

saba

the first guidebook



BY NATALIE AND PAUL PFANSTIEHL

With maps and illustrations
How to get there; where to stay; and what to see.

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Lt. Governor of Saba

Wycliffe S. Smith

Jan 17th 1986

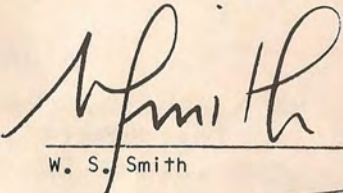
Ginesdine Slesser

Complying with Mrs. Pfanstiehl's request to write a foreword to her book affords me great pleasure for I know that this book "SABA, The First Guidebook" will supply the visitor as well as the native with information about Saba that has never yet been recorded.

Mrs. Pfanstiehl's love and long standing affiliation with Saba qualify her as a guide for Saba. She will lead you to landscapes and nature scenes that you might never have found on your own. She will let you savor Saban dishes that you otherwise would never have tasted. Her excerpts of island life help you to understand our little island much better.

I certainly recommend this book to all visitors and natives.

The Lieutenant Governor
of the Island Territory of Saba


W. S. Smith

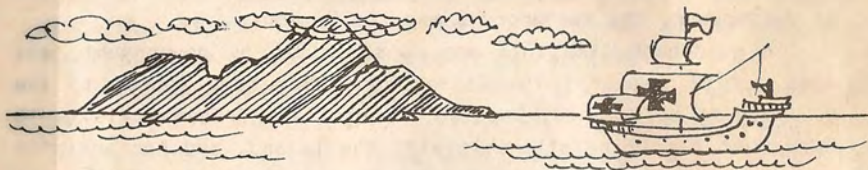
June 1st 1985

SABA

The First Guide Book
by
Natalie and Paul Pfanstiehl

An illustrated guidebook to an incredible island written:
To guide first-time visitors;
To inform far-away Sabans of changes on the rock they love;
To assist the "Winter Sabans" who flee here from sleet and snow;
To tell Sabans here today how very special their island is to us.

We dedicate this book to Saba with love; to our dear Saban first cousins, Ernestine and Walter Sluizer, and to all our Saba family everywhere.

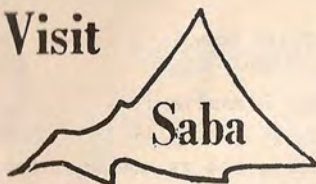


Acknowledgements:

This first guidebook was written with the invaluable assistance of the Honorable Wycliffe S. Smith, Lieutenant Governor of Saba; Will Johnson, Chef of Tourism and editor of the Saba Herald; Glenn Holm, Director of Tourism; our cousin, Ernestine Sluizer, formerly volunteer librarian of the Queen Wilhelmina Library in The Bottom; Marguerite Hassell, formerly volunteer libraian of the Windwardside branch of the Queen Wilhelmina Library; and George Seaman, former director of the Pittman-Robinson Wildlife Program in the Virgin Islands.

Also to Florence Johnson, Ernestine Sluizer, Mary Toynbee, Ethel Tudda, and Millicent Wilson for Saban recipes; and to our children, David, John, and Christine Pfanstiehl and Nina P. Linhares, for encouragement, suggestions, and proof-reading.

Visit



THE UNSPOILED QUEEN

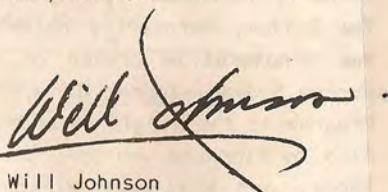
I was pleasantly surprised when Mrs. Pfanstiehl informed me that she was in the process of putting together this guidebook on Saba.

Her association with Saba is a long one, for her love for the island and its people is deep-rooted.

Her husband Paul was born on Saba, a descendant of a Dutch physician, Dr. Louis Pfanstiehl, and the prominent Saban families of yesteryear, the Vanterpools and the Simmons.

A guidebook like this one, unsolicited by government, was done out of love for the island, and will have appeal to the visitors to our island. Because of Natalie's frequent visits to Saba, her family relationship with the island, and her artistic background, this guidebook will become a collector's item to all lovers of Saba.

Our island has much to offer the visitor. Through Natalie's narrative and sketches of island life, I invite you to explore a Saba which even we natives sometimes do not realize exists. Through her recipes and other useful information, Natalie's guidebook has brought a unique aspect of Saba to the fore which we are proud to introduce to readers everywhere.



Will Johnson

Saba, March 19th 1985

A THIMBLEFUL OF HISTORY

Christopher Columbus sighted the island of Saba on Nov. 13, 1493. Sir Francis Drake sailed by more than one hundred years later on November 5, 1595. Pieter Schouten sighted the island in 1624 and his fellow Dutchman, Piet Heyn, mentioned Saba and Statia in 1626. In 1632, a small boatload of shipwrecked Englishmen reached the island where they found fruit trees, but no people.

A year before, Hollanders had settled on St. Maarten, but were driven off by the Spaniards in 1633. Two years later, in 1635, Pierre D'Esnambuc, claimed Saba for France.

The first settlement by the Dutch is said to have been in 1640, during the period in which Hollanders from St. Eustatius established colonies in Tortola, Jost van Dyke, Virgin Gorda, and Saba.

Anyone hardy enough to explore Tent Bay to the west of Fort Bay may find remains of foundations and cisterns of that first settlement which was wiped out by a landslide in 1651. Moving to higher ground, the settlers built the first homes in The Bottom.

X In 1659 Saba requested a minister with a knowledge of English. At that time there were 57 Dutchmen and 54 people of English, Scotch, and Irish descent on the island.

Six years later, in August, 1665, the English captured Saba and sent all the Dutch to live on St. Maarten. In October the Dutch re-captured the island. Once more, the English re-claimed the island, governing from 1672 to 1679. During this period, 40 men were stationed here.

Whenever Saba was taken over by the Dutch, she came under the supervision of St. Eustatius. In 1689, during the Nine Years War, the French captured St. Eustatius and when they tried to scale the Saban hills, they were driven back.

With their traditional ingenuity, the Sabans had made wooden platforms to hold large boulders which could rolled down on would-be invaders by removing the supports. Having proved so well that they could defend themselves, the islanders refused to be under the Council of St. Eustatius any longer.

As the turbulence in Europe spread to Caribbean waters, the island was claimed by one country, then another. English, Dutch, and French flags flew over Saban heads.

Finally, on February 21, 1816, Saba changed hands for the last time, coming to rest under the loving care of Holland.

SABA TODAY

The fierce Caribs who gave the sea its name were here as early as a thousand years ago, leaving evidence of small settlements in The Bottom and other areas.

One thousand people live on the island of Saba today in the four main villages: The Bottom, St. John's, Windwardside, and Hell's Gate.

Since most people come to the island by plane, this guidebook has been assembled in the order in which you would travel from the airport at Flat Point.

A double-spread map of the Saba is on the centerfold, showing the location of the main villages, roads, trails, peaks, and points of interest.

Street maps and directories of the two major villages, Windwardside and The Bottom, precede the information on businesses, public buildings, and points of interest in each town. These are listed in the same order as the directory and with the same number.

The Road runs from Flat Point on the northeast to Fort Bay on the southwest (although it was built in just the opposite way) and so does this guidebook. If you are coming in by boat, read the book from back to front.

If this seems paradoxical, it's entirely fitting, for this is an island of paradoxes. This is where The Bottom is 750 feet above sea level; it is a volcanic island where you cannot see the crater.

It is a Dutch island where everyone speaks English and learns Dutch as a second language. It is a Caribbean island with no beaches, where people swim in their pools or off the only pier.

It is an island where engineers said roads could not be built, yet the people built one with wheelbarrow loads of cement.

Saba is an island of many names. She is called Bali Hai, for to many, she is a secret island, known and treasured by a few. She is called "The Green Gumdrops" because she looks like one, rising straight up from the sea.

Earlier sea-farers called her "Napoleon's hat" because she resembled his tricorne, still others refer to Saba as Glouamorra, the place of legend.

To those who have been born here, she is The Unspoiled Queen. To me, Saba is a paradise I lose and regain each year.

Fifty years ago this island was isolated physically and socially because most of the outside world found it inaccessible. The only way to come ashore on Saba was with the help of her expert boatmen who knew just how to catch the crest of the wave to bring a small boat in to a rocky beach either at Fort Bay or at the Ladder, the only two approaches to the island.

Then there was a climb of 800 steps hand-hewn from stone to reach the village of The Bottom, also known as the Town of Leverock. If you wanted to go to Windwardside, there were still more steps to climb up through Crispeen, St. John's, and beyond.

And, at that time, only a steep, hazardous mountain path led on to Hell's Gate, which probably had something to do with its name.

A major social change began in 1934 when the families of Mary's Point were removed to new homes in the Promised Land adjoining The Bottom. Ten telephones were installed on the island that year.

In 1938 work began on a cement road from Fort Bay to The Bottom which took five years to complete. However, it wasn't until 1947 that the first motor vehicle arrived to terrorize most of the children and some adults.

Four years later it was possible to reach St. John's and Windwardside by automobile, too.

Credit for the design and construction of the road is given to Lambertus Hassell who sent away for a correspondence school course after engineers from Holland decided the terrain made such a feat impossible.

Now that transportation within the island was easier, Sabans tackled the job of building an airfield. They cleared an area appropriately named Flat Point where French pilot Remy F. de Haenen landed a single-engine plane on February 9, 1959.

Regular air service from St. Maarten began in the summer of 1963. The airport was named for Holland's Minister of Finance and Welfare, Juancho E. Yrausquin. The connecting road which had to be built up to Hell's Gate was named for Dr. H. A. Korthals, a prominent Dutch politician who worked with Yrausquin to secure governmental assistance.

This was a banner year for Saba since electricity arrived on the island, too, through the efforts of Mrs. Othello Maud Edwards and her nephews, Elmer and Rufus Linzey, who formed the Saba Electric Co. N.V. The power went off at midnight, though, and did not become available 24 hours a day until 1970.

The Leo A. Chance Pier was built at Fort Bay in 1972. It is 272 feet long and accomodates sailboats or small cruise ships. This has been the home port for the Brianne C., a former shrimp boat owned by the enterprising twin Sabans, Eddie and Al Hassell, who supply local storekeepers with fresh groceries and other supplies from St. Maarten from its weekly trips. They have now added a 107 ft. steel-hulled motor vessel for this run and may use the Brianne C. for trips between St. Maarten and St. Kitts.

Sometimes their cargo provides entertainment for those who come down to the Bay to meet the ship. Last spring the Hassells went to Statia to bring some livestock back to Saba. The first few cattle made it up the improvised gangplank without any problems, but the last one slipped and sprawled on the slippery planks.

Apparently the sea voyage and the fall were too much to take and the creature refused to budge. Men tried to pull him forward with a rope tied around the neck and others pushed from behind until the young steer finally decided to move on his own.

When he came ashore, he was claimed by his new owner who led him then to Fort Bay Road and the long walk up to his new home. Later, while we were driving home to Windwardside, we saw the man and steer still walking, headed for English Quarter or Hell's Gate.

The first television sets arrived on Saba in 1965 and Will Johnson began the Saba Herald, a monthly newspaper, in 1968. In 1971, a local radio station, called the Voice of Saba, was begun by Max Nicholson.

In other ways, Saba has made progress, too. A handsome Administration Building sits in the middle of a wide green lawn in The Bottom. The island's chief administrator, the Lieutenant Governor, lives nearby in a new residence next to Queen Wilhelmina Park.

The Bottom is the site of the new hospital, clinic, and home for the aged. The former administration building has been renovated to become the new home of the Queen Wilhelmina Library.

Up in St. John's where the previous hospital was located, a Comprehensive School has been built which now provides two more years of education beyond the six grades of elementary school.

Saba today is known still for the sea-faring exploits of her many captains and their brave crews and for the Spanish work or drawn-thread embroidery of their women. But the attraction for most tourists is her unique scenery and friendly people.



FLYING IN TO SABA

A visit to the tiny Dutch island of Saba outside St. Maarten can be one of the most exciting experiences of your life. When you fly in for the first time, you think it is going to be your last, because it looks as if the plane is heading straight for those cliffs.

But then the pilot skillfully banks to the left and the plane sits down gently, like a well-behaved puppy. There's a whoosh of air as the propellers are reversed and that's it. You are in Saba!

The airstrip is one of the shortest in the world, only 1312 feet long, and there are cliffs at either end, 130 feet above sea level. But the skillful pilot uses only half of that runway.

Only one special plane is allowed to make the three daily flights from St. Maarten- the STOL (short take off and landing) DeHaviland Otter. It carries 20 passengers and you need reservations, made either through your travel agent at home or through the Windward Islands Airways counter at the St. Maarten airport.

A former Saban taxi driver coined the phrase, "If you've time to spare, fly WinAir," referring to the sometimes unexpected changes in schedules. Their Saban agent Freddy Johnson, claims proudly that they "provide the best service in the whole Caribbean and the best maintenance."

That same day a second and unscheduled morning flight had come in with four passengers who couldn't fit in on the first flight. An additional late-day flight had been made to take eight passengers back to St. Maarten. All at no extra charge.

Our experience has been that the plane from St. Maarten will go first to whichever island the majority of the passengers are headed for, whether it's Saba or St. Eustatius (Statia), no matter what the timetable says.

Then again, something else might come up, as we found on our first trip to the Caribbean in 1973. We had just arrived from Puerto Rico when we heard the announcement over the loudspeaker, "Last call to board the WinAir flight to Saba." Last call? It wasn't due to leave for another 45 minutes. We rushed to the WinAir counter. My husband demanded, "Is that our plane?" It was, so we had to make a mad dash to the small plane.

"What happened?" we asked the pilot.

He casually explained that one of the Rockefellers had chartered the plane to fly some guests to St. John.

"What if we hadn't been in the terminal when the announcement was made?" we asked, thinking of reservations made months in advance.

"Oh, we would have waited for you," he reassured us.

I settled back in the narrow seat to enjoy the flight over open water. I had heard of Saba's short airstrip, and having flown out of New England cow pastures with my husband, it wasn't too hard to gear myself for one landing. But I hadn't counted on two. That was our next surprise- we were heading for Statia first.

There was one other passenger, a large black man who became excited as we flew by Statia's volcano. "I haven't been home for two whole years," he cried. "Two whole years!"

We congratulated him on his homecoming, sharing his joy, knowing well how he felt, because my husband was coming home, too, to a tiny island he had left nearly fifty years ago.

The plane took off and headed for the distant speck that was Saba, and again the excitement rose. As the plane dived towards the cliff, I remembered the roller coaster rides at Newport Beach and fear changed to exhilaration.

"If it's the last thing I'm going to do, I'd better enjoy it." But the plane lifted its nose, banked to the left and touched down on the sloping runway. It slowed, then turned in front of the cubicle that is the terminal, and we were there.

Now, five trips later, I act like a den mother, reassuring other faint-hearted, first-time passengers, "Nothing to it. Relax. Enjoy it!" At that point, buckled into their seat-belts, what else can they can do?

The flight from St. Maarten to Saba (without a detour to Statia) takes 20 minutes. Getting on and off tests your maneuverability because of the narrow seats and aisles.

Despite all this, I enjoy it all- the airline, the airport, and the flight. Sure, it's not like American or Eastern Airlines, or Kennedy Airport. It doesn't run like clockwork. But who cares? We left all that behind to come to another world.

And Saba is another world. They have clocks and calendars here and they know what time it is as well as anyone else, but the pace on Saba is different, delightfully different. And that difference from the rest of the world is what brings tourists here. WinAir is just the introduction to a unique experience.

Looking at it from a positive angle, WinAir provides a service of safe air transportation from St. Maarten to Saba and Statia- the only steady, dependable inter-island transportation available.

They've operated for 23 years, brought in over 150,000 passengers to Saba alone, and have had only one minor accident in which no one was injured.

The people at the Juan Enrique Yrausquin Airport are helpful, beginning with Freddy, the agent, and his airport crew; Wilfred, whose jobs include operating the airport bar and driving an orange taxi-van; and cheery Louise, who opens the Saba Artisans' shop for the late day flight if she can get a ride over from Windwardside.

You feel the friendliness of this island, too, when you watch the Saban taxi drivers play their noisy game of dominoes while waiting for the incoming plane and their next tourist fares.

An emergency vehicle, rolls out of its small garage for its daily futile exercise so unobtrusively that most people, watching the sky for the first sight of the plane, are not even aware of its existence.

The restrooms are simple but clean - a good place to stop before taking an island tour.

If you want to take a few pictures before you head up the long twisting road, there's usually an egret sitting or strutting on the roofs of the vans or cars. On the other side of the parking lot, there's a spectacular view of Cove Bay framed by the pink oleanders. Looking across the bay to Lower Booby Hill, you'll see long-tailed white frigate birds wheeling and crying with a skittering sound (I'm not sure that's a real word but it fits). The large black ones are man o'war birds.

When the parking lot empties out, the goats become frolicsome, hopping on and off the benches.

Before you leave, look up and take a shot of the winding road to Upper Hell's Gate, where a church steeple adds to the fairytale quality of the village perched below the peak of Mt. Scenery. There are days when the mist plays hide-and-seek through the green ridges and guts like an invisible dancer with seven or more veils.

Whatever you do on Saba, don't hurry. Savor each scene, for it may never look exactly the same again.

A novice may not realize that the light will not be the same later when he returns to take that picture. And if it's Mt. Scenery you're shooting, she's like a woman of many moods- it's not often that you'll get two shots alike.

WINAIR SCHEDULES AND RATES

WinAir prices have remained the same for some time-\$40 U.S., round-trip, or 72 guilders.

