St. Maarten downstairs
- ❖ Upstairs deck w/grill and oven for cooking
- ❖ Check with them for daily specials for both food and drinks.

Willard’s – Booby Hill

416-2498

- ❖ Call to find out specials & hours.

Official Saba Holidays

These are the legal island holidays when government business offices, banks and most shops are closed but NOT necessarily the university

- New Year’s Day – January 1
- Good Friday – date varies
- Easter Sunday- date varies
- Easter Monday - date varies
- Queen’s Birthday – April 30
 - Labour Day – May 1
 - Ascension Thursday
- Saba Summer Festival - date varies
- Saba Day – 1st Friday in December
- Christmas Day – December 25
 - Boxing Day – December 26

GROCERY STORES

Openings and Closings

- ❖ The grocery stores are open Monday thru Saturday
- ❖ All of the stores are closed on Sunday and holidays
- ❖ Check with each store as several of the stores give 10% discount on cash sales on Wednesdays and/or Saturdays.

Keep your ears open and ask people when the boats are coming (usually Wednesdays) because dairy, fresh fruit & vegetables go fast and you will want to get to the store promptly to make sure you can get milk, etc. (Usually no earlier than 9:30 and no later than around 2 or 3)

Big Rock – Windwardside

- ❖ will accept credit cards, cash or set up “buy on credit/pay monthly”
- ❖ delivery is sometimes available.

Corner Imports – Windwardside

- ❖ Beverages and some hardware supplies
- ❖ Free Delivery.

Cost U Less – St. Maarten.

- ❖ It is open to the public, no membership required.
- ❖ Usually you are on your own as to ordering.
- ❖ I believe the SOS has the list of items sold by cost u less. As long as you have a credit card, you can fax them your order and they ship it to Saba.
- ❖ Older members are usually willing to help with what we can, but we found out it tends to be easier to just go over and get what you want
- ❖ I have found that most things are not cheaper from there by the time you pay for freight and delivery.
- ❖ I take my cooler with me & pack my meats/cooler items & then check it in as baggage & let them know that it has freezer items so that they know it should not be left behind if baggage has to be left.

JR’s – Windwardside

- ❖ Will accept credit cards or cash
- ❖ will order anything for you (from the US) and delivery is available.
- ❖ Dry goods only – no fresh produce etc.

My Store – The Bottom

- ❖ Credit or cash.
- ❖ Delivery is available to The Bottom and St. Johns.

Unique Store (Addy’s) – Windwardside

- ❖ credit, cash or pay monthly
- ❖ Delivery is available.

WATER CONSERVATION & YOUR CISTERN

To buy water with your landlord. I believe the person Gustavo you have listed for trucking can also be contacted for water.

A Cistern

- ❖ Rain water is the source for drinking unless you use bottled water and bathing
- ❖ an aboveground collection point for rainwater running off your roof
- ❖ Some people drink water straight from their cistern, but most off-islanders will at least filter it
 - ❖ If you want, boil it at a rolling boil for 5 minutes to kill any bacteria and then run it through a filter
 - ❖ Many people buy all their drinking and cooking water, but it can get very expensive.
 - ❖ You may want to try a PUR water filter for your tap as well as a water filter pitcher. If you do purchase a filter, make sure you purchase enough replacement filters to last – sometimes the model you have will become unavailable on the shelf and you may have trouble finding it on the website of the company that made the filter. If you do not have a filter on your tap, you can expect your water pitcher filter to last about half (½) as long as it should.

Water Conservation

- ❖ an absolute must
- ❖ All water on Saba is from rainwater and if it is the dry season, weeks can go by without any rain
- ❖ Use as little water for necessities as possible.

There is a saying on Saba: “If it’s yellow, let it mellow. If it’s brown, flush it down.”

- ❖ Save dish and rinse water as flush water
- ❖ If you need to keep odors down put a tablespoon of yeast down the toilet once a month and wash with bleach
- ❖ Take “military” or trickle showers by getting wet, turning off the water, shampoo or soap, and then rinse briefly
- ❖ Everyone on the island lives like this
- ❖ Waste products from the toilet, sink and shower are flushed into septic tanks or a drain field.
- ❖ Many systems are old and function marginally. Check with your landlord since most require that NO paper products or feminine products be flushed down. Put everything in a wastebasket.

