

The ACS Newsletter

QUARTERLY NEWSLETTER

OCTOBER 2017 EDITION

U. S. EMBASSY, DHAKA

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Happy October everyone! In this issue of the ACS Newsletter, I am honored to have a few column inches to introduce myself. I'm Larry Dumlao, and I am the new American Citizen Services Officer. I arrived at the end of May, and I have to say that I have become enamored with Dhaka and Bangladesh in spite of the challenges of adjusting to a new culture and climate. Formerly, I managed logistics at the U.S. Embassy in T'bilisi, Georgia. Before that, I was on my second career, teaching operational planning for the U.S. Military, specifically in the area of Personnel Recovery operations. I spent my first career conducting search and rescue for the U.S. Air Force for 20 years, during which time I helped evacuate the U.S. Embassy in Monrovia, Liberia. As such, I am very focused on crisis readiness and preparedness.

I know it seems to be a perpetual topic, but preparation for worst-case (or even bad-case) scenarios is one of those small inconvenient tasks that pays big rewards when needed. Earthquakes and floods are not uncommon events here, and we all should be ready for them. In T'bilisi, severe rainstorms rendered the municipal water supply undrinkable, and building-wide water outages were common due to various repairs and broken pipes. One time, the water was out for four days!

Having some extra canned food and a few gallons of clean water can get you and your family through those rough patches. Even though I have a distiller with a 25 gallon storage tank, I keep my empty one-gallon oil and bleach bottles full of potable water. I also

have some rice in a plastic storage container, as well as a few cans of vegetables and meat. Other items, like a flashlight with extra batteries, a lighter, can opener, and a first aid kit are also recommended. I figure that in a worst-case scenario, it could take up to a week for help to reach me. If I'm outside a main city, it could take even longer.

I look forward to meeting and working with you all. Please remember that the U.S. Embassy is here for as a resource you, and should be your first point of contact for American Citizen Services. Please let us know if there is anything we can do to help you prepare.



Larry V Dumlao

Notice regarding Social Security Services

The Social Security Administration (SSA) has consolidated its overseas operations into several regional offices that provide a full range of SSA services for U.S. citizens residing outside of the United States.

Effective October 1, 2017, individuals residing in Bangladesh who require social security services or have questions about SSA benefits must contact the SSA Federal Benefits Unit (FBU) located in Manila,

Philippines, rather than US Embassy, Dhaka.

Please, be advised that as of October 1, US Embassy, Dhaka can no longer accept telephone calls, emails, or walk-in consultations regarding Social Security issues.

For more information or any questions about the services provided at the FBU in Manila, Philippines and how to contact them, please visit their

webpage at: www.ssa.gov. You can also reach them at +63 2 301 2000, or email at FBU.Manila@ssa.gov.

For comprehensive information on SSA's services abroad, please visit SSA's webpage, "Service Around the World."

If you are already receiving SSA benefits payments, there will be no change in the method of distribution of those payments.



◆ Enroll with the Embassy to receive alert emails by visiting <https://step.state.gov/step>

Tips for Holiday

Holidays are right around the corner. As you plan your ideal gateway, the first thing to look for is not your bathing suite but the validity of your passport.

You should also consider 10-14 days are required to renew your passport from the U.S. Embassy Dhaka.



our website for passport renewal procedures

<https://bd.usembassy.gov/u-s-citizen-services/passports/> and enroll online in Smart Traveler Enrollment Program <https://step.state.gov/step>.

We want you to travel where ever your heart desires; spend some quality time with your family and the whole holiday from start to finish, should be a relaxing experience. To ensure a tension free and safe vacation, please plan ahead, go to

Most of the neighboring regions require that you have six month's validity on your passport to grant your visa on arrival.



Mocha Muffins

Prep time: 10mins,

Cooking time: 15 min, Servings: 12

Ingredients:

- ½ cup unsalted butter, melted
- 1 egg
- 2 cups all-purpose flour
- ¾ cup sugar

- 2 and ½ tsp baking powder
- ½ tsp salt
- 1 cup milk
- 2 tbsp. instant coffee
- 1 tsp vanilla extract
- ½ cup mini semisweet chocolate chips

Instructions:

1. Preheat the oven to 375 degrees F.
2. Add all ingredients except for the chocolate chips to a mixing bowl and stir with a wooden spoon until well combined.
3. Spoon the batter into a paper-lined muffin pan, filling each liner 3/4 full.

4. Top with chocolate chips and bake in the oven for 15-20 minutes. Test with a toothpick and remove from the oven when it comes out clean.

MAKES 12 MUFFINS



Collected from : www.mysanfranciscokitchen.com





PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread Zika and other viruses.



Daytime is the most dangerous

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent It works!

Look for the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone



Wear protective clothes

Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.



Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs near standing water.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information: www.cdc.gov/zika

CS263829
October 2016

Personal Security - At Home, On the Street, While Traveling

Continuation from previous edition of Newsletter....

Establishing a Safe haven

Follow three basic steps in setting up a safe-haven in your home:

- Designate an internal room;
- Install a two-way communications system or telephone; and
- Furnish the safe haven with an emergency kit.

It is highly unlikely you would spend more than a few hours in a

safe haven; however, the supplies listed below are suggested for your maximum safety. Your security officer can tell you more about how to select and secure your safe haven.

The following is a checklist of possible safe haven supplies.

- Fire extinguisher
- Fresh water
- 5-day supply of food
- Candles, matches, flashlight

- Extra batteries
- Bedding
- Toilet facilities
- Sterno stove, fuel
- Medical / first aid kit
- Hand sanitizer
- Other items for your comfort and leisure — a change of clothing, books, games

Keep an eye in the next newsletter for the rest of the article.....

All regular American Citizen Services are by appointment only. Walk-in hours are not available. To schedule an appointment online please visit the Embassy website at <https://bd.usembassy.gov/>



U. S. EMBASSY, DHAKA

American Citizen Services

Madani Avenue, Baridhara
Dhaka - 1212

Phone: 880 2 5566-2000

(Hours of Operation: Sun, Mon, Wed, Thu,
from 8:00 am - 4.00 pm)

E-mail: DhakaACS@state.gov

Website: <https://bd.usembassy.gov/>

ACS Services include:

- PASSPORT RENEWAL
- CONSULAR REPORTS OF BIRTH ABROAD
- CONSULAR REPORTS OF DEATH ABROAD
- NOTARIAL SERVICES
- ABSENTEE VOTING AND VOTER INFORMATION
- SOCIAL SECURITY NUMBER APPLICATION
- MEDICAL EMERGENCY COORDINATION
- FEDERAL BENEFITS APPLICATION
- TREASURY CHECKS DISTRIBUTION
- EMERGENCY MONEY TRANSFER FACILITATION

Diplomacy in Action

Stay Connected



Upcoming Embassy Closures

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12 Veterans day	13	14	15	16	17	18
19	20	21	22	23 Thanks- giving day	24	25
26	27	28	29	30		

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Christmas day	26	27	28	29	30
31						

Note: October has only one holiday on the 8th (Sunday) as 'Columbus day'.