On Mon., Wed., Fri., and Sat., the plane leaves St. Maarten, arriving in Saba 20 minutes later. In five minutes, it takes off for Statia, 10 minutes away, and then returns to St. Maarten.

The flights leave St. Maarten's Juliana Airport at 8:45 a.m., 1 p.m., and 4:15 p.m. If you're coming over for a day trip, you'll have almost eight hours on the island if you take the early plane.

On Tues., Thurs., and Sun., the plane leaves St. Maarten on the same schedule, but goes to Statia first, meaning that you arrive in Saba 15 minutes later.

Flying in from New York on American, you can make the late afternoon plane to Saba, but Eastern is too late to make the connection, so you will have to stay overnight in St. Maarten.

Also, the morning plane from Saba will not get you back to St. Maarten in time for the Eastern plane to Miami. That doesn't bother some visitors who simply charter a helicopter from St. Maarten to make connections.

NOTE: On 1 July 1985, a departure tax went into effect of \$4.00 US or NAf 7.00 leaving Saba for outside of the Netherlands Antilles, or \$1.00 US or NAf 2.00 for travelling in the Netherlands Antilles.

ST. MAARTEN HELICOPTERS CHARTER SERVICE

P.O. Box 429 Philipsburg, St. Maarten

Tel. 4287

The three young Americans who operate this service have a combined flying experience of more than 30 years.

Three of us shared the fee for a 20-minute flight over the island when the helicopter came over with a crew from St. Maarten's tv station to do a special on Saba.

Seeing Saba's hills, valleys, and spectacular coastline from the whirly-bird was an unforgettable experience, even with our eyes glued to the viewfinders, shooting as fast as we could rewind our cameras.

14 FLAT POINT

AIRPORT BAR

Operated by Wilfred Hassell

The bar is open only three times a day, usually for about one half hour before the three scheduled WinAir flights. Then you can buy beer, mixed drinks, soft drinks, and ice cream at the counter on the parking lot side of the airport. Wilfred also stocks shell necklaces from Puerto Rico for last-minute gift shoppers.

The blonde teen-ager who sometimes perches on a stool watching the dominoes game is the Hassell's pretty daughter, Sharon Ann Marie.

FROM FLAT POINT TO HELL'S GATE

The road from Flat Point zig-zags up in 19 curves, bordered in pink oleanders planted by a team of girls from Operation Crossroads. This area is developing rapidly with most of the new cement-block construction going into airy modern houses built as vacation homes for off-islanders.

A road dipping down off the left goes to a new transmitter built for radio station PJF1 which operates on 1410 AM from 6 a.m. to 10 p.m. Broadcasting was shut down in the spring of 1985 because of the new construction..

Station manager Mike Nicholson may someday move his broadcasting studios from the old Bunker Hill Club at the top of the road from Fort Bay to the former leather factory building by Cove Bay.

Further up the hill on the right is the road that leads to the old sulphur mine in Lower Hell's Gate- 886 feet above sea level. The road goes down by the new home of Danny and Ruth Hassell, then through Martha Roder's property.

If you plan to go there, it's only the polite thing to do to call out to Martha to let her- and her dogs- know that you're coming through. Better yet, hire a local guide. The path reportedly has some treacherous spots- and it's a long way down.

NOTE: On arrival present to Customs' Officer proof of citizenship (valid passport, voter's registration or birth certificate for US citizens), and a return ticket.

If you plan to stay in Saba for more than 90 days, you must apply to the Lt. Governor for a residency permit.

COVE BAY

If you walk across the airport parking lot and look through the pink oleanders, you see Cove Bay. A road leads down past the former leather factory to a rocky beach with a pavilion. This recreational area was built by a group of volunteers who called themselves the Old Oil Lamp Club.

The island's traditional Moon or Torch Walks start in Windwardside and end up here or at Fort Bay. These are fund-raising and fun-loving events that attract all ages. Plates of food and beverages are sold at low prices and music is provided by tapes or records.

We went to one in Spring, 1985. The young adults in our family walked and we brought the car down later to pick them up. It seemed as if the entire island was there, dancing under the stars.

We could hear surf breaking gently on the shore behind us, adding to the magic of the night. We wanted to be a part of it, too, a feeling obviously shared by a 6-year old boy doing a solo wherever he could find a space on the crowded dance-floor.

At other times, Cove Bay can be a secluded place for a picnic, for beach-combing for a few shells and fragments of brain coral, or a spot to enjoy silence and scenery. But swimming is not recommended.

The beach is stony, the rocks are rough, and the waves are apt to dash you against them. And the view you get is incredible - looking either across the bay to Booby Hill where the long-tailed white frigate birds wheel and soar, or up to the fairy-tale village of Hell's Gate.

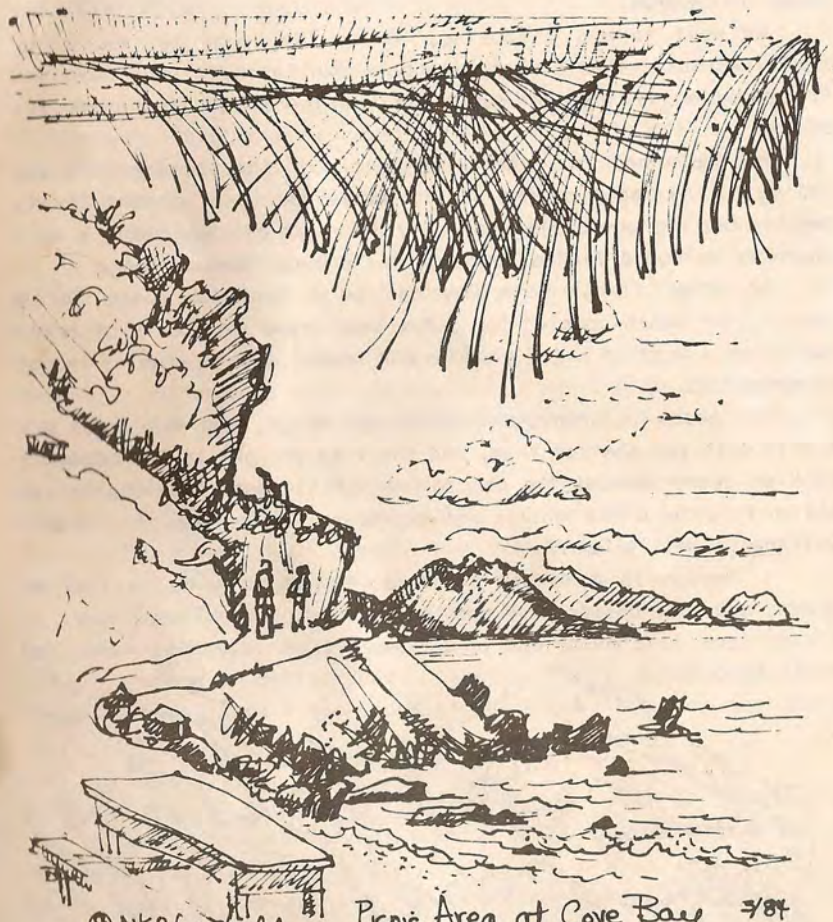
Enough to make you think of, "A jug of wine, a loaf of bread, and thou beside me." What more could one ask, when there on the horizon is Statia- and on a clear, clear day, St. Kitts and Nevis beyond.



If you haven't taken the goat path through the overgrown and thorny bushes, past the foundations of the old boiling house, out towards the tip of Cove Bay, then you've missed the wild, fantastic lava formations that make this seem like a primeval world.

Neither the walk nor the climbing is easy, with stones dislodged by goats, so wear sturdy shoes- and go at your own risk! But be sure to take your camera!

(P.S. The boiling house was one of two on the island used for boiling sugar cane many years ago.)



© NKP fairweather

Picnic Area at Cove Bay 3/84

ZION HILL GROCERY AND CLOTHING STORE

Tel. 2238

Owners: Mr. & Mrs. Wilfred Hassell

Wilfred's wife, Estelle, says the store is open "sometimes 8 to 11 a.m.," adding, "if I'm not in the store, just come next door." Their modern home is right there.

And if you have walked down the flight of steps that leads to it, just continue on down the old walk for a sight of Saban community as it used to be, with steps connecting the neatly-fenced or walled-in old houses. This step back into centuries past is something you might not see or be aware of otherwise.

As for the store, Estelle has canned foods, dry groceries, and frozen foods, including convenient 2-and 5-pound boxes of whole chickens or chicken legs. She also carries frozen pig's feet. For a local dish, Estelle says, "Boil them, put in vinegar, onions, and pepper, and serve it with johnny cake."

Like so many of Saba's good cooks, she makes her johnny cake without specific measurements: "Flour, baking powder, milk, a spoon of butter, dash of salt, and two teaspoons of sugar. Knead it all together. Let it stay for five minutes. Then you can roll it out like a big johnny cake. Cut it with a glass and fry it in frying oil or Crisco. You can serve it hot or cold."

Back to the store- there are good-sized plastic flashlights (hard to find elsewhere on the island this time)- clothing for all the family, and, if you're tired after your walk, she has ice cream cups for one guilder.

The flavors are usually vanilla, strawberry, chocolate, cocoanut, and pineapple. These, plus banana or mint and chocolate are also available in half-gallon containers. Since ice cream is not made on the island, the flavors depend on what came in on the last shipment.

SUNSETS

You have not seen the full beauty of this very special island until you've seen a sunset from Upper Hell's Gate, looking back towards Statia and Booby Hill.

NOTE: An island tour costs \$25.00 (US) per carfull of 5 passengers, including stops for picture taking of spectacular views.

18 HELL'S GATE

HOLY ROSARY CHURCH (Roman Catholic)

Father Anthony Jansen

Sunday Service: 5 p.m.

When you look up at Hell's Gate from the airport, this lovely stone church built in 1962 is the focal point of the fairytale village nestled beneath the peak of Mt. Scenery. It is one of three Catholic churches that share the services of the Rev. Anthony Jansen who came in 1984 from missionary work in Africa.

THE LADIES OF HELL'S GATE

The ladies of Hell's Gate can see and hear the morning plane arriving at the airport far below - giving them time to scoop up their boxes of Spanish or drawn thread work and to sit out front, ready for the first taxi-loads of tourists when they come winding up the hairpin curves.

For nearly 100 years dedicated needleworkers have produced this fine embroidery on handkerchief linen when available. The introduction of Spanish work is attributed to Gertrude Johnson who learned the art from nuns in Caracas, Venezuela, where she attended school.

Take time to look at the handkerchiefs, cocktail napkins, cloths, and blouses with their intricate designs. This is a real part of life on Saba and who knows how much longer it will continue?

SABA STAINLESS, N.V.

Manager: James Zagers

Tel. 2253

This new enterprise in Hell's Gate features stainless screws, nuts, bolts, threaded rods, and more...stainless steel in sheets, rounds, and bars. Ask them about their custom orders for construction, marine, and manufacturing needs.

James A. Zagers keeps this small but well-stocked shop in good order and is very helpful.

NOTE: his wife Ruby sells stamps from their home in Hell's Gate. When she is on vacation, her replacement is Estelle Simmons.





WHAT TO DO ON SABA

If you are coming in just for the day, you have several choices. If the top of Mt. Scenery is visible, ask your driver to make your reservation for lunch after he takes you to the steps at the foot of Mt. Scenery. The climb up and down averages one hour.

After lunch there will be time to tour the island, including Fort Bay. You can do some shopping in The Bottom or Windwardside, then sit at Scout's Bar or beside the pool at Captain's Quarters and catch up on the local news.

If it's not a good day for climbing Mt. Scenery, an alternative is to go down the Ladder, the long series of stone steps leading to Ladder Bay, taking a picnic lunch with you if you would like to spend some time hiking along the shore. This trip and the one up Mt. Scenery are best if you're wearing comfortable shoes or sneakers.

For some people, just walking around the villages is intriguing since so many original buildings remain, as if time stood still for centuries. Others enjoy going down to the pier to see the different ships come in.

MOONLIGHT WALKS IN ENGLISH QUARTER

When there was a full moon, one of our greatest pleasures was a walk from Windwardside through the English Quarter to the beginning of the New Road. As soon as we passed the outskirts of Windwardside, we'd see a tall Norfolk Island palm with its perfect symmetry silhouetted dramatically against the pale sky and sea.

Then beyond the towering dark shape of Booby Hill, we'd get our first glance of the string of gold lights glittering on Statia's shore.

Some houses below the road would have doors open to the soft night air and we'd see families sitting around the lighted tv screen. Other houses would be completely dark and guarded by dogs whose sudden barks came out of deep shadows, warning that strangers were near.

When we reached the beginning of the New Road we could stand on its shallow curb to look down on the airport or off to the distant islands of St. Barts and St. Maarten, mysterious dark shapes on a glittering sea.

THE AGRICULTURAL CENTER

Tel. 2273

Carl Hassel is presently in charge of the Agricultural Station where local farmers bring their produce for shipment off island, usually to hotels in St. Maarten. He supervises a staff of eight workers, both in English Quarter and in the gardens on Booby Hill and in The Bottom.

The gardens are open from 7 a.m. to 3:30 p.m., with time out for the morning break at 9:30 and for lunch. Crops include tomatoes, sweet peppers, carrots, Malabar vine spinach, thyme, eggplants, kohlrabi, lettuce, cabbage, parsley, and spring onions.

There is a large potato crop in the winter, Carl says.

The gardens provide produce which would have to be shipped in from St. Maarten, Puerto Rico, or Florida, if not raised locally. Throughout the years, island cooks have learned to adapt their meals according to what was available.

In an effort to encourage more vegetable gardens on the island, the Dutch government has sent specialists to supervise the gardens and to assist those interested in developing new garden plots.

WALK TO SPRING BAY

Avid historians and sure-footed adventurers might look for the path that goes down to Spring Bay. It begins opposite the Agricultural Center in English Quarter. Ask someone at the Center to point it out, but go at your own risk.

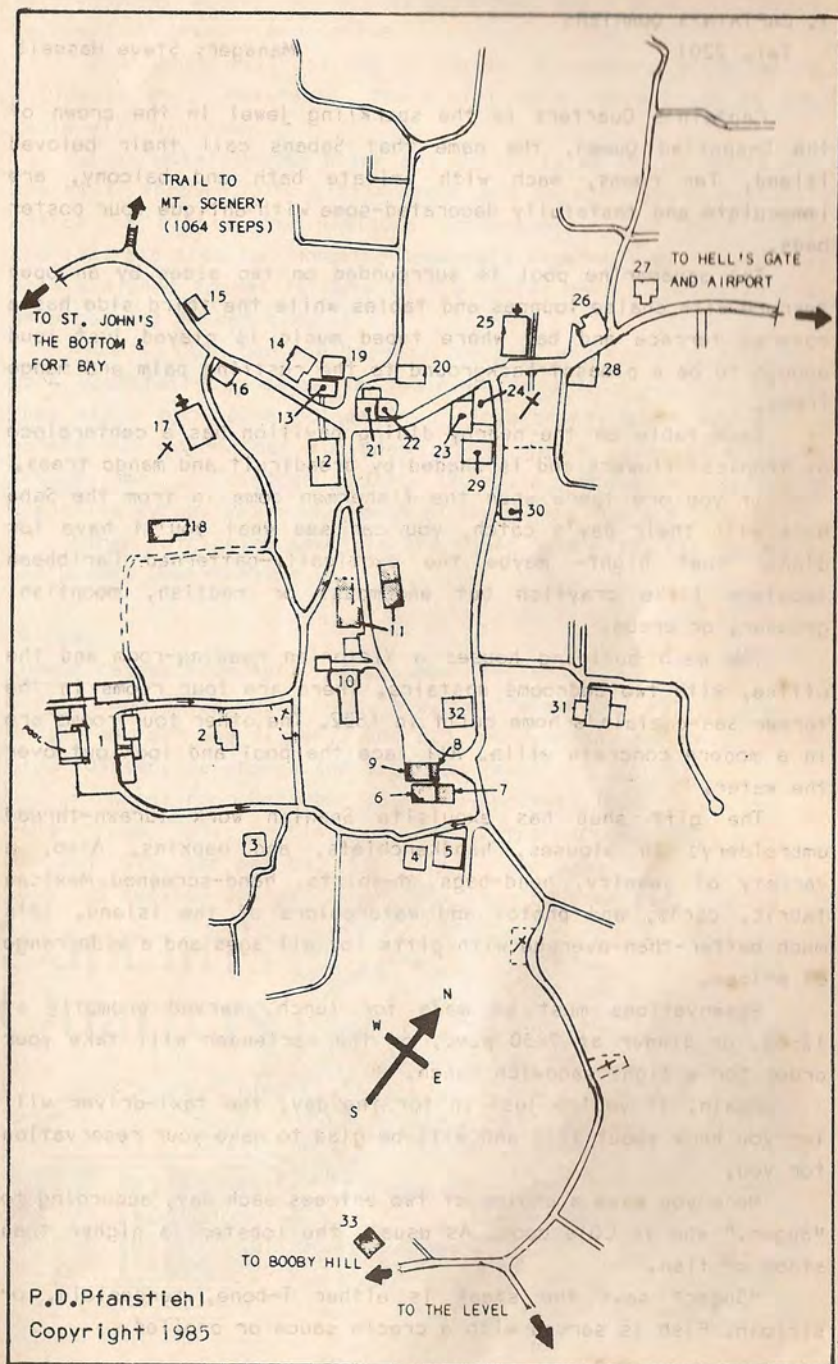
It's slippery and rough, much as it must have been in the old days when early settlers went down to get fresh water from the spring. This was also the site of one of the two boiling houses on the island. We didn't get down far enough to see whether the old foundations remain, as they do at Flat Point.