Laundry

- ❖ Doing your own laundry can take awhile here since you need to conserve water
- ❖ but it won’t cost as much as having someone else do it for you

- ❖ Whether your place has a full size washer or a Saba washer you can call the **current President** for instructions on how to conserve water, they use a lot of water and your cistern could run dry fast
- ❖ If the current President is unable to help you, he/she will advise you as to who you may call for assistance.
- ❖ Mosquitoes are not a major problem on the island, but could be very quickly. The mosquito control agency requires that you have no standing water in containers outside your house. They will also supply your cistern with a few guppies to control mosquito larvae.

BUGS

Bugs are a part of life and here on Saba we have our share.

- ❖ Roaches can be big and fast. A great way to take care of them is to not leave food on the floors and counters and to keep your home as clean as possible. Cardboard boxes can also attract roaches
- ❖ As precautions you can leave the “large” roach motels around and put some “Plagatox”, “BOP” or boric acid under the outside of your house (you might not want to do this if you have children or pets)
- ❖ Wash your floors with ammonia
- ❖ There are also lots of ants, all different kinds and again, keep your home clean, or get “Ant-kill” (small blue bottle w/red cap) at JR’s. The Boric Acid also helps with ants
- ❖ If you have problems with rats – talk to your landlord. There is a blue tablet of poison they have that you can crumble up and use around the house (inside or out).
- ❖ If you use cleaners that have the fruit (or sweet) scents it tends to attract the ants more. Use ammonia or Pine-Sol or another cleaner that does not have a fruit (or sweet) scent.

GETTING AROUND SABA

There are a few ways to get around here on Saba

- ❖ You can walk, get a taxi, or hitchhike if you don't have a car
- ❖ Hitchhiking can be an interesting way to get to know people around here and is pretty safe
- ❖ If you want to buy a car you can buy from people here or go to St. Maarten
 - ❖ Marshall Motors & Car Rentals sells cars
 - ❖ There is a fee (make sure you ask – approx. \$400) to ship the car here
 - ❖ Make sure you get extra brake pads while you're there
 - ❖ There is also a landing fee at the harbour of Naf. 300. The Harbour Master is Bruce Zagers, 416-3294 will have the exact info and I believe this is where you pay the fee. Also there is another person named Travis
- ❖ **Many cars are sold by students during and at the end of the semester.** Fifth semester students will sometimes advertise a vehicle during beginning to middle of the semester so that they know it is sold before they leave.

*****Note that the school requires parking registration & a sticker for your window – parking is limited. *****

Car Insurance & Drivers License

- ❖ To drive you must have an Antillean license or the police will confiscate your car
- ❖ Write a letter on a fls.5.00 stamp paper (buy at Receiver's Office at the Government office in The Bottom)
 - ❖ Request permission to change your present license into an Antillean license
 - ❖ Attach a copy of your license
 - ❖ List your present address and phone number
 - ❖ Specify license applying for (scooter, car or motorcycle)
- ❖ After the Chief of Police approves
 - ❖ Purchase a medical form at the Receiver's Office for fls.6.00
 - ❖ Fill in and have the island Doctor sign the form
- ❖ Take these to Ms Amorelle Granger at the Government Building (416-3311) along with:
 - ❖ Two passport pictures
 - ❖ Copy of your passport
 - ❖ Copy of temporary residency permit
 - ❖ Proof of registration (request this at the Census Office)
 - ❖ Fls.21.00 for stamps to be obtained at the Receiver's Office

Taxis: (As of May, 2006)

Taxi #2	Vincent Simmons 416-3231/416-5083	Taxi #16	Joanna Hurtault 416-3073/416-5092
Taxi #3	Marinus Tenholt 416-6260	Taxi #18	Garvis Hassell 416-2358/416-5085
Taxi #5	Peddy Johnson 416-2345/416-5084	Taxi #19	Wayne Peterson 416-2277/416-5091
Taxi #7	Emmanuel Lynch 416-5082/552-8871	Taxi #20	Eddie Peterson 416-2640/416-6443/526-9086
Taxi #11	Gloria Robinson 416-3473/416-5086	Taxi #22	Alexander Hassell 416-5090/416-2740
		Taxi #25	Donna Lockhart 416-2607/416-6042

HURRICANE SEASON

- ❖ In the Caribbean, hurricane season is officially from June 1st – November 30th
- ❖ The most active months are generally August – October
- ❖ The Weather Channel will be activated on the local cable TV during these months
- ❖ It is a good idea to keep an eye on the local weather
- ❖ You will usually have a 2-3 day notice before hurricanes hit and will have time to prepare.