The path must have been better when it was more frequently used, but there was a greater danger for the first European settlers on Saba. The fierce Carib Indians who camped along the shore resented the intrusion. They also were not about to share the only water supply in that area.

If this whets your curiosity, read Will Johnson's book, *Saban Lore*, in which he tells the legend about Johnny Frau and the Big Indian.

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1. CAPTAIN'S QUARTERS

Tel. 2201

Manager: Steve Hassell

Captain's Quarters is the sparkling jewel in the crown of the Unspoiled Queen, the name that Sabans call their beloved island. Ten rooms, each with private bath and balcony, are immaculate and tastefully decorated—some with antique four poster beds.

The aquamarine pool is surrounded on two sides by an open terrace with chaise lounges and tables while the third side has a covered terrace and bar where taped music is played just loud enough to be a pleasant background to the rustling palm and mango trees.

Each table on the nearby dining pavilion has a centerpiece of tropical flowers and is shaded by breadfruit and mango trees.

If you are there when the fishermen come in from the Saba Bank with their day's catch, you can see what you'll have for dinner that night—maybe the exotically-patterned Caribbean lobsters (like crayfish but enormous) or redfish, moonfish, grouper, or crabs.

The main building houses a Victorian reading-room and the office, with two bedrooms upstairs. There are four rooms in the former sea-captain's home built in 1832. The other four rooms are in a modern concrete villa. All face the pool and look out over the water.

The gift shop has exquisite Spanish work (drawn-thread embroidery) in blouses, handkerchiefs, and napkins. Also, a variety of jewelry, hand-bags, t-shirts, hand-screened Mexican fabric, cards, and photos and watercolors of the island. It's much better-than-average with gifts for all ages and a wide range of prices.

Reservations must be made for lunch, served promptly at 12:30, or dinner at 7:30 p.m., or the bartender will take your order for a light sandwich lunch.

Again, if you're just in for the day, the taxi-driver will let you know about this and will be glad to make your reservation for you.

Here you have a choice of two entrees each day, according to "Sugar," who is CQ's cook. As usual, the lobster is higher than steak or fish.

"Sugar" says the steak is either T-bone, tenderloin, or sirloin. Fish is served with a creole sauce or broiled.

This comes with iced tea, salad, potatoes, and a green vegetable, followed by dessert and coffee.

Your young waitress may be Louise, a redhead, or Catherine, a blonde, and, inevitably, there will be a centerpiece on each table with hibiscus.

Glenn Holm's young black and white kid no longer trots down the hill through CQ's sitting-room and manager Steve Hassell's office to nibble the hibiscus arrangements. For that indiscretion, and also for invading someone's vegetable garden, he has been banished to Hell's Gate to the loving care of a family that promised not to eat him.

Tending CQ's bar are Raymond, by day, and Randall, by night, both youthfully handsome in their white shirts and red vests. They mix a rich pina colada in a large brandy glass and also a potent rum punch that includes orange juice, pineapple juice, Triple Sec, Cointreau, DOM, Drambuie, Grand Marnier, red grenadine syrup, and a shot each of Mount Gay Rum and Saba Spice.

Other intriguing specials are their Saba Fizz, Flying Eagle, and Divers Down-Bottoms Up.

PRICES;

Summer rates: From April 16-December 14, 1985

Single room, \$55.; Double room, \$70.; Extra person, \$20.; MAP, (Breakfast and dinner,) add \$25. per person, per day. plus 10% service charge and 5 % room tax.

Winter rates: From December 15, 1985-April 15, 1986

Single room, \$65.; Double room, \$85.; Extra person, \$20.; MAP, add \$25. per person, per day; plus 10% service charge and 5% room tax.

Captain's Quarters



2. JULIANA'S

This shop featuring clothing is halfway up the hill from Captain's Quarters office on the right side. You'll recognize it by its wide glass doors after you get through staring at the large carved tombstone in the front yard.

The shop is probably closed for the usual two hours for lunch, too.

3. HELEN PETERSON'S

If you continue further up the hill from Juliana's, past the gem which is Marguerite Hassell's Saban house, you will see a sign on the stone wall which directs you down the cross street to Helen Peterson's house.

Helen specializes in the Spanish or drawn thread work. She'll show you handkerchiefs, handbags, and other items you can take with you, or she will take orders for custom work, such as men's shorts with a wide border of Spanish work down one side, or women's blouses with short sleeves bordered with the fine embroidery.

4. GARAGE

Bennett Hassell

Good mechanics are needed on an island where cars seldom get out of first or second gear, although motors last much longer than the bodies here. The work here receives good reviews from local drivers.

Another mechanic known for his skill is Johnny who works off the side street opposite the Morning Star.



5. KATE'S RED ROCK RESTAURANT

Closed on Wednesday

Cooks: Linda Soares and Bernardine Hassell

Opens at 5 p.m.

Dances : Saturdays, 8 or 9 p.m. until 2 a.m.

You can sit in the small, red-gingham decked dining-room in the front of the old Saban house or go out on the covered terrace in the rear over-looking the Saban hillside and the sea.

A hamburger here is an ample meal, served with lettuce and tomato on a large bun from one of the local bakeries. The French fries are crisp and golden.

Local favorites are fish fingers (made from fresh, local fish) and curry lobsters. These are boiled, split in half, and topped with curry sauce made with butter, according to Peggy, our waitress. She helps, too, in the kitchen Saturday nights when they have dances that attract a young crowd with stereo music and disco lights.

Kate's was opened in 1984 by Yvette and Eddie Peterson. Its new owners are Mr. & Mrs. Guido. To find it, take a left past the postoffice, tourist office, and library, then head up towards Booby Hill. Take your first right and you will see it on your left, at the top of the hill that goes down to CQ.

6. WINDWARD SIDE CLINIC

Tues. and Fri., 8-12.

The dedicated young Dutch physician holds clinic hours here each week.

7. QUEEN WILHELMINA LIBRARY

Windwardside Branch

Tue. 3-4 & Sat. 7-9

Marguerite Hassell performed an invaluable service here for years as the volunteer librarian. And when Marguerite was off island, Will Johnson often served in her place.

Rose Zagers now fills a government position as part-time librarian

Besides the adult and children's books and magazines in Dutch, there is a large selection of adult novels and magazines in English and a good stock of books on Saba and other Caribbean islands. Books donated both by Sabans and visitors have added to those provided by the government.

28. WINDWARD SIDE

8. TOURIST OFFICE
Tel. 2231

Chef of Tourism: Will Johnson
Director of Tourism: Glenn Holm

Walk up the road from The Big Rock to the postoffice, then go around the corner to the left and there is the Tourist Office on your right. Will, the Chef (Chief) of Tourism has a desk in the rear. The handsome young blond at the front desk is Glenn Holm- he meets the incoming cruise ships to see that things go smoothly, in addition to his other duties.

Here you can get a list of apartments and houses for rent or whatever information you need. Will keeps a file of anything ever written about the island, and is dedicated to promoting tourism.

For a listing of rentals, write to the Saba Tourist office. Rentals may range from \$100 per week for a 1-bedroom apartment up to \$200 for a 2-bedroom house. Monthly rentals may be somewhat less.

If you plan to rent, check the location. If it is not in the center of a town, you'll have the advantages of more spectacular scenery and seclusion, but you may need taxi service.

For your first visit, we suggest you stay at a guesthouse where the food is known to be excellent and just get to know the island. Then you can walk up to the Tourist Office, get the list, and check out a few places for your next visit. If you find an apartment or house you'd like to rent, reserve it on the spot to be sure you'll have it. The nicer places are rented from year to year for certain months by regular visitors.

9. WINDWARD SIDE POSTOFFICE
Tel. 2221

Mon.-Fri., 8-12 & 1-5.

If you want mail to go out on the same day, it has to be at the postoffice when it opens at 8 a.m. You can deposit letters in an outside box when the p.o. is closed.

How long does it take mail to get to the States? That depends. It used to take two weeks, but lately it has arrived in 6 days. Sometimes, it has taken months.

Some of our mail from Rhode Island traveled through Asia on its way to Saba, according to the postmarks. Adding "in the Caribbean," after Netherlands Antilles, seems to help. Marilyn Zagers is the lovely blonde in charge of the Windwardside branch.

Don't waste your time heading there a few minutes before 12 because the doors close promptly at noon.

10. SCOUTS PLACE

Tel. 2205

Manager: Dianna Medero

To find Scout's Place, look for the elegant lion on the high stone wall to the right of the Windwardside postoffice. He guards the walk that slopes down to a flight of steps, leading to the Inner Sanctum that is Scout's Place.

Here the islanders, native and imported, gather between 10 and 11 a.m. for coffee, tea, or you-name-it, and news-gathering or distributing. Local events are savored, sifted, and swapped.

The group may include Will Johnson, Chef (Chief) of Tourism, and George Seaman, former director of the Pittman-Robinson Wildlife Program in the Virgin Islands. Will is slim, bright-eyed and dark-haired, sporting a goatee and a beret or straw cap. He wrote a book about Saba, "Tales from My Grandmother's Pipe," now in its second edition.

George is a thin distinguished-looking gentleman with a bristling, pointed white mustache and goatee whom you may recognize from Saba's full-color brochure. He was carrying bananas raised on his Mt. Scenery plantation. George is the author of "Sticks from the Hawk's Nest." "Virgin Islands' Dictionary," and "Not So Cat Walk."

Add to this group the peripatetic Pauline Paul who makes morning rounds gathering information for her daily radio program on what's happening in Saba. Pauline's the lady with the very original straw hats- she designs and makes them herself. She has lively blue eyes and deep chuckle. Tell her who you are, what you do, and where you're from - and you'll hear all about it on Saba radio.

In the morning hours, you'll see Dianna Medero, trained by Scout Thirkield to carry on the renowned tradition of good food in a relaxed atmosphere. Dianna, a good-looking brunette, welcomes you with a warm smile as she takes your reservation for a meal or for one of the four and a half rooms. The half room is what Scout calls the Fox Hole, and it's not really as small as it sounds.

Even though there is no hot water, and only two rooms have private baths, this is still one of the best bargains in the Caribbean- only \$50 per couple, including breakfast and dinner. Breakfast in the cozy rear dining-room includes juice, eggs any way you like them, toast, jam, and delicious coffee.

If you are just on Saba for the day, you might want to check on the lunch entree, since only one is prepared. If it's something you can't have, due to dietary restrictions, you can order sandwiches instead. But you'll be missing a fabulous meal, both eye-and palate-pleasing.

Dinner at Scout's begins with soup (cream of peanut -mmm), a main course which may be fresh fish, steak, or chicken; home-made bread and butter; and a simple dessert- the island favorite seems to be bread pudding with topping. Special dinners, such as lobster newburg, may be ordered in advance.

In 1984, Scout's Place added a look-out area beyond its open dining-room. It has a top-of-the-world feeling, looking out over the red-roofed cottages and a tiny white-washed, flower-decked cemetery enclosed by a picket fence, and, beyond, a view of the infinite ocean.

If you want something at the bar, Diana's genial husband, Harold, or a tiny charmer named Marilyn will take your order. Scout himself helps with lunch and dinner when he is not off traveling to some other exotic spot.

You never know who you'll meet at Scout's- the Governor General of the Netherlands Antilles, visitors from Holland, Argentina, or Canada, businessmen from Puerto Rico, or the friendly islanders themselves.

Scout's Place is a very special experience.

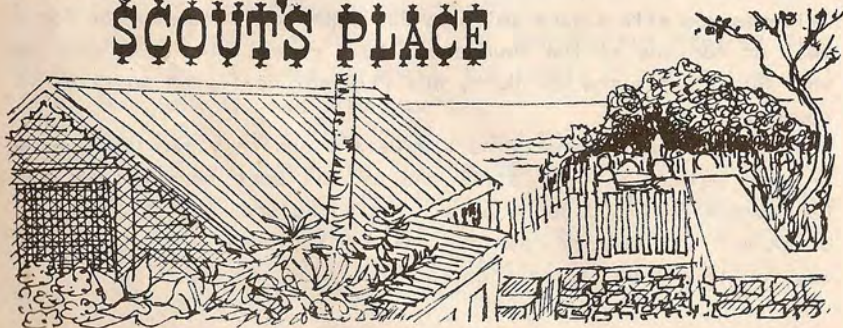
PRICES;

Room, double, MAP - \$50

Room, single, MAP - \$35

NOTE: If you're in Saba on Valentines Day, make your dinner reservations at Scout's, wear something red, and come for an evening of island dancing-which is FUN whether you dance or glance.

SCOUT'S PLACE



11. ST. JOZEF SCHOOL (Tel. 2318) & THE HONEYBEES

On the way down from Scout's Place to the center of Windwardside, you'll see the Honeybees (kindergarten) on the right and St. Jozef (elementary) school on the left. The doors are usually open and you can hear the classes in progress or, during recess, you'll see them playing outside.

Children are taught to speak, read, and write in both English and Dutch in these classes which go up to the sixth grade. Those islanders who have come home from working on Aruba or Curacao frequently subscribe to a Dutch newspaper; books and magazines from Holland line the library shelves.

And government documents and records are in Dutch. Still, the islanders continue to speak English as they have for more than three centuries, adding one more whimsical touch to this unbelievable island.

12. BIG ROCK MARKET

Tel. 2260

Open Mon.-Sat., 8-12, & 2-6.

Owners: Ronald Johnson and Eugenius Johnson

The Big Rock carries frozen foods, canned goods, household items, liquor, and an excellent selection of Delft, suitable for gifts.

The helpful lady at the check-out counter is Deka, one of the most enthusiastic dancers on the island. Ronnie Johnson's family helps out, too- it is not unusual to see his mother, father, wife, niece, and nephew all there at one time.

Outside, people sit on the wall in the shade of the deep purple bougainvillea, waiting with their groceries for a ride or simply to pass the time of day.

13. ISLAND CRAFT SHOP

Owners: Ruth and Bob Beebe

Open Mon.-Sat., 10-12, & 2-4.

Manager: Angela Johnson

Here you'll find a large selection of Spanish lace (drawn thread work) in linen or cotton bags, \$15.00; headscarves, \$5.50; or 9.90 florins; linen handkerchiefs, \$5.00; linen cocktail napkins, \$3.25 each; baby bibs and vests, \$8.00.

You can get long t-shirt-dresses with SABA in big bold letters, \$9.00; or black coral jewelry and souvenirs.

Pretty Angie, a native Saban, can find you a house or an apartment to rent as well as helping you choose a gift.

14. THE YELLOW HOUSE
Tel. 2234

Open Mon.-Fri., 9-11; 2-4.30
Manager: Ivy Every

This branch of a Curacao store features clothing for men, women, and children, including lingerie in large sizes- which is nice to know if your luggage has gone astray. Also men's underwear, in case his was lost, too.

Ivy has colognes, perfumes, and shampoo by Yardley, Faberge', Brut, and Monsieur Carven. Just for fun you might want to buy some fabric sandals with straw wedgies-reduced from 36 guilders to one and a half and maybe a sun-dress to go with them.

Before you leave The Yellow House, look at Ivy's beautiful garden. This sweet, gracious lady is glad to let you photograph it.

You may be lucky enough, too, to meet Ivy's husband, a living Saba legend recently retired from driving the Red Devil taxi and regaling passengers with "stories both reasonable and unreasonable."

15. BARCLAY'S BANK, PLC, SABA, N.A.
Tel. 2216

Open Mon.- Fri., 8:30-12.
Manager: Bertha Hassell

Cashiers: Norma Hassell and Cheryl Holm

The rate of exchange in Fall, 1985, was 1.77 guilders per \$1 U.S. for cash or traveler's checks. If you had an account at Barclay's, a rate of 1.79 was available on personal checks only.

Bertha is usually at her desk in the rear of what seems like the world's tiniest bank...it's only 10 feet wide. You'll find it at the end of the built-up section of Windwardside on the right of The Road just before the steps to Mt. Scenery.



SABA DEEP
Tel: 3347

Owner: Edward Arnold
Open 7 days a week

Edward Arnold, of Saban lineage, left Rhode Island to come here five years ago and has been involved with Saba Deep ever since.

Saba Deep has its headquarters at Fort Bay where you can also buy beer, soft drinks, postcards, and t-shirts. Ed has two Privateers, one 18 ft. long and one 20 ft. long.

Diving is Ed's preferred activity but Saba Deep also does sunset cruises, circling the island in about one hour or more. When you leave at 5 p.m., the sun goes down when you are halfway around, and you see a spectacular sunset.

But if you want photographs of the various sides of the island, you'll have to make special arrangements to go around earlier. A boatload of camera buffs can persuade him if he is not tied up with diving groups or if the sea is not too rough.

Saba Deep claims 25 excellent dive spots with some very unusual features, including an enormous tree of black coral.

However, the most unusual sight might well be what Tom Boynton, another former Rhode Islander, saw in March, 1984 - a 45 ft. humpback whale. Tom was down at 100 feet a mile offshore when he looked this creature in the eye.

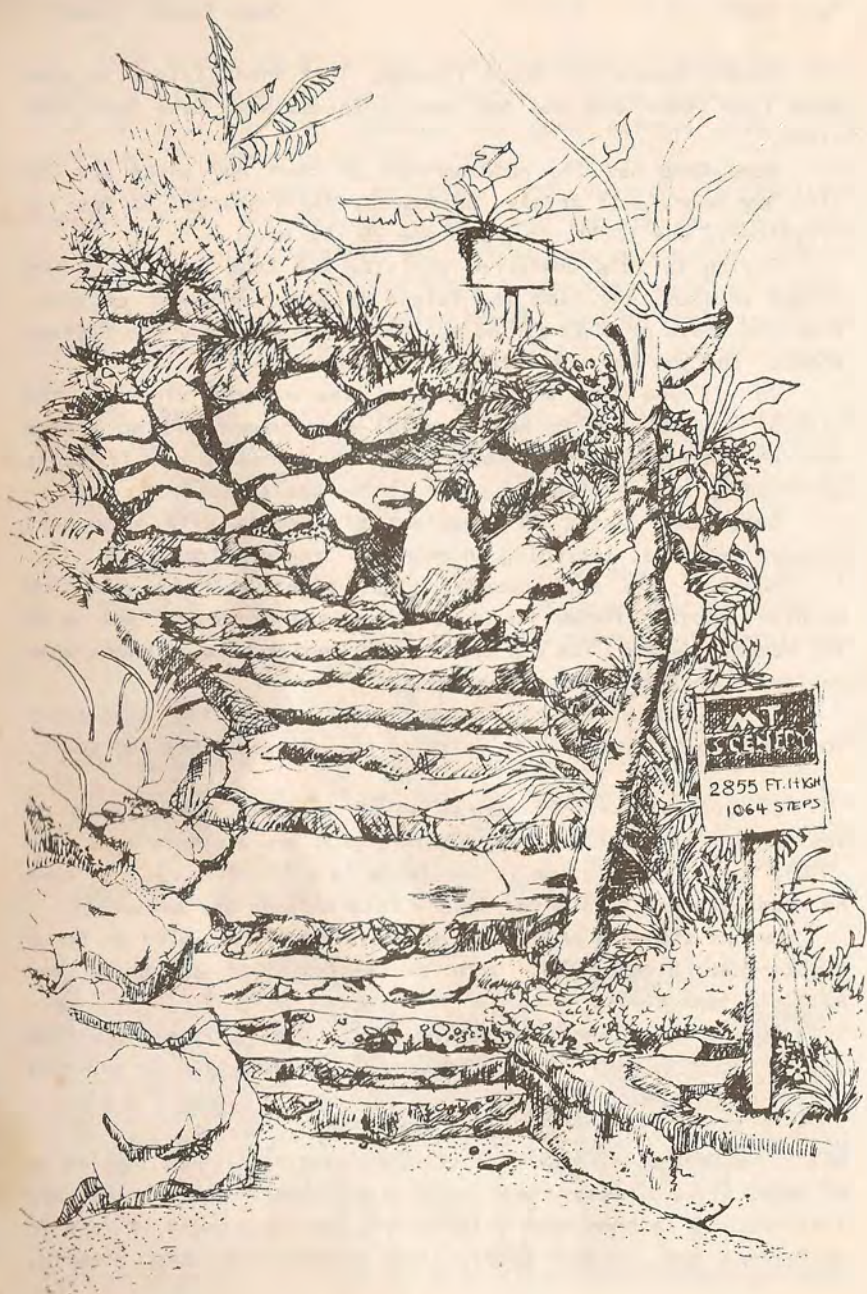
Ed had used up all his bottom time and couldn't go down again so he had to be content with watching the whale surface and spout.

Ed offers a resort course which includes three hours of instruction at the Captain's Quarters pool and a single tank dive (STD). Full certification is available in a 5-day course. Ed says he needs advance notice for this - reservations are advisable.

He has standard prices for a single-tank dive (STD) or for a double-tank dive (DTD), with a de-escalation of price for multiple tank dives.

Ed. likes to keep his diving groups small, never more than six to a trip, and may be persuaded to take you on a 1-day excursions to nearby islands.

NOTE: The Saba Bank, known for its excellent fishing is 3 miles sw of Saba. It is 32 miles long and 20 miles wide. The main areas are less than 20 fathoms deep while on the east and south it is 6 to 10 fathoms deep. In some sections the bottom can be seen clearly.



MT. SCENERY

Pick a clear day for climbing Mt. Scenery- a day when you can see the top of the mountain. If it's shrouded in clouds, you won't get the full impact of the view. You may not even make it to the top.

One hour is the time given for going up and down, but you'd better allow more time to admire the different species of palms as you enter the rain forest and begonias and golden heliconias taller than you.

The wild or "eyelash" orchids that once fringed the path have disappeared, but you can see them growing in home gardens or along the roads-they are small and white, closely resembling eyelashes, and they yellow as they age.

But despite the loss of orchids, the climb up 1064 steps is breath-taking in more ways than one. The first part, going from the Main Road outside Windwardside is known as Bricket Hill (short for Break Heart, I've been told). If Johnny Simmons meets you on the way, he'll advise you to step side-ways to go easy on your unused muscles.

Pause and look back over your shoulder to see the village below framed by mango leaves or palms. As you go higher, note the pretty red ferns.

A special hummingbird lives in the upper area of the mountain and may be seen by those who sit quietly and wait.

If you want a short-cut, you can take a taxi up the New Road which the government built in order to open up new sites for vegetable gardens. Johnny Simmons has a stand just below the road's end where you can stop on the way down for a cold soda or beer.

HOLIDAYS ON SABA:	New Year's Day
	Good Friday
	Easter Monday
	The Queen's Birthday, April 30.
	Labor Day, May 1.
	Ascension Day
	Whit Monday
	Saba Day, 1st Friday in December.
	Kingdom Day, December 15.
	Christmas Day
	Boxing Day, December 26.

16. THE CORNER GROCERY Open Mon.-Sat., 8-12, & "sometimes in pm"
 Owner; Bertha Granger

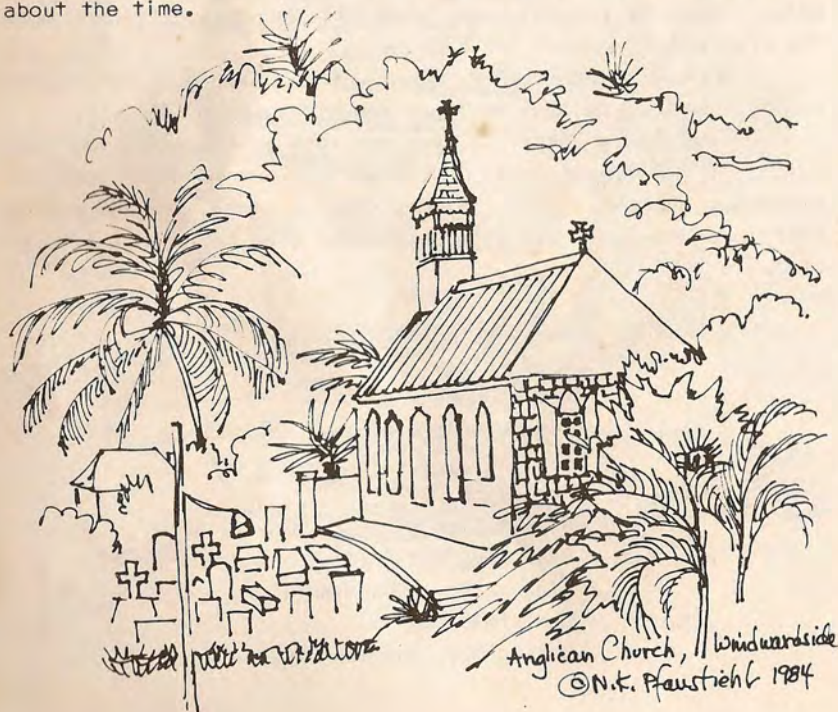
This is the small green store opposite Barclay's Bank. Bertha carries canned goods, dry staples, and some fresh vegetables.

If you don't see Bertha right away, look further through the room behind the counter to the open doorway of her home. She frequently sits there. But she'll come in answer to your call if you don't see her.

The magnificent flowers and plants around her place show that someone loves growing things - and take a look at the antique scales on her counter which Bertha prefers to her brand new set.

17. HOLY TRINITY CHURCH (ANGLICAN)

Built in 1877, this stone church with its peaceful graveyard below looks out over the green meadow where the Saba Museum is nestled. The schedule for Sunday services at Holy Trinity and The Bottom's Christ Church alternates each week. You'll have to ask about the time.



18. SABA MUSEUM

Hostess: Sherry Peterson

Open Mon.-Fri., 10-12 & 1-3.30

Donation: \$1.00(US) per person

The Saba Museum sits dreaming in a green meadow overlooking the sea. The former home of Ester Peterson is "roughly 140 to 150 years old," according to Sherry Peterson, a delight for the eyes and ears, as she tells you about Ester who died in 1970 at the age of 103.

The museum has been established in honor of Harry Luke Johnson (1914-1972). It was Harry "who first envisioned a museum for Saba," as it states on a plaque outside the house. Harry's dream was made possible by the Dutch fund for social and educational projects and many friends of Saba.

As Sherry tells it, Harry began his own museum down Under the Hill, where the mechanic's shop is now. When Ester's house became available, he moved it here.

When you step inside, you go back one hundred years: the antique organ, Victorian couch and chairs, the threadbare Oriental carpet under the centered table... all these evoke a Saba of a century ago when this island seemed untouched by time, remote, unknown to most of the outside world.

In the bedroom, the mahogany four-poster bed with pineapple carvings awaits restoration, with other wooden furniture. Sherry is trying to match the missing pieces of pineapple carving and found one recently on another island.

The kitchen yields another trip back in time for the hearth is now much as it was then- a blessing indeed, for in many homes today the fireplace has been ripped out or plastered over in the name of modernization.

On special occasions, Sherry's brother, Ernest, builds a fire and roasts a pig in the "rock oven", and sells plates of the pork for a small fee.

"It tastes so good," says Sherry, in her lilting voice. "So much better than the regular oven."

Throughout the museum are crisp white curtains bordered with the Spanish work which some of the island's finest needleworkers did at a special low price as their contribution to the museum.

In one small room, glass cases are filled with old glassware, mementoes, and old photographs. A corner glass cabinet holds stone tools used by Indians on the island before it was colonized.

A reproduction of the letter sent to the Dutch government after the severe hurricane of 1772 lists families who had suffered greatly.

"We have lost most of our little all," wrote the islanders in their plea for assistance. They had to live in caves for shelter since their homes had been blown away. The ever-helpful Dutch government came to their assistance as soon as they could. And the rugged Sabans survived.

The names of the families in the letter are the same as the ones in the telephone book today.

In the meadow above the house is a bust of Simon Bolivar facing the vast expanse of blue water. Bolivar found a haven here in 1816 when he recruited men from Saba to join in his fight for freedom in South American countries.

Perhaps then, too, he looked out across the sea and dreamed of things to be.

The plaque reads; "From the government of Venezuela to the people of Saba to commemorate the bicentennial of the birth of the liberator Simon Bolivar- December, 1983."



19. THE SQUARE NICKEL

Open Mon.-Sat., 9-12 & 2-5

Owner: Douglas Johnson

Doug Johnson is the Saba agent for Goodyear tires and also has car batteries, terminals, and motor oil. Here you can buy gas stoves, "very reasonably," t-shirts, clothing, games, ketchup, and pigeon peas.

Doug also takes orders for very special pastries his wife makes.

20. COUSIN'S BAR

Owner: John Kenalda Hassell

Tel. 2264

Open: Tue.-Sat. 11 am.-12 midnight

Bartenders:

Rudolph Alexander Thomas David Hassell

Carol Bernadine Hassell

The other name for this small gathering place for many young Sabans is "Somewhere Else," and an American tourist christened it "The Underground Bar."

A collage of liquor labels tops the quarter-circle bar. Photos of patrons decorate a bulletin board on another wall, including Kenalda himself and his friend, Lou Bourque, when they were recuperating with broken legs after run-ins with a boat (Kenalda) and a motorcycle (Lou).

Cassette tapes provide the music their patrons like: Disco, slow, reggae, rock, and merengue, according to Rudolph. On Fridays and Saturdays, impromptu and enthusiastic sing-alongs can be heard, and sometimes during the week, too.

Cousin's Bar no longer serves food. Beer or soda will cost you 1.50 florins (guilders); mixed drinks, 2 guilders; liquor, 3 guilders.



21. THE UNIQUE STORE

Tel. 2260

Open Mon.-Sat., 8-12 & 2-6.

Owner: Carlyle Granger

Addie, who is the clerk here, quietly describes this as a complete grocery store with frozen foods, canned goods, household and dry good items- even mops.

Surprisingly, this little store diagonally across from Big Rock frequently has things the other stores don't. I found the first pumpkin of the season here.

It has a particularly nice selection of cookies - not only Peek Frean and the Dutch Verkadé- some from Spain, too.

The Unique Store has probably changed very little over the years and it is like a trip back in time to the good old small town grocery stores.

22. THE UPPER ROOM

Operated by the Anglican Church

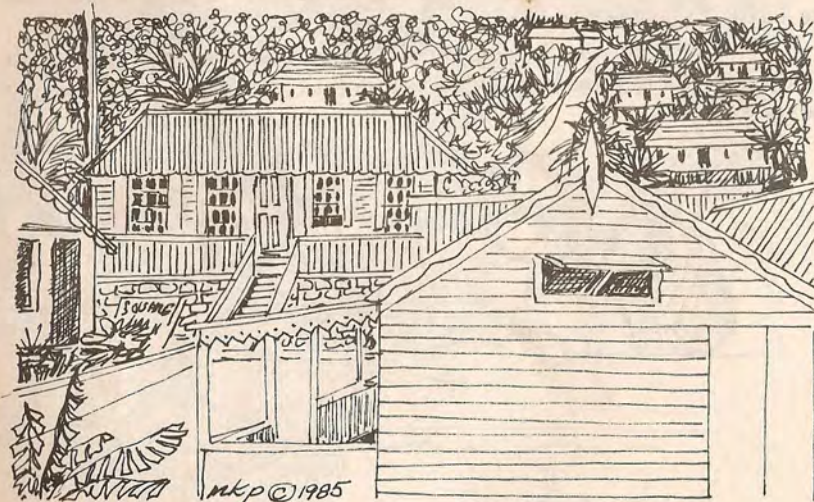
Open Wed., Fri., and Sat., 2-4.

Manager: Enid Renz

Enid, with her husband Bill's backing and whole-hearted assistance, set up this small second-floor shop featuring Bibles, books, stationery, and gifts, for the benefit of the Anglican Church on Saba.

Thanks to their hard work and the loyal support of the islanders, the shop is on an even keel, and does especially well at Christmastime.

Browsers are welcome in this haven close to heaven.



23. SABA DRUG, N.V. SUPERETTE
Tel. 2207

Open Mon.-Sat., 9-12 & 2-6.
Owners: Yvette and Eddie Peterson
Clerk: Peggy Hassell

This small, narrow shop has an amazing diversity. It carries non-prescription drugs and medical supplies - and the island's only supply of fresh milk arrives here by plane from St. Thomas on Thursdays and Fridays - as well as sour cream, yogurt, cottage cheese, butter, eggs, and orange juice.

They have canned goods, cookies, cheesecake mixes, and some Conimex condiments from Holland. If you're looking for ginger- as I was one day- it's in a tiny bottle labeled Djahe. That's why we strongly recommend that if you don't see what you want, please ask- it may be right there in front of you in Dutch or Spanish.

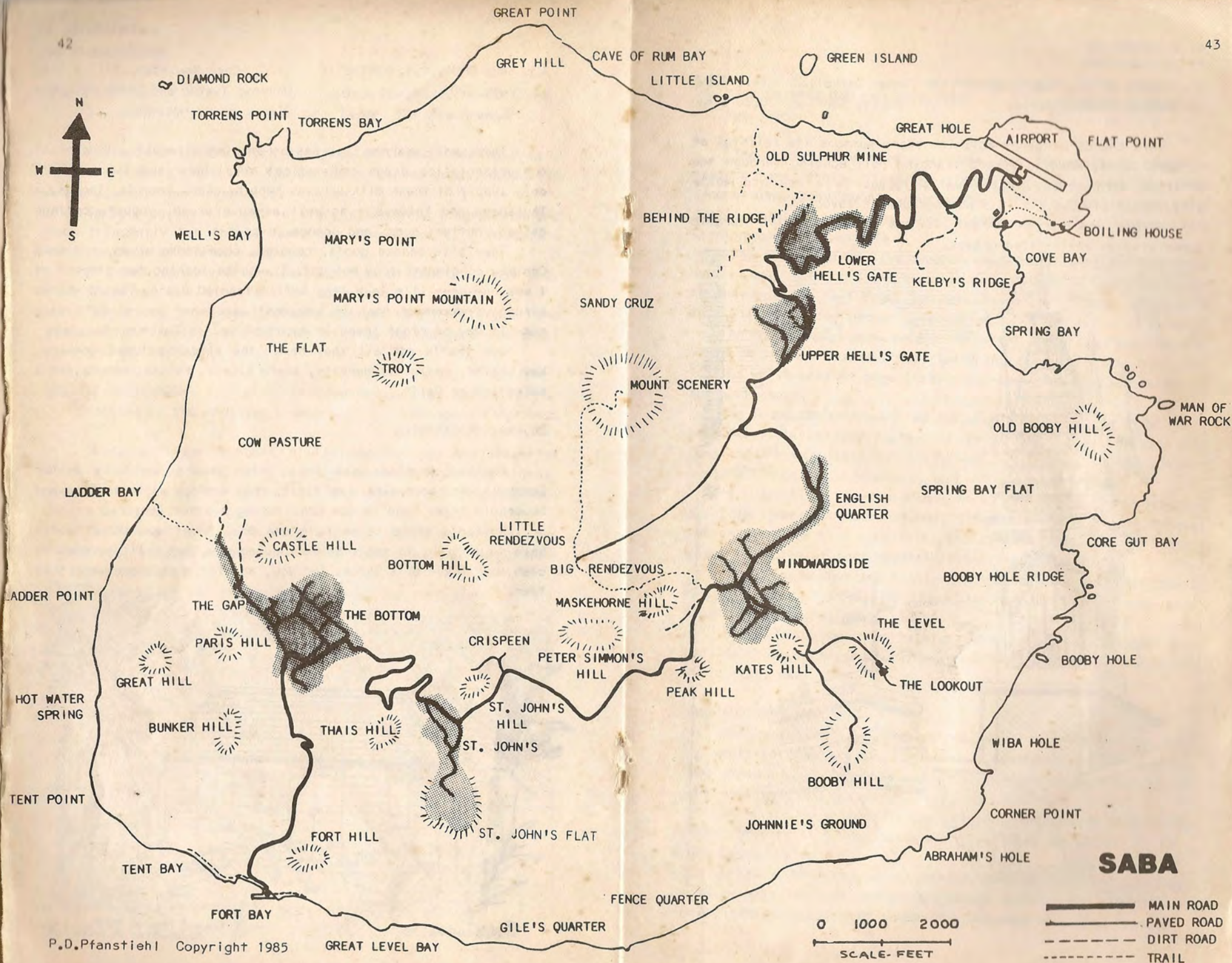
But that's not all they have- the stock includes jewelry, key chains, padlocks, pencils, alarm clocks, knives, brooms, and a selection of Delft.