Here are some precautions you can do ahead:

Get a Hurricane Supply Kit ready:

- 2 liters of bottled water per person per day: do not wait until a hurricane is spotted to stock up. Stores will run out of water very quickly and the boat may not be able to get to the island. Have 14 days worth on hand for such an emergency.
- Flashlights, candles, lighter & matches
- Extra batteries
- First Aid Kit
- Can opener
- Cooler
- Heavy trash bags
- Toilet paper & paper towels
- Plastic food service (plates, cups & utensils)
- Zip lock bags
- Masking tape
- Lots of rags
- Step ladder, hammer, nails & heavy duty string
- Non-perishable packaged & canned food (enough for 14 days) (for example: soups, mac n' cheese packages, dried & canned fruits, vegetables, meat, granola bars, rice, boxed milk and some licorice or chocolate to lift your spirits)
- On hurricane season I was just recently told a trick by some locals. They recommend that you keep cash on hand in case the weather is bad enough they recommend you leave the island & the banks are closed. They say it doesn't happen very often, but it has happened before.

*****For more info. Such as Emergency Plans, more essentials info. etc., you can go to the website for “The Weather Channel” which is www.weather.com and go to their Safeside tab.**

DOCUMENTS:

- ❖ Store important documents (passports, residency papers, etc.) in a waterproof portable container
- ❖ Before you leave home photocopy back and front of all credit cards, licenses, photo page of your passport – in case of loss or theft you will have a record with phone numbers
- ❖ Leave one copy of this information with someone t home and keep another separate from your documents

If a hurricane is predicted for our area:

Please note: A tropical storm or wave is NOT a hurricane, but can change course and increase or decrease in strength. Keep yourself updated.

- ❖ Your landlord is responsible for boarding up your house
- ❖ Assist in closing shutters, securing doors and moving any objects that could become projectiles
- ❖ Some landlords request that you unhook the cistern fill pipe from the gutters. Check with your landlord about this.
- ❖ Store as much as you can in waterproof containers (electronics, documents, books, etc.).
- ❖ Store clothes in large garbage bags to reduce possible water damage.
- ❖ Keep car keys, passports, and money in Ziploc bags and have them handy in case you need to evacuate
- ❖ Every village has approved storm shelters. Find out where yours are before you need them.
- ❖ Put your pets in their pet carrier and keep the leash handy. Remember that dogs especially will panic during thunder and lightening.
- ❖ Find shelter in a small interior room of your house, preferably one made of concrete
- ❖ Stay away from doors and windows that may shatter. Use your mattress as a buffer. The shower is frequently the safest area.
- ❖ Stay off the road – ITS IS THE LAW! Rubbernecking can get you into lots of trouble.
- ❖ Don't panic. Ride out the storm.

After the storm:

- ❖ Be aware of surrounding damage, fallen live power lines, fallen trees, debris and loose livestock.
- ❖ Be prepared for phone and power outages.
- ❖ The island will get back to normal as soon as possible.

PHONE NUMBERS

All are area code 599

Airport

Winair 416-2255

Banks

1st Caribbean, Windward Side 416-2216

RBBT, Windward Side 416-2454

416-2453

Windward Island Bank 416-3900

Child Care

Care Bears Child Care (only one on the island) 416-3518

Child Focus – Windwardside - after school care 416-2318

Community Center

Eugenius Centre - Windwardside

Cost U Less (St. Maarten)