24. WALTER CAMPBELL

Another American who fell under Saba's spell is Walter Campbell who had a gift shop first, then a store with clothing and household items, and is now considering another venture.

Walter's store is next to the Saba Drug Superette. You'll have to stop in to see what he's doing now, but he'll be glad to cash your Traveler's Checks for you, as will most storekeepers in town.





25. CHURCH OF ST. PAUL'S CONVERSION (Roman Catholic) Tel. 2202
 Father Anthony Jansen Sunday Service: 10.30 a.m.

This church of great colonial charm summons its faithful at 10 each Sunday morning with a clanging bell echoing through the village. With creamy yellow walls topped by a red and white gingerbread steeple, it is a photographer's favorite.

Across the narrow street is the graveyard with ceramic nameplates on white-tiled graves.



Church of St. Paul's Conversion, Windwardside

26. SABA CHINESE BAR AND RESTAURANT
Tel. 2268

Closed on Mondays

The food is definitely Chinese, but the music is country-western and those flashing lights overhead are Christmas decorations. Many people prefer the window table in the room that's farthest from the bar because, at that distance, the blaring music is bearable.

The food is good. The owner's concern for quality is stated on the menu, "Each dish is cooked to order to be brought to you at the peak of its flavor. The service is prompt, but kindly you must allow time for proper preparation."

An extensive 4-page menu offsets the plain interior. Page 2 lists 20 Chinese specialities, featuring chicken, pork, beef, or lobster while another page lists stand-bys: Steak, roast chicken, and pork chops.

We found the chow mein had twice as much shrimp in it as that in a favorite Chinese restaurant in Connecticut. Also, it was prepared without salt or soy sauce, as requested due to my husband's high blood pressure, and was still delicious.

Our guest had Sweet and Sour Pork, Peking Style, for \$14.50, and I had Sweet and Sour Chicken, \$15.50. The chicken was ground and shaped into tiny appetizing balls, more than one could eat, with the choice of soft noodles rather than rice.

The Chinese soup was highly recommended by a Canadian couple who have a new home in Lower Hell's Gate. For the more adventurous, there is sharkfin soup.

Ethel Tudda, another "winter Saban," suggests lychee nuts and ice cream for dessert. Others recommend the sandwiches highly for a light meal.

SPIC AND SPAN SABA

Each week, from one end of the island to another, the road and walks of Saba are swept clean by Department of Public Works road crews. Cleanliness is essential to keep a tropical island sweet-smelling and beautiful.

Until you have lived in the tropics, you have no idea of the litter from falling dry leaves and the stones and dirt dislodged by roaming goats.

So far, the State-side problem of empty bottles and cans seems minimal as most Sabans are aware that it is important to keep their island attractive for the incoming tourists.

27. AROUND THE BEND

This is a branch of Jean McBeth's store in St. Maarten, with clothing for men and women.

They carry jeans, tops, blouses, shirts, shoes, bags, and some very nice dresses, too. Go up the steps to take a look- and meet the nice Saban girl who runs the shop for Jean.

28. CLIFTON'S GROCERY STORE

Clifton has to be one of the most good-natured, easy-going people on this island. His supply of canned goods is neatly lined up on the shelves, but he also carries concrete and chicken feed.

If you don't see what you want- ask him. If he doesn't have it, he'll probably tell you who does.

Clifton's wife has a store on the other side of the building with sewing supplies and other things.

29. THIMBLES AND THREAD

Helen Peterson manages this branch of a St. Maarten shop which carries yard goods and other sewing supplies. It's on the right-hand side of the side street that's opposite the Church of St. Paul's Conversion.

You'll also find some special t-shirts designed by Del Bunker.

BILLY MARINUS

Tel. 2262

Many people on Saba seem to have a side-line. Billy Marinus, driver of the grey and maroon Toyota taxi-van, also carries Sisson oil paint in all colors.

You'll frequently see him down at Fort Bay where he helps in-coming yachts to tie up. Billy says that anyone coming in by boat can call him on Saba Radio.

NOTE: The average temperature on Saba is usually between 75 and 82° F. Once in a great while during the winter months the temperature might drop down to 58°, for a few hours, especially in the high areas, when the wind is blowing.

30. MORNING STAR GROCERY

Open Mon.-Sat., 8-12 & 2-6.

Owner: Willie Johnson

You have to go down the steps to Willie's store on the side street. There you can buy the fine bread made by his wife Melanie every morning. You can order the meat turnovers, too, that are a favorite on this island.

Willie also has various canned goods and dry groceries and frozen foods. You may find a hand-woven straw hat or any number of unexpected items. As in so many places, -if you don't see what you want, ask for it.

One night while out walking we heard marvelous foot-stomping music coming from a house up on a hill. It was the kind of music my grandfather and uncles once played, bringing back memories of happy family parties.

When I mentioned it the next day to Katie McQueen, our visiting anthropologist, she knew instantly that it was Willie, Melanie, and their group. Everyone here seems to have more than one talent.

31. SABA BUILDING MATERIALS

Owner: Wayne Peterson

Tel. 2341

This hardware and building supply store also carries appliances, large and small. If you can't find what you want elsewhere, come check here.

This is a clean, well-organized modern establishment and Wayne is quick to help you find what you need.

32. THE LIDO CLUB

When students return from off-island schools and colleges for summer vacations, this becomes a popular spot for dances, we are told, but we have never been here while it's open, except for a birthday party for Eugenius Johnson, former administrator of Saba for 30 years.

For more specific information ask Ronnie Johnson at the Big Rock Market.

33. AGRICULTURAL GARDEN ON BOOBY HILL

This is, at times, a good source of fresh vegetables.

SEA SABA DIVE CENTER

Tel. 2246

Onwers: Louis and Joan Curtis Bourque

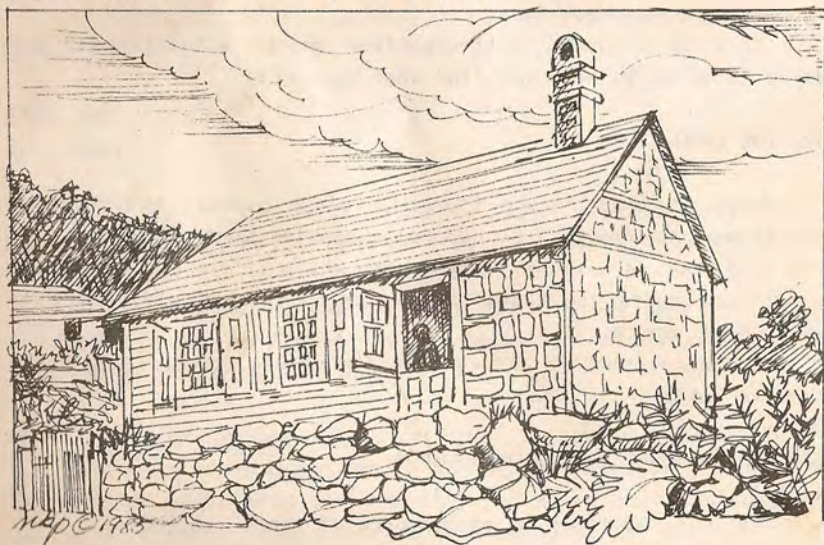
Newly-wed Joan Curtis and Lou Bourque recently opened their own diving business. They are affiliated with PADI, the Professional Association of Diving Instructors. Complete instructional and dive guide service is available for Saba and Saba Marine Park.

They make two dives every day from their 24' Privateer Dive boat. They charge \$30 for a single-tank dive and \$55 for a double-tank dive; five double-tank dives are \$250. Add to this a \$15 fee for complete gear rental (mask, snorkel, fins, regulator, BC, and packpak).

Sea Saba has also arranged special package prices for groups of six or more. The package includes 5 double tank dives plus 7 nights, breakfasts, dinners, barbeque night, taxi service, slide show, tips, taxes, and other extras as follows: Captain's Quarters, \$621, summer, and \$673, winter; or Scout's Place, \$470, summer or winter. (per person, double occupancy.)

Instruction in underwater photography is available, and camera rental, if needed. Also, with advance notice, arrangements can be made for the services of a marine biologist to inform and accompany the dive group.

The business is operated from their new home on Peak Hill just beyond Windwardside on the way to The Bottom.



SABA HERALD
Tel. 2244

Monthly
Editor: Will Johnson

This monthly paper that Will Johnson began in 1968 is a potpourri of information that summarizes the major events affecting the island during the previous month. Will includes the births, marriages, and deaths of Sabans both here and overseas.

He leads off with an editorial, sometimes espousing a political cause, but more frequently dealing with the quality of life on his beloved island. He has the inquiring mind of a born historian and performs an invaluable service for future generations by interviewing the elders of the population.

These may be former sea captains, sailors, or others who are part of a vanishing way of life, like the remarkable Rebecca Levenstone, now in her eighties, who still makes charcoal from the mahogany groves.

Will's Herald also includes letters to the editor, guest editorials, and research from the records of the island's fascinating past. And, of course, the ads that pay the way.

To have the Herald mailed to the States, the cost is \$17.50 per year. It may be only about 18 mimeographed pages, stapled together, but it's lively reading and well worth the price.

HOW THE DAY BEGINS

The early morning sound of Windwardside is the plaintive cooing of the mourning dove and the hushed rattling of dried palm fronds. Sometimes, one hears a bawling calf or bull, or, more seldom, the cry of a goat, for a few are found here in the village.

Workers talk in the roadside as they wait for rides. Even before 7 a.m. you can hear the voices of children playing in the schoolyard. Then comes the opening of door and shutters as the shops prepare for the day's business.

Later, the hum of voices rises as people complete their errands and sit on the "breadlines" to catch up on the day's news, or to catch a ride back to St. John's, The Bottom, or Hell's Gate.

A popular spot to wait is on the low wall in front of the Island Craft Shop since the main road goes by there. Here you can see the taxis bringing tourists from boats or the plane.

Others who just want to pass the time of day sit in the shade on the wall by the entrance to Big Rock Market.

WHAT'S NEW OR HOW TO KEEP UP WITH THINGS

To find out what's happening, check the bulletin boards of the local postoffices. Here are latest notices issued by the government flanked by posters announcing the visits of lecturers, theatre groups from other islands, musicians, and performances by the Culture Club.

Or tune in to Pauline Paul on Saba Radio PJFI at 1410 AM. Pauline is the Bahai pioneer who does a local news commentary in exchange for the Bahai time that precedes it.

Pauline scoots around Windwardside interviewing every newcomer she sees at Scout's, CQ, or along the street. Pauline, with her short, brown hair, blue eyes, and an ingratiating smile, is one of those out-going people who make you feel as though you have known them forever.

And be prepared- your arrival will be announced to all of Saba on her noontime broadcast- unless the station has changed her time again.

You can catch the St. Maarten news on Ch. 7. Or you can get Good Morning America from 8 to 10 a.m. on St. Croix's Ch. 8 which comes in on Ch. 6. The Virgin Island news is on at 7.p.m. ABC's newscast follows at 7:30.p.m.

Recently, a PBS station, WTSX, began on Ch. 12 and Ch. 21 from St. Thomas which has the McNeill Lehrer report from 7 to 8 p.m. followed by business news.

The only way to find out what other tv programs are on is by watching the tube or by sending \$12 to Station WJTX, St. Thomas, for an annual subscription to their program schedule. If you're staying any length of time, it's well worth it.

BLESS THE GECKOS

In Carpenter's Cottage (formerly known as Turtle Cottage), Jeannine has posted a card for incoming tenants asking them to be kind to the geckos. These tiny lizards are welcome guests for they dine on insects.

Once you get over the initial surprise of seeing them dart around, you find them entertaining and easy to live with. They are much more startled by you than you are by them.

The distinctive markings of these geckos is unique to Saba.

NOTE: Windwardside is 1312 feet above sea level.

SHOPPING IN SABA

If you don't see what you want, ask for it. The large spool of white thread you need may be at the bottom of a box of assorted items. I wasted a great deal of time looking for it myself at The Big Rock, but Deka, the friendly clerk, found it right away.

After checking at several other grocery stores, I asked Clifton if he had any brown sugar. "Sure thing," he said, opening a large white plastic tub marked flour. He sells it by the pound and puts it in a small brown paper sack.

When Clifton's not there, 'Dele sometimes opens the store to sell her Spanish work and her Saba Spice. The rose pattern in her drawn thread work is especially nice.

Clifton is thinking of remodelling his store which is ironic - when you think of how many places in the States are trying to duplicate the old-fashioned look.

Willie's Morning Star Store, tucked in down by the side of the Catholic cemetery, is rather special, too. Someone sent me there one day for frozen moon-fish. Willie rummaged around in his freezer and finally found it- in a plastic Benson and Hedges bag.

Willie sells white bread baked by his wife, Melanie. On Wednesdays she bakes whole wheat bread for the "strangers"-that's Willie's term for the off-islanders, including some who have been his customers for 15 years.

WATER

Water comes only from the cisterns which collect rain-water from the roofs. Efforts to conserve water are appreciated by innkeepers and home-owners alike.

If you are renting a house, play it safe by boiling your drinking water for five minutes, then refrigerate it. In all the time that we've been coming here, we've never had problems associated with drinking water, either at a guest house or private residence.

Goblets of iced tea are served with meals at most restaurants and brewed coffee is an option available with or without dessert at the best places.

NOTE: When friends invited us to house-sit on the island, we had to feed the small fish kept in the cistern to purify the water. Feeding fish is more fun than boiling water.

LOOKING FOR A LIFT?

Is it true what they say about being able to hitch a ride from one end of the island to another? Yes, if you have the time to spare on taking that chance, and if you have some idea of the island traffic patterns- meaning who goes where when.

The traditional courtesy of the islanders in offering rides to those on foot goes back to the days when there were few cars and sympathetic Sabans knew well how hot and tiring the hike from The Bottom to Windwardside could be, or from Windwardside to Hell's Gate.

So, if you wanted a ride from The Bottom, you would sit on the wall opposite the Anglican Church and the first driver who came along would offer you a lift. If you're at Fort Bay, you sit on the wall opposite Saba Deep where the long road begins to curve upwards. Or start walking up.

If you're a tourist with little time to spend, you'd be better off hiring a taxi than taking a chance on getting a lift.

SOUNDS OF THE VILLAGES

Each of the villages has its own distinctive sounds. Perhaps the most obvious is speech. When someone from Hell's Gate talks fast- and many talk both fast and loud- words run into one another so that only someone else from Hell's Gate can understand.

Many of the earliest settlers are said to have been Scotch, Irish, or English, fleeing from religious or political persecution. Some say they were Shetland Islanders.

With their isolation from the outside world for so many centuries, their speech remained unchanged until the advent of The Road, the airport, the pier, and, finally, television- all with their homogenizing effect upon the island and its islanders.

But there are still many in Hell's Gate who speak English with a charming brogue that may be an echo from the old days when pirates plundered the Caribbean.

One could wish that this would never change, but television sets are tuned in daily to All My Children and General Hospital and Hell's Gate has the best tv reception of all.

NOTE: Crispeen is the name given to the area between two hills, St. John's and Peter Simmons'. It is nestled beneath Mt. Scenery and above The Bottom, facing The Gap.

KIDDIE'S KORNER

Franklin Johnson's store is on the main road between Windwardside and The Bottom in the picturesque area known as St. John's. He sells stationery, books, and other supplies for children. The door always seems to be open during the usual morning and afternoon hours.

SAM WILSON'S

People who have been to this small general store speak of Sam affectionately and with "wonderment."

"You know the first bottle of beer is on the house," they say, and the implication is that when you go there, it's not just to buy but to have an enjoyable visit that involves more than one beer.

"Telcie" Barnes is the postoffice agent in St. John's. (Mail goes to Sam Wilson's place, although the mail truck does pass and deliver mail to certain individuals on the way to Windwardside.)

TECHNICAL SCHOOL

This large modern white building sits out on the edge of St. John's Flat on the southern side of the island. There are two grades to serve those students who have completed the six grades of elementary school but will not be going off the island for further education.

A new elementary school in the St. John's area is in the planning stage.

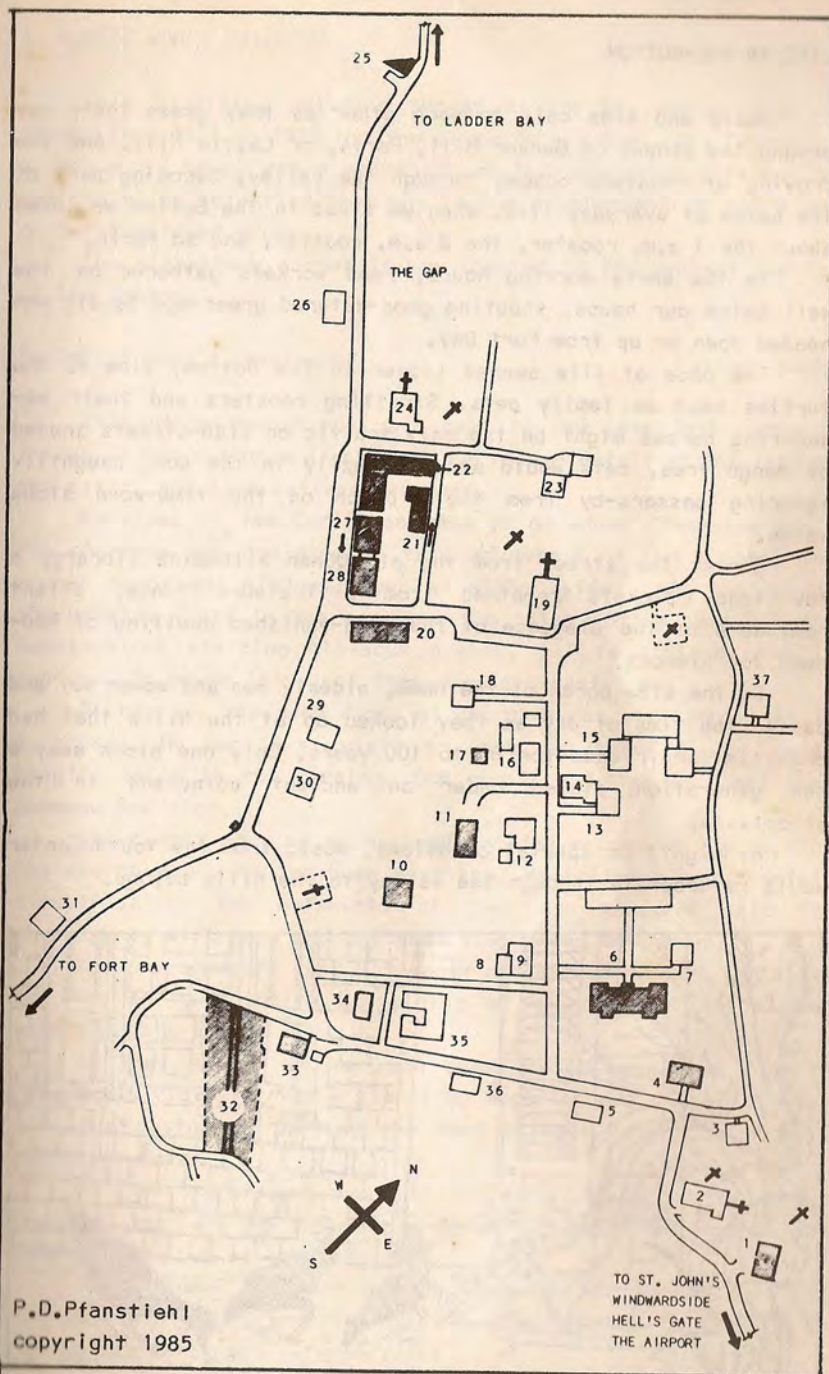
PAULINE PAUL'S PIANO LESSONS

Pauline's place is where the Bahai sign is on the white gate. Her cottage is below The Road and it is here that Pauline gives piano lessons to young and old.

NOTE: When you drive along the curving road that leads from Windwardside to St. John's and you look down to the ocean, that's Giles Quarter where the proposed new airport will be built. If you're wondering how they're going to build a connecting road, just remember that Sabans have accomplished the impossible through the centuries. They THRIVE on challenges!

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LIFE IN THE BOTTOM

Goats and kids call to each other as they graze their way around the slopes of Bunker Hill, Paris, or Castle Hill. And the crowing of roosters echoes through the valley, becoming part of the pulse of everyday life. When we lived in The Bottom we joked about the 1 a.m. rooster, the 2 a.m. rooster, and so forth.

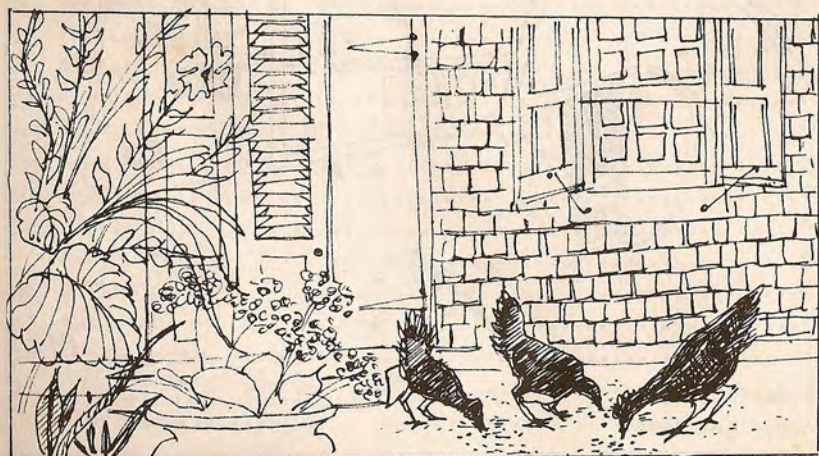
In the early morning hours, road workers gathered on the wall below our house, shouting good-natured greetings to all who headed down or up from Fort Bay.

The pace of life seemed slower in The Bottom, slow as the turtles kept as family pets. Strutting roosters and their meandering harems might be the only traffic on side-streets shaded by mango trees. cats would stretch lazily in the sun, haughtily ignoring passers-by from their perch on the time-worn stone walls.

Across the street from the old Queen Wilhemina Library, a few fancy pickets remained from a fretwork fence, silent reminders of the elegance of the long-vanished dwelling of Red-Head Joe Simmons.

On the side porch of the Home, elderly men and women sat and passed the time of day as they looked up at the hills that had been familiar friends for 80 to 100 years. Only one block away a new generation played under an ancient poinciana in the schoolyard.

At night, on special occasions, music from the Youth Center would reverberate through the valley to the hills beyond.



1. PUBLIC WORKS BUILDING

This dignified building served as the Dr. Moses Crossley School from 1926 to 1973 for the elementary grades. Dr. Crossley, a native of Saba, was a professor at Rutgers University and an award-winning scientist involved in the development of sulfa and cancer treatment drugs.

The elementary school is now located in the central section of The Bottom.

2. CHRIST CHURCH (Anglican)

Father Jacobs

This stone church may date back to the late 18th century. Inside it has a simple dignity with a raised pulpit at the left of the altar, and open rafters overhead.

Services in the Caribbean take on an added dimension since the churches are designed to take advantage of the breeze. The arched doors and windows, open at either side, seem to include the outside world in the service- the palms gently swaying, the hummingbirds visiting hibiscus bushes, all is visible, all is audible. Or maybe it's just that I am distractible.

Of course, the open doors of churches can sometimes lead to surprises. On our first visit to Saba, we heard church bells ringing early in the morning. Our cousin told us it meant that someone had died.

Later that morning my husband decided we should try to find the church where he had been baptized. We followed our cousin's directions to the outskirts of town and wandered into the churchyard, with hens and chickens scattering before us.

The church doors were wide-open and we walked down the aisle to find an open coffin containing an elderly man with hands folded on his chest.

At that moment another man came in the open side door to resume his vigil. It was a startling experience since we did not know the custom of burying the dead without delay, which is a necessity here.

In this graveyard you'll find the headstone of Moses Leverock who was so beloved as governor that The Bottom was renamed the Town of Leverock.

You'll have to check on the schedule of Sunday services because this church and the one in Windwardside take turns in having the early and late services.

58 THE BOTTOM

3. MARCIA 'S FASHIONS

Tel. 3202

Open Mon.-Sat., 8 -11 & 3-6

Owners: Marcia Guido and Rose Zagers

This little shop with sliding glass doors is diagonally across from the Police Station in The Bottom. Rose lives next door.

She and Marcia carry Jean Nate' toiletries, men's, women's, and children's clothing, underwear, shoes, school-bags, and tablecloths. Marcia also has the boutique at the Great Bay resort in St. Maarten.

4. POLICE STATION

POSTCOMMANDANT POLICE STATION

Tel. 2222

TEL. 3222

When you drive down the road from Windwardside past the old Anglican church, you get your first sight of this attractive Dutch Colonial building at the end of the road.

If you are staying longer than two weeks, then you'll have to come here to reapply. Usually, there is no problem if you have proof that you are financially self-sufficient and you have behaved yourself as you should on someone else's island.

NOTE: If you are going to be on the island for more than 90 days you will need a residency permit.

5. LA FAMA

Tel. 3228

Open Mon.-Fri., 8-6.

Owner: Harold Hodge

Naomi Hodge is the manager of this small shop which has yard goods, ladies' clothing, sneakers, cosmetics, toiletries, canned goods, household cleaning supplies, liquor, baking pans, and Fruit of the Loom men's underwear.

When you go up the steps to the shop, you can admire the pomegranate and chenille plants in their front yard.

NOTE: The Prime Minister of the Netherlands Antilles, Mrs. Maria Liberia-Peters, is the daughter of Mrs. Albertina Hassell of The Bottom and Lewis Peters of St. Maarten. She is the second woman to serve in that post. Previously, she had been Minister of Economic Affairs and a Commissioner in the Island Government of Curacao.

6. ADMINISTRATION BUILDING

Lt. Governor	Tel. 3311, 3312, 3313
General Administration Office	Tel. 3311, 3312, 3313
Deputy	Tel. 2239
Deputy	Tel. 3215

Also located in the Administration Building are the Office of the Commissioners, the Island Finance Department, the Census Bureau and Civil Registry, the Postoffice, the Receivers Office, the Office of the Conservator of Mortgages, and the Court Hall.

There you will also find the Offices of the Department of Planning, Curator of Historical Archives, the Court of Guardianship, and the Island Council Meeting Hall.

6. MAIN POSTOFFICE-Tel. 3217

Open Mon.-Fri., 8-12 & 1-5

Acting postmaster:

Kenneth Leroy Peterson

Clerks:

Antonia Wilson, Agatha Hassell &
Dave Levenstone

If you want mail to go out fast, have it here before 8 a.m. or drop it in the mail-slot the night before. You can buy stamps for your postcards or letters at the long counter to your left when you enter the large white Administration Building in the center of The Bottom. Or you can purchase the Dutch aerograms.

Stamps for a postcard cost 60 Dutch cents. For letters, it is one guilder for the first 5 grams, then 35 cents for each additional 5 grams. Packages are usually air-mailed to the island residents since foreign sea-mail normally arrives every 2 months. Post-office boxes have been added in The Bottom only for permanent residents and may be available soon in Windwardside.

If you're a visitor, just go to the counter and ask whether you have mail. Since the island is so small, you might not have to give your name-everyone probably knows who you are, where you're staying, and for how long.

7. LANDSRADIO OFFICE

Manager: Chester Zagers

Tel. 3211

This is located in a separate building on the square which contains the Administration Building. Telephone calls off-island can be made from here.

NOTE: See page 19 of the local telephone book for additional information on Landsradio and telephone rates.

8. EARL'S SNACK BAR Open every day: 8:30-12:30; 3-4; & 7-9:30
Owner: Henry "Earl" Johnson

There are no golden arches but this is The Bottom's fast-food place. Since most customers are local residents, all prices are in florins (\$1 US = NAf 1.8)

Hot dogs, 2 g.; grilled cheese sandwich, 1.50 g.; hamburger, 3 g.; meat croquettes, 1.g.; egg, 2 g.; beer, 1.50 g.; Miller, 1.25 g.; ice cream cones, 1 g.; ice cream sandwich or Eskimo pie, 1.25 g. Mmmmm-how long since you've had an Eskimo pie?

You'd better pay when served here- the names of five who had not were posted over the bar.

Earl also has a screening room where he will be showing first-run 35 mm films instead of the ones shown before- the ones starring Audie Murphy, for instance. A new entrance was being built in the spring of '85.

9. HONEY CRUST BAKERY Open Mon,-Sat., 8 or 9-3.
Owner: "Dolphie" Johnson

The bakery is run by "Dolphie" and his wife, Linda, who also deliver bread in Windwardside, Hell's Gate, and St. John's. They make a popular white bread, rolls, and bread pudding by the slice.

10. PUBLIC TENNIS COURTS

11. SUNNY VALLEY YOUTH CENTER Tel. 3298

This one-story building provides a community center for many activities. Programs here may include drama groups from other islands, concert artists, and guest speakers.

The facility is used for youth group functions and pot-luck suppers. One very popular and well-attended event in 1985 was the screening of the educational nature films by Peter Creutzberg, sponsored by STINPA, which emphasized the need for good conservation practices to preserve the natural beauty and life-sustaining factors for the island.

He pointed out the problems of erosion due to excessive grazing of untethered goats on Saba's steep hillsides in a film, "Lest Saba Lose Her Crown." One film of all the Netherlands Antilles revealed their spectacular variety of scenery.

12. CRANSTON'S ANTIQUE INN
Tel. 3202

Owner: James Cranston
Manager: Kenneth Cuvalay

This was the government guest house when Queen Juliana slept in the high four-poster bed in Room 1 in 1955. Now it is an inn, bar, and garden restaurant.

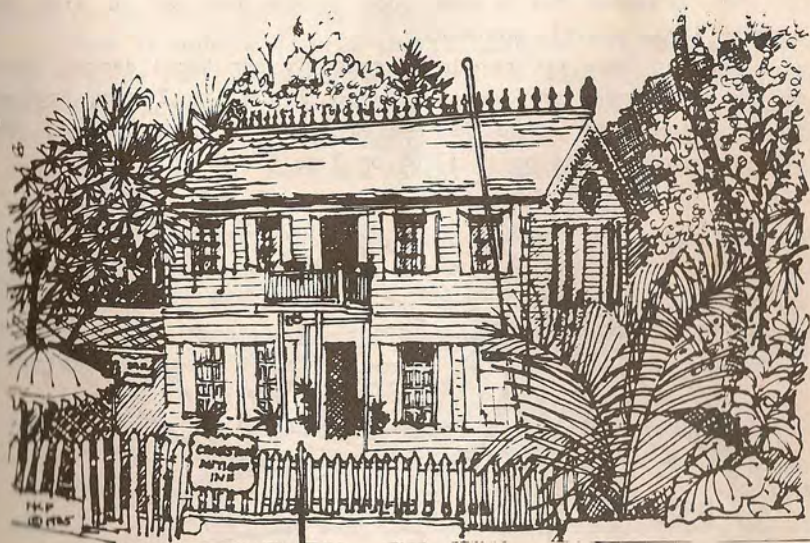
Kenneth Cuvalay will tell you frankly that the cooking is West Indian, so it's up to you to check on what might be served that day and whether the price he gives you is in dollars or guilders.

Then look around to see whether you would prefer to eat at the tables in the rear or the glass-topped tables.

If you want to sample the charm of this place, order a cool drink in the tropical garden which Mr. Cranston has decorated with calabash lanterns. If you can't find anyone at the bar or in the inn, go to the restaurant area in back, and someone may be there.

A tour of the inn will fascinate those interested in island architecture and antiques.

In the early nineteen twenties, the government built guest houses on the island to house travelling officials. Occasional tourists were permitted to stay at these houses also. In 1964 this house was turned over to private management.



13. SABA SELF-SERVICE SUPERMARKET
Tel. 3218

Open Mon.-Fri., 8-12 & 2-6
Manager: "Eddie" Cranston

Walk up the concrete driveway and you'll find another complete grocery store, carrying canned goods, staples, and frozen foods including meats, poultry, and vegetables. You'll also find eggs, butter, good Dutch Edam or Gouda cheese, and one of the best selections of Verkade cookies.

Eddie manages this store for his father, James Cranston, who drives a white taxi-van.

You can cool off with a cold soda: Coke, orange, grape, pineapple, or Ting, a grapefruit soda from St. Kitts, for 1 guilder (60 cents, US). A small selection of bottled liquor is available.

And there are styrofoam chests for picnickers here. Myrtle helps out in the store when Eddie's off.

14. COZY CORNER
Cook: Altogracia

Owner: James Cranston

Adjoining the supermarket is a bar patronized by local people who can buy rice with chicken or pork chops for 6 florins (guilders) and a cold Heineken or soda for 1.50 guilders or \$1 U.S.

Mr. Cranston has a game room in the back set up with the popular large plastic dominoes.

Another room was remodeled recently for local dances, held mostly on Fridays or Saturdays, from 9 p.m. to 2 a.m. Reggae, soul, or calypso music is played on records or tapes. Mr. Cranston says admission is \$2 US or 3 guilders.



15. SABA ARTISAN FOUNDATION
Tel. 3260

Open Mon.-Fri. 8-12 & 1-5
Manager: Max Nicholson

This small industry began in 1972 as a cooperative effort of the Dutch government and the United Nations Development Program to create new employment opportunities and to improve the economy.

Catar, an expert from India, was in charge of the initial stage of the project from 1974 to 1976. Joe Williams came for the next two years, training people in the use of the equipment and in silkscreen, display, and marketing techniques.