Cost U Less 542-9860

Fax 542-9861

Emergency Numbers

Hospital 416-3288

Fire Dept 416-2210

Police Dept 416-2320

Garages

Alanzo – Upper Hell’s Gate 416-2684

Bennett’s Garage 416-2331

Chaucky – The Bottom on the way to Queens’ Garden 416-5265

Franz – The Bottom on way to gas next to the monument 522-1009

Gas or Filling Station

Shell Bulk Station – Fort Bay 416-3272

Grocery Stores

Big Rock 416-2280

Corner Imports 416-2501

JR’s 416-2235

My Store 416-3263

Unique Store (Addy’s) 416-2516

Hardware Stores

G and C 416-2536

Harry’s aka E&H Home Center -The Bottom 416-3350

Over the Peak –Windwardside 416-3769

Insurance

Car Insurance 416-3329

Car Insurance through ICS 416-2881

Laundromat

Caja’s Laundry 416-3461

Library

Queen Wilhelmina Library (public) – The Bottom 416-3310

Medical Center

A.M. Edwards Medical Center (The Bottom) 416-3289

<u>Post Office</u> – Windwardside	416-2221
<u>Restaurants</u>	
See section on restaurants pages 8 to 10	
<u>Schools</u>	
SABA University	416-3456
Comprehensive	416-3270
Sacred Heart	416-3281
<u>Shipping</u>	
DHL	416-2516
Fed Ex.	416-2493
Hassel	416-2236
ICS	416-2881
<u>Transportation</u>	
Winair	416-2255
Saba-C Transport	416-3671
<u>Utilities</u>	
Saba Cable TV	416-3345
Electric Company	416-3266
Gas Company	416-3345
Phone Company (Satel)	416-3211
UTS – Chippie – The Bottom	416-3001

How to dial French Side, St. Martin 00590-590-XXX-XXX

How to dial Dutch Side, St. Maarten 0-XXX-XXXX

Calling the U.S./Canada

- ❖ Approx. 29 cents per minute from your landline
- ❖ variable rates from cell phones
- ❖ There is also a phone service available called **Vonage** – visit their website (www.vonage.com) for more information. If you still have questions, you can contact various members of the SOS as there are several that currently have **Vonage**
- ❖ When you make “local” calls on your cell phone it seems to use up the money quickly on your phone card... Just so people are aware. I have a 524 cell number and it seems to be expensive for me to call people, not sure why.
- ❖ Many people talk computer to computer through the internet
 - ❖ A handset and microphone is required
 - ❖ A popular piece of software that allows you to talk from computer to computer for free anywhere in the world is available from www.skype.com
 - ❖ You can also sign up for their service that allows you to use your computer to call any telephone number in the world for about 2 cents per minute.

WHAT TO BRING/SEND TO SABA?

- ❖ Anything that you can't live without. Most things are available on island – maybe not your favorite brand or size of product.
- ❖ Shipping ahead makes your life easier and things are cheaper as well as more available at home
- ❖ Hair clippers- students often don't have time to go to the hairdresser
- ❖ There is a small gym with machines – running shoes and work out clothes
- ❖ Check with your landlord for specifics (i.e. a toaster oven is NOT a toaster)
 - ❖ Some homes are reasonably well equipped
 - ❖ Most have a microwave, a TV, refrigerator but it is best to ask
 - ❖ Many provide linens but you might be more comfortable with your own towels, bed linens and bed pillows
 - ❖ Some might have an iron or ironing board but ask
 - ❖ Fans are essential even with a/many homes have very basic cooking supplies – not all have the same items – check for specific items –i.e. bake ware, mixing bowls, # of place settings
- ❖ Ink cartridges are available as is paper but are expensive
- ❖ If you use specific regional ingredients (i.e. poppy seeds, powdered mixes, low fat dressings) bring them with you. I keep mine in plastic bags – so I need lots
- ❖ A favourite item to give you comfort – photos of home, a cushion, a comfortable chair, a special cup, etc.
- ❖ Children's favourite toys although many families pass on toys to one another
- ❖ Remember that everything you bring must go somewhere when you leave
 - ❖ Many families recycle items at the end of their time on the island but this is done before the first semesters arrive
 - ❖ See the items regarding baby diapers under “creature comforts”

We hope this information will be of assistance to you

If you think we have missed anything, please let us know

WELCOME TO SABA

THE SOS CREW