A Swedish fashion designer, Nita Asmundred, spent 8 months in Saba in 1983, just before the project officially ended. Eline Spijker, of Holland, and Joan Curtis Bourque, an American artist living here, also created designs for Saba Artisans.

The firm exports its products to the United States and to the British Virgin Islands. The present staff includes nine people at The Bottom and one at the airport shop.

The retail shop here is in an old wooden house that once was the infirmary. You can buy black coral jewelry, Saba Spice, dolls, and Dr. deHartog's History of Saba as well as the silkscreened cloth.

A photo enlargement of drawn thread embroidery was the inspiration for one of the most attractive early designs, printed in pastels on white, and also a fern design. The 45" material is \$4.45 (US) per yard.

This is made up in wrap-shorts, culottes (14.50), and shirts for all the family. If you're looking for some small gifts, they also have potholders for \$1.65 (US). T-shirts for adults are \$6 (US) in colors, or \$5, for designs on white backgrounds. And if that isn't enough, there are canvas tote-bags and children's t-shirts.

A handsome wall-hanging shows a view of St. John's roof-tops framed by a flowering vine- striking in black on natural but available in a multi-colored print, too. This was designed by a visiting art professor from New York. Still another piece features a map of the Caribbean.

You can find the fine Spanish or drawn-thread work here in handkerchiefs \$6, (US); bun-warmers (for bread-baskets), \$16 (US); head scarves, \$6, (US); and beautiful baby bibs for \$4, (US). When they are busy with an outside silkscreening order, their own stocks may get low. So, when you see something you like, buy it!

16. UTILITIES PROMART HOME CENTER Open Mon.-Fri., 8-12 & 2-4:30
 Tel. 3253 Also, Sat., 8-12
 Manager: Yvonne Hassell

What they carry could fill a book- lumber, hardware, tools, home appliances from stoves, refrigerators, and washing machines to toasters and blenders.

Also fishing equipment, electrical wiring materials, glasses, dishes, and stationery. They also carry postcards, sold to benefit the Catholic Church - at the low, low price of 7 cards, \$1.50 or 5 cards, 1.25 g.

A furniture showroom has been added in a remodeled building next door.

Yvonne, a slim, attractive Saban, recently became manager when Eddie Senior retired. She brings eleven years experience to the job.

This is a branch of the Phillipsburg Utilities Company, N.V.

17. THE AGRICULTURAL GARDEN IN THE BOTTOM Open Mon.-Fri.

A good time to come here is at eight, before the morning coffee break. The garden also closes at noon for the workers' lunch break, but if you get here early, you have the best chance of getting fresh tomatoes, spinach, eggplants, and carrots pulled straight from the rich dirt especially for you.

There may be fresh thyme or parsley and bunches of fresh wine-red beets.

Just ask what they have today and the friendly gardeners will be glad to tell you. The garden is in back of the Phillipsburg Utilities store - take the path to the left.

18. SABA FOODS and Open Mon.-Sat., 8-12 & 4-6
 SABA ENGINEERING Tel. 3324 Owners: Elmer and Edwina Linzey

Some of the best frozen meat on the island can be bought here: Ottman meats, portion-controlled, and admittedly expensive. Edwina says these are mostly for the hotels, but available at retail, too. Here you'll find New Zealand meats and American brands (such as Oscar Meyer), a variety of frozen vegetables, and ice cream.

Elmer carries electrical wiring and automotive supplies.

18. BELINAH

Every Thursday 8- 9a.m.

The name stands for Better Living through Nutrition and Health. The public-spirited Linzeys contribute space in their shop for the sale of vegetables and fruit brought in through the Agricultural Center from all over the island.

This is one of many community projects to which Mary and Manson Toynbee donate their time. James Anthony Simmons also works at Belinah.

19. SACRED HEART CHURCH (Roman Catholic)

Father Anthony Jansen

Sunday service: 8:30 a.m.

This stone church, built in 1934, is the third on this site. The first was erected in 1877.

The magnificent tree and white picket fence which made this church a photographer's delight have been replaced by a cement courtyard. Still the original beauty of the building remains and the peace of the quiet graveyard behind it.

To the left is a charming old wooden house which was the home of Ernest Vanterpool years ago but more recently was used by the former priest Father Bischoff.

20. SACRED HEART SCHOOL

Tel. 3281

The elementary school here was operated for many years by Dutch nuns, including the beloved Sister Waltruda who wrote Saba's national anthem in 1960. Classes are provided here through the sixth grade, in which both English and Dutch are taught.

21. QUEEN WILHELMINA LIBRARY

Mondays, 10a.m.-12

Tuesdays, 7-9 p.m.

Fridays, 4-6 p.m.

The former administration building was renovated in 1985 to become the new home of the Queen Wilhelmina Library on the side street that leads down to The Gap and Ladder Bay. For 20 years Ernestine Sluizer served as the volunteer librarian in the small gingerbread-trimmed building next door.

Rose Zagers, the new librarian, plans to extend the hours at the branches in Windwardside and Hell's Gate soon.

22. HENRY CARLYE EVERY HOME FOR THE AGED

23. CORNER VIEW BAKERY

It's easy to gain weight in Saba when their home made bread is so delectable. When you walk up there at 10:30 or 11 a.m., Tiny may be bagging the fresh white or whole wheat bread that she and her husband will deliver throughout the island that afternoon in their station wagon.

She makes tarts with a sweet pastry crust filled with cocoanut. The filling comes in wild pink and green colors unless you order plain ones ahead of time, made with white or brown sugar. Yes, you can order rolls or buns for sandwiches, too.

24. WESLEYAN HOLINESS CHURCH

Minister; The Rev. Mr. Alsender Williams

Wesleyan Manse

Tel. 3226

One of the prettiest churches on the island, this one dates back to 1919. It is stone, trimmed with graceful white fretwork. Activities include the Wesleyan Women's Society, the Prayer Band, and the Wesleyan Youth Society.

Sunday School begins at 10 a.m. here with church services at 11 a.m. and 7:30 p.m.



Home of Dr. Louis Hanstreichl, The Bottom, Saba

nkp © 1984



26. NICHOLSON'S SUPERMARKET Open Mon.-Sat., 8:30-12:30 & 2:30-6
Tel. 3252 Owner: Carmen Simmons

This large, well-stocked establishment receives a shipment of fresh fruits and vegetables from off-island every other Thursday. Just find out which Thursday- and you can pick out Red or Golden Delicious apples, large sweet oranges, and, occasionally, honeydew melons.

In addition to a varied stock of canned goods and staples, you can find glasses, dishes, clothing, and even blankets.

27. HOSPITAL, DOCTOR'S OFFICE
Tel. 3239

28. A.M. EDWARDS MEDICAL CENTER
Tel. 3288 & 3289

Clinic hours: Mon. & Wed. 8-12

This new facility, including the hospital, medical center, and home for the aged was opened in 1980.

Robert Mol is the well-liked young doctor from Holland whose wife, Barbara, assists in the nursing area.

Prescription drugs are available only through the medical center or clinic in Windwardside.

29. MIKE AND BROS. GARAGE
Tel. 3316

Open Mon.-Fri., 8-12 & 1-5
Owner: Mike Nicholson

30. MIKE'S AUTO SUPPLY
Tel. 3345

Mike says "you can get all kinds of mechanical work done here, and all kinds of auto parts are available."

31. BUNKER HILL CLUB
Radio Station PJF1

Tel. 3317
Tel. 3213

This was the place where a refreshing drink would be available after the long climb up the 200 uneven steps that led up from Fort Bay. Since it was the end of that tiresome journey, it was a welcome sight.

In recent years it has been the home of the Voice of Saba, radio station PJF1, (1410-AM) which began operating in 1971 and is now managed by Mike Nicholson, son of the founder and owner, Maximillian Nicholson.

32. WILHELMINA PARK

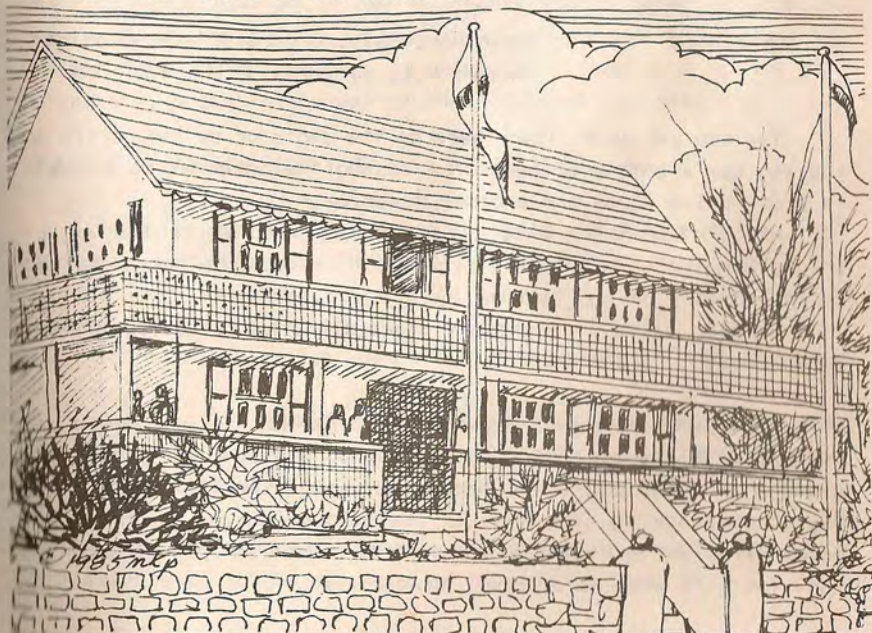
Designed by Lt. Gov. Willem F.M. Lampe more than 50 years ago to provide a setting for musical events, the park sits next to the home of the Lt. Governor, with a sense of peaceful isolation from the activities of both The Bottom and the Promised Land, just beyond.

33. RESIDENCE OF THE LT. GOVERNOR

The home of the Lt. Governor was erected in 1972 on the same site and in the same style as the previous wooden house which was the home of Capt. Thomas Vanterpool for many years.

Its present occupant is Lt. Gov. Wycliffe Smith, a Saban educated in the Dutch Windward Islands, the Netherlands, and at Columbia University in New York. Gov. Smith is known also as an educator, author of several books of poetry, and editor of an anthology of St. Maarten poetry.

As a Saban who has returned from the outside world, he is especially aware of the unique qualities of his island that make it attractive to tourists. Consequently, he has encouraged people to preserve the original white houses with red roofs, and to follow their style in new construction.



34. KINDERGARTEN HOUSE

This charming old Saba house is across the street from the Lt. Governor's residence. Passers-by enjoy the sound of children's voices singing old favorites, such as Frere Jacques, reciting, or at play.

35. BOOGALOO'S OR THE OLD INN CLUB

Julian Chance's Boogaloo or the Old Inn Club, mentioned in many travel books, no longer exists. Julian was known as a superb cook and a man whose love of gardening was evident both at Boogaloo's and at his home.

Having a succulent dinner of roast pork every Sunday night at Boogaloo's was a ritual for some. Others stopped there each day as part of their morning shopping round to see what fresh vegetables were there from his fine garden or what baked specialties, such as his cocoanut tarts.

Julian's life ended suddenly when he was shot by a young man who worked for him. It was one of the few crimes of violence on this tranquil island.

Today there is a small general type store in a section of this building on the street facing the Koffehuis.

36. KOFFEEHUIS

Open Mon.-Sat., 8 or 8:30 a.m.-midnight
Owner: H.A. Sorton

You can get your liquor here by the shots or by the bottle or you can buy a bottle of beer or a case of Heineken which he says is "one price today and another tomorrow."

Mr. Sorton built this place in the 1940's. It has an L-shaped bar and stools to the right with cases of Heineken stacked to the ceiling on the left wall.

He also calls it a grocery place since he sells vegetables, tinned meats, and milk.

NOTE: The Caribe Guest House in The Bottom is no longer in business. This small cottage built by John Woods was a favorite place with many Sabans who had moved away from the island. They would come back to stay here in The Bottom, to sit on the front porch with John and reminisce about the old days. John is known to many tourists also as a former taxi driver.

36. THE SERVING SPOON

Open every day from 9 a.m.

Owner: "Queenie" Simmons

"Queenie" will tell you she opened her place for business early in 1985 to provide an opportunity for her daughters, Connie and Verna, to make a living.

"It's the only restaurant on the island where you can get island food- West Indian food," Queenie adds. One American patron described her baked chicken with peanut butter sauce as "out of this world." Paul enjoyed a sample of her pumpkin fritters.

Queenie said she passes platters of her banana fritters, fish cakes, and johnny cakes as snacks. She described a typical meal as a cup of soup, rice, green beans, salad, french fries, baked chicken with peanut sauce, dessert, and coffee as costing \$15.US.

Lunch might be fungi and fish, sweet potato, salad, and dessert for \$10 US. Breakfast could be lobster, cheese, or chicken omelette with 4 slices of toast, orange juice, and coffee or tea for \$8.75 US.

"Queenie" suggests that you come by her kitchen door and ask, "What do I have for dinner tonight?" It could be chicken, fish, or steak- and she says everything is cooked fresh each morning - "nothing in the fridge."

So, stop by- see if her specialty that evening is what you want- and what the price is- and if she offers you a sample of her potent Saba Spice, try it. It costs more than what you'll find elsewhere, probably because of the 151 proof rum she puts in it.

QUEENIE SIMMONS' RECIPE FOR SABA SPICE

Queenie says you boil the following in water- anise seed, cinnamon, orange peel, cloves, nutmeg, spice bush, and brown sugar. Then you take it off and add rum-151 proof- special (abertin).

You scratch a match and put it in the spice so that it blazes up.

Queenie says the bubbles tell you how much alcohol you have in it. She has designed a special label with her own message on it for her bottles of Saba Spice.

NOTE: Saba Spice is sold in many shops on the island and also in private homes. You'll find one on the way up Booby Hill.

WALKING IN SABA

The visitor quickly learns to walk close to the walls or curbs, especially on those roads wide enough for only one car.

In the heart of Windwardside there is a one-way stretch running from the edge of the Catholic cemetery past the Saba Drug Superette towards the Unique Shop. The first driver into that section has the right of way and any on-coming driver has to back up.

Some streets have been widened at the expense of lovely old walls. You can see where this has happened. There are new grey cement walls.

About one third of the way up on the road from The Bottom to St. John's, on the left side, you will see a path of stone steps. This was part of the original road to Windwardside. It presently goes as far as Crispeen and it is a short but enjoyable walk.



Steps Down to Ladder Bay 7-29/84

LADDER BAY

Some ships still seek the shelter of Ladder Bay for their anchorage, particularly when the seas are rough.

Once, it, too, was used as a landing spot and heavy burdens, even furniture, were carried up by men and women before donkeys were brought to the island. Today this is still a strenuous jaunt coming up, even without burdens, but well worth the effort because of the spectacular scenery.

To find the Steps, go down to The Gap, beyond Nicholson's Supermarket. The road passes the look-out under a majestic flamboyant tree and heads down-hill, splitting to make room for another large tree in the center of the road.

The pretty entrance to The Ladder is now disguised by concrete steps, a result of the construction of the new road to Wells Bay- an area, incidentally, which clearly shows the awesome problems encountered in road-building here. The edge of the road is not a place for anyone with acrophobia.

If you go down the steep steps, however, you will soon find that the way is bordered with ferns and broad-leaved plants which visitors have initialled. The sound of surf grows louder as you approach the spot where the original custom house stood.

You are away from all signs of civilization. Your only company may be the goats that scamper along inquisitively or birds wheeling overhead.

Sometimes in spring, a small sandy beach will appear to the left on the Ladder's shore. On the right, huge wave-borne boulders crash on top of other rocks.

The more adventurous souls might enjoy climbing along the base of the towering cliffs, looking for souvenir pieces of brain coral, while others may settle for sitting at the base of the storm-damaged steps, looking off to Diamond Rock which glistens in the sun.

We like to take a picnic lunch and rest a while before tackling the ascent. It's so easy coming down, but when you start back up, you have more empathy for the early settlers who came ashore here or at Fort Bay.

And you wonder-how many of us would have chosen to live here, having to carry our worldly goods on our backs up 800 feet to The Bottom.



FORT BAY

Some hardy souls still walk down from The Bottom or up from Fort Bay, but usually some sympathetic driver will stop and give you a lift. Few signs remain of the stone embankments where the original steps once were.

In the evening the goats and their kids come down from the hills onto the roadway when the traffic has nearly ceased.

HARBOUR OFFICE

Tel. 3295

Harbormaster: Hugo Levenstone

Assistant

Harbormaster: Alva Hassel

One of the friendly harbormasters will greet you when you bring your boat to the Leo A.I. Chance Pier. The customs building, proudly flying the red, white, and blue flag of the Netherlands Antilles, is at the far left of the cluster of buildings at the base of the Fort Bay Road.

On the lower level are hoses from the cisterns which hold brackish water from a spring, suitable for hosing down yourselves or your equipment but definitely not good drinking water. One cistern with a locked valve holds rain water collected from the roof.

We met the young crew from the sailboat, Lollipop, who said they were the first to sail out of Israel into the Caribbean. They offered to make some hot coffee for us and we accepted, gratefully.

At the first taste, we knew what had happened- they'd used the water from the Customs House. Politely but slowly, we sipped, enjoying the conversation much more than the brew.

The fee for tying up is ridiculously low, and to make shore-time more comfortable, showers and toilets have been installed at the back of the long, open shed where Millie Zagers and her family wait with strands of beads and boxes of fancy-work to meet the new arrivals.

Here in the corner made by the new pier and the road is a very small, fine-pebbled beach where Sabans swim. If you bring goggles, you can see schools of moonfish shyly moving away from you below the surface.

Water temperature is always pleasant, and seldom is the water is too rough for the average swimmer.

E.F.B. ENTERPRISES, SABA, N.V.

Tel. 3275

On the island this is known as the sand and gravel company, which furnishes crushed stone also and will provide delivery to other islands.

G.E.B.E., N.V.

Office

Tel. 3266

Power Plant

Tel. 3333

The power plant at Fort Bay houses the two large and one small diesel engine-driven electric generators that supply power to the island. These went on the line in the early eighties, replacing the smaller generating plant located on the Main Road in St. John's, now being used as a maintenance shop.

THE SEA CLOUD IN SABA

From mid-January to mid-March, 1985, the Sea Cloud made 10 weekly visits to Saba. She has frequently been sighted off Flat Point in the morning with her 30 white sails billowing in the wind.

The Sea Cloud is a luxurious 4-masted barque formerly owned by Marjorie Meriwether Post. The 316-foot vessel was built in Germany in 1931 and carries 80 passengers in accommodations that include elegant "Owner's Suites."

And for days when there is no wind, she has four Diesel engines.

Passengers have lunch on board ship before the Sea Cloud draws in close to let her passengers go ashore in small boats. The tremendous depths off the pier allow her to come in so near that she looms unbelievably large, dwarfing the spectators on shore.

A string of vans waits to take the newcomers up from the bay for a tour of the island. Next, they head for Captain's Quarters where refreshments are served on a buffet table decorated with orchids and hibiscus.

There is time to swim in the pool, browse in the gift shop, and to dance or just listen to the singing and playing of the island band.

At 4 p.m., the Sea Cloud passengers leave to go back down the winding road through St. John and The Bottom on their way back to their ship.

76 FORT BAY

POLYNESIA

Known affectionately as the "Poly", this is the 248 ft. long former Portuguese Grand Banks schooner formerly known as the Argus in books by Alan Villiers and in the National Geographic.

Now part of the Windjammer barefoot Cruises, she calls at Saba during the first and third weeks of each month on her visits to the Leeward Islands, including Statia, St. Kitts, and St. Barts.

She usually carries her full accomodation of 126 passengers who come ashore in a small boat for an exciting day which will include lunch at Captain's Quarters one week and Scout's Place the next.

Many who experience Saba for the first time as guests on the "Poly" return again for a longer stay.

THE EAGLE

The 67 ft. long catamaran usually makes a day trip from St. Maarten to Saba on Fridays carrying a carefree group of passengers on her 30 ft. wide deck. She ties up at The Pier while her passengers board the vans that will take them up through The Bottom and Windwardside for lunch and shopping or a hike up Mt. Scenery.

LLANGOWER

This large motor vessel arrives periodically from Tortola in the British Virgin Islands. With palm trees on her deck and passengers languidly sitting on deck chairs or leaning over the rail with British reticence, observing but not participating in the life on the pier, her visit is like a scene from a Somerset Maugham novel.

Just by being so different from the usual sailing yacht or fishing boat that comes in, the Llangower adds a romantic touch when she calls.

AMERICAN CANADIAN LINES

The enterprising Luther Blount, president and owner of the American Canadian Line, plans to have one of his 80-passenger cruise ships call at Saba during the coming year.

These recipes from the late Anna Lichtveld were provided by her friend, Ethel Tudda. Anna came to Saba in her retirement. As the first president of the Foundation for Further Education on Saba, she is credited with the two additional years of education now available here at the Comprehensive School.

BAHMI from Aldegonda Anna Maria Lichtveld

Uses 5 c. cooked left-over meat, fish, or chicken.

Saute':

1 onion, finely cut	1/2 t. sambal
3 cloves garlic	(hot pepper in spices)
1 t. ginger	5 T. soy sauce (Conimex)
1 t. turmeric	1/4 c. water

Mix sauce with meat. (This can be frozen.) Stir-fry: 3/4 c. celery, 1 c. onion, 1/2 c. shredded cabbage, 1/2 c. diced green pepper. Boil 6 oz. noodles until tender. Toss everything together with pimento and parsley. Or, serve on a bed of steamed, shredded cabbage.

(Anna frequently would serve this with a salad of lettuce, bananas. and peach halves or pineapple rings.)

SATE' (also from Anna Lichtveld)

(Served with a side dish of curried mayonnaise, typically Saban)

1 lb. cubed meat (preferably center part of pork tenderloin)

Saute': 1 onion and 1 clove of garlic. Add 1/2 t. sambal oelek, 1/4 t. Boem Boesate; cumin, coriander, and turmeric.

Then add 1 T. soy sauce, 1/2 t. sugar, 1 T. vinegar, and 1/2 c. water. Mix all together. Marinate meat for a few hours or overnight.

Broil, turning frequently, about 20 mins.

PEANUT SAUCE from Anna Lichtveld

2 T. crunchy peanut butter	1/2 c. water
1 T. ketchup	1/2 t. sambal oelek,
2 T. gado gado	or hot pepper sauce

Heat all together. Serve with sate' or chicken. (The ingredients whose names you may not recognize are Conimex condiments found in the Caribbean. If gado gado is not available, use an extra tablespoon of crunchy peanut butter)

78 RECIPES

PASANGGRAHAN CORN SOUFFLE¹ from Ethel Tudra

Heat oven to 350¹ F.

2 cans whole corn (12 Oz.)	1 T. flour
1/2 c. butter	2 eggs, beaten
1/2 c. evaporated milk	Salt, to taste
1 1/2 t. baking powder	Sugar

In a medium saucepan, heat butter with sugar until butter melts. Stir in flour and blend. Remove from heat. Gradually stir in milk and eggs. Add baking powder. Fold in corn. Add salt. Butter casserole. Bake 40 mins. or until inserted knife comes out clean.

EGGPLANT CREOLE From Mary Toynbee, Leader, Jr. Gardeners' Club

Heat oven to 350¹ F.

1 medium eggplant	1 pepper, chopped
3 T. butter	1 onion, chopped
3 T. butter	1/2 t. salt
2 c. tomatoes, raw or canned	1 t. brown sugar

Peel, dice, and steam or boil eggplant in salted water 10 minutes. Drain and place in casserole dish. Melt butter, add flour, then remaining ingredients and cook 5 minutes. Pour over eggplant. Cover with crumbs dotted with butter or cheese and bake about 30 minutes or until bubbly.

SWEET POTATO PONE

Based om info. from Ernistine Sluizer

Heat oven to 325¹ F.

& Florence Johnson

1/2 c. butter	1/4 t. salt
1 c. sugar	1 t. ginger
3 c. grated sweet potatoes	1/8 t. cinnamon
3/4 c. milk	1/8 t. nutmeg
2 T. orange marmalade (or grated rind 1 orange)	

Blend sugar and butter. Add grated raw sweet potato and milk. Beat well. Add salt, spices, and orange rind or marmalade. Place in a shallow buttered baking pan. Bake 1 hour. Serves 8. A very sweet, rich accompaniment to ham or chicken.

PIGEON PEA SOUP from Mildred

1 pkg. dried pigeon peas.	6 lg. potatoes
1 can green peas	1 onion
2 1/2 qts. water	Thyme to taste
1/4 lb. pork or corned beef	

Bring to a boil, then simmer for 3 hours.

NOTE: That's the easy way. Now the old way is- first you plant a pigeon pea bush. Then you chase the goats away so they don't eat it up.

When the bush grows tall enough to bear a crop, you look for the pods filled with the hard peas. If there aren't enough to make soup yet, you store the pods in the refrigerator until there are enough.

Saute' some onions in ham fat, then add the peas and a hambone, 4 to 6 cups of cold water, and bring to a boil. Lower heat to simmer until the peas are tender. Some cooks like to add diced or chunked white potatoes to this after simmering for one hour. Some add sugar.

Not only each village, but probably each family in each village, will have its own way of doing this.

JOHNNY CAKE from Ernestine Sluizer

Like many Saban cooks, Ernestine makes this without measuring. It's a treat we always look forward to for our first night on Saba.

Heat oven to 400° F. Grease a 9" square pan.

2 c. flour	1/2 t. salt
2 t. baking powder	1 egg, slightly beaten
1/2 c. sugar	3 T. butter or shortening
1/2 c. evaporated milk or 3 T. powdered milk and 1/2 c. water	

Sift dry ingredients, including powdered milk, if used. Add butter, then slightly beaten egg. Mix and knead lightly. Bake until golden brown.

LEMON GRASS: If you are planning to live on the island, get a lemon grass bush. Then all you have to do is cut some grass and brew it as you would any tea. This tip came from Pauline Paul who loves Saba and enjoys sharing what she knows with others.

80 RECIPES

SOFT SABA SWEETBREAD An old family recipe from Ernestine Sluizer. Also a favorite recipe of Doris Simmons Berger and Miss Maggie Jana Simmons

Pre-heat oven to 350°F.

2 c. sugar	1 c. seedless raisins
1/2 lb. butter or Crisco	1 c. citron
4 eggs	2 T. crushed anise seed
1/2 c. milk	1 t. vanilla
1/4 t. soda	1 t. lemon extract
2 c. seeded raisins	3 c. flour
2 c. currants	1 yeastcake mixed in 1 c. water

Cream butter and sugar. Beat eggs well and add. Mix soda in milk, then stir in. Next, add fruit, anise seed, flavorings, yeast, water and flour. Mix well.

Bake in a greased loaf pan for an hour. This keeps well in a tin and is nice to have on hand for a tea or breakfast bread. Anise seed gives a strong licorice flavor.

MANGO SHERBET from Ethel Tudra

3 lg. mangoes	2 egg whites, at room temp.
1 T. lime juice	1/2 c. sugar
2 T. apple juice	

Puree fruit with juice in blender. Beat egg whites stiff. Gently beat in sugar. Slowly fold in fruit puree'.

Pour into freezer trays. Freeze until mushy, then remove and beat gently. Place in freezer containers and leave in freezer until ready to serve.

Let it soften in the refrigerator for 10 minutes before serving.

Ethel has made this by doubling the lime juice and omitting the apple juice. She suggests that you use less sugar if you find this is too sweet.

June is the month for mangoes on Saba, more mangoes than anyone seems to know what to do with- and July is the month of the gorgeous flamboyant or July tree crowned with its flaming glory of red blossoms.

CUSTARD APPLES: The surprise inside is a soft, sweet pulp.

CARROT CAKE from Florence Johnson

Heat oven to 325° F.

Line a 10" pan with wax paper. Grease and flour lightly.

1 1/2 c. grated carrots	1 t. baking powder
2c. sifted flour	dash of salt
1/2 t. baking soda	3 eggs
1 t. cinnamon	1 1/2 c. sugar, white or brown
1/4 t. ground cloves	1 c. oil
1/4 t. ginger	

Add dry ingredients to sifted flour and sift again.

In a large bowl, beat 3 eggs well, then beat in sugar and oil. Blend in the carrots and flour mixture.

For a richer cake, add 1/2 c. chopped walnuts; 1 c. raisins; 1 c. glazed mixed fruit.

Bake for 1 hour. When cool, decorate with confectioners sugar sifted through a doily placed on top, or use frosting.

BEVERLY'S CREAM CHEESE FROSTING

Soften one 3 oz. package of cream cheese and 1/2 c. margarine; beat until fluffy; slowly beat in 2 c. powdered sugar until smooth; stir in 1 t. vanilla; spread on cake and top with nuts.

HOKERI from Dianna Medero

This Saban dish, combining chicken, ham, and rice, is a favorite of Dianna's son, Kenny, who drives the red taxi.

1 lb. chicken	1 t. hot sauce
1/4 lb. ham, diced	2 t. black sauce
1 large onion, diced	2 1/2 c. water
1 sweet pepper, diced	2 T. margarine
1 stick celery, diced	1 can peas
Curry, to taste	1 can corn
1 can tomato paste or tomato soup	

Cut the chicken in small pieces and fry in hot margarine until brown. Add ham and keep stirring. Add diced vegetables, curry, hot sauce, black (Worcestershire or steak) sauce, stirring constantly.

Then add some tomato paste or tomato soup to give it a nice color. Add water, peas, and corn and bring to a boil. Then add rice and simmer very low for about 1 hour or until the rice is cooked.

CHRISTOPHINES

This large-leafy vine looks like a weed to the uninitiated, but it bears a seemingly endless crop of useful pale green thorny things that are not as scratchy as they look. Peeled and diced or sliced, they are a delicious addition to salads, with a taste in between that of cucumber and apple.

Most Sabans prefer to cook them like potatoes, using a cream sauce flavored with nutmeg. They're like a gift from Heaven when you find them sprawling over a stone wall or rustic trellis and fun to watch as they grow from the size of a nut to a large pear in just a few days.

FIG BANANAS

These are small and sweet with an indescribably delicious flavor, I think, but others in our family dislike their velvety quality. All the more for me, I say, when I'm lucky enough to get some.

SOURSOP

One of the strangest-looking fruits you'll ever see, dotted with small bumps all over it. Cook it, strain the juice, and use it in a basic ice cream recipe. It's an exotic taste treat.

BITTER ORANGES

Sabans love the sweet oranges and disregard these which make the best marmalade you've ever had.

Slice the fruit thinly. Add two lemons and two limes, because of their high pectin content. Bring to a boil, then simmer until tender.

Measure fruit. Add an equal amount of sugar. Cook until it jells. Seal with paraffin if you think it's going to be around for a while.

We make a batch and keep it in the refrigerator. We've offered to share it with our Saban friends and relatives but we find that they like things sweeter and hotter than we do.

PAPAYA

The papaya trees, as well as the banana and palm, add that special poetry to the tropical landscape, and provide a delicacy for the table as well.

When fully ripened, papaya is a Vitamin C-enriched star for breakfast or dessert. It can be cooked as a vegetable, also.

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NOTES

Any suggestions for additional material will be appreciated.
To let us know of your experiences or your recommendations for
changes, please write:

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This is included to help you with your shopping. All equivalents are based on the exchange rate of \$1.00 US equals NAf 1.80, which is the rate most merchants use to convert US money to Netherlands Antilles florins (or guilders)

US	NAf	US	NAf
\$.25	.45	\$ 6.00	10.80
.50	.90	7.00	12.60
1.00	1.80	8.00	14.40
2.00	3.60	9.00	16.20
3.00	5.40	10.00	18.00
4.00	7.20	20.00	36.00
5.00	9.00	50.00	90.00

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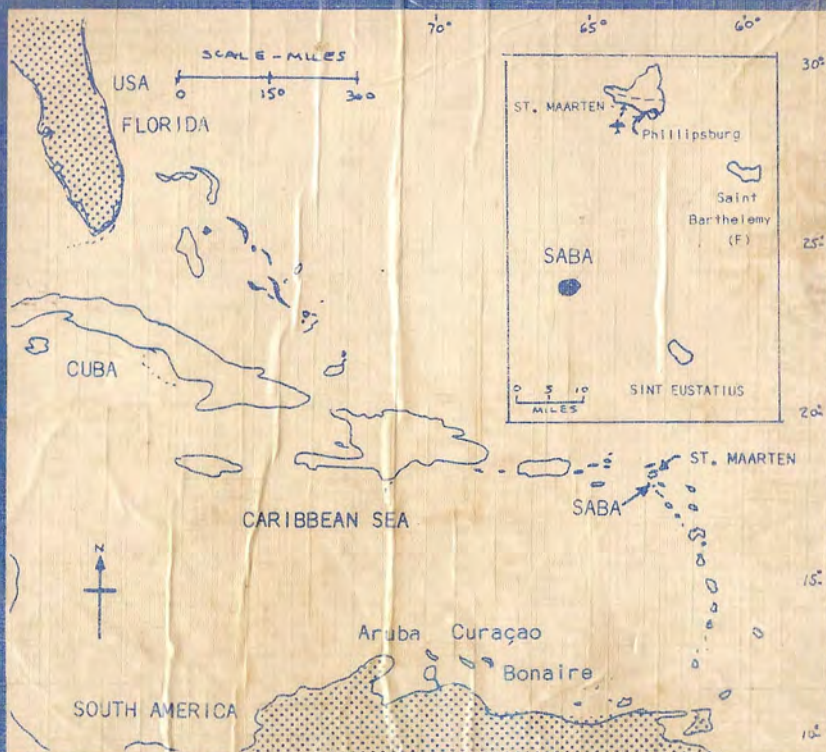
ABOUT THE AUTHORS

Paul Pfanstiehl is a prize-winning photographer who lives in Newport, Rhode Island, and spends winters on his native island of Saba with his wife, Natalie. He graduated from Tufts University and was an officer in the United States Navy during World War II.

Since retiring from the engineering profession in 1980, he has devoted his time to photography in the New England area and on Saba. His work has been exhibited in national and regional shows and in galleries and museums in the eastern United States.

Natalie Pfanstiehl teaches watercolor at the Newport Art Museum and at Helme House in Kingston, Rhode Island. A former newspaper reporter and free-lance writer, she is the author of a handbook on Contemporary Watercolor and A History of St. Peter's Church, Hebron, Connecticut.

She has won 27 awards in juried shows since she retired from the field of special education. A graduate of the University of Connecticut and Eastern Connecticut State University, she is listed in Who's Who in Early Childhood Professionals.



Saba, only five square miles, is the smallest of the six islands of the Netherlands Antilles. A volcanic island, rising straight up from the sea, it is unique in the Caribbean because it has no beaches.

Saba does have spectacular scenery. Its four villages are peaceful and picturesque. The friendly people welcome you and you become part of the life of the island.

Saba is that secret island that many dream of but few are fortunate enough to find.