

U.S. STATE
DEPARTMENT

SPECIAL
POINTS OF
INTEREST:

- At the end of the year, ACS will no longer be adding pages to passports
- Travel Safety Tips
- Ideas on how to pass the time when you're stuck in traffic

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The ACS Eagle



QUARTERLY NEWSLETTER

OCTOBER EDITION



Ambassador Marcia Stephens Bloom Bernicat

I'm delighted to be in this edition of the quarterly ACS newsletter, and to have met many of you in last month's Town Hall in Dhaka. Many of you may have concerns about the security situation after recent events. I want to assure you that the United States government's highest priority is the safety and security of U.S. citizens overseas. The Embassy is available at all times to serve you and to provide you the information you need to live and travel safely and securely in Bangladesh. Having said that, I encourage each of you to be vigilant and take responsibility over your own personal safety. This edition of the ACS newslet-

Ambassador Hosts Town Hall for U.S. Citizens at the American Club in Dhaka

ter features several safety tips that can be incorporated into your regular routine. The ACS unit also sends messages, both routine and security-related, to U.S. citizens via e-mail and SMS. I encourage you all to sign up for our messaging system by registering on our website or by sending an email to DhakaACS@state.gov.

In the months since I arrived in Bangladesh, the Embassy has been engaging in a variety of activities to further strengthen the U.S.-Bangladesh relationship. I'm particularly proud of our efforts to increase trade with the 500,000-person strong Bangladeshi diaspora in the U.S.; hosting staffers from the Senate Foreign Relations Committee and briefing them on our bilateral relationship; and engaging the Government of Bangladesh on efforts to counter violent ex-

tremism. I look forward to continuing to build these ties – both at the government level and at the personal level – during my tenure here.

Recent Security Concerns

The US Embassy is continuing to follow closely recent security concerns. In light of the increased threat, U.S. citizens should consider limiting their attendance at events where foreigners may gather, including events at international hotels. The Embassy advises U.S. citizens residing in or visiting Bangladesh should maintain a high level of vigilance and situational awareness and should exercise caution in public places including restaurants, hotels and other places frequented by foreigners. It is always advisable to keep your security and situational awareness levels high.

Important Change to Your Passport

After December 31, 2015, extra visa pages will no longer be added to U.S. passports.

Instead, 52-page passport books will be issued at no extra cost to U.S. citizens applying from outside the United States.

You are advised to renew your passport early to make sure you

have enough blank pages for visa stamps from other countries. Some require two blank pages for entry and exit.

See travel.state.gov for more information on entry, exit, and foreign visa requirements.



The Add Visa Pages service will be eliminated at the end of 2015.

Adventures in Bangladesh

Story by Craig Meisner



Villagers in Bhagarhat proudly showing the shrimp they produce

Craig Meisner is the warden for the Baridhara Zone in Dhaka. The ACS section utilizes wardens to disseminate messages, so their neighbors can stay up to date with Embassy information and be informed in case of an emergency. When you enroll in the STEP program, you will also be assigned to a specific warden who lives in your area. In this story, Mr. Meisner discusses his work as the Country Director of the WorldFish NGO and one of his recent trips in beautiful Bangladesh.

I consider it a privilege that my work takes me outside of Dhaka into some of the rural parts of the country. On my trips, I witness the work of the about 350 scien-

tists and staff who work in partnership with many NGOs and the Department of Fisheries. The picture to the left shows two close friends living in Bhagarhat in southwest Bangladesh proudly showing the shrimp they are producing. They never attended a single day at school, because both young men are the oldest children in their families. Thus, they had to work from a young age, so their siblings could go to school. Three years ago when they were only daily laborers in their village, they attended a three-day training on how to improve their gher shrimp production (ghers are large embankment enclosure in SW Bangladesh). They made such dramatic

improvement in their shrimp and vegetable production that the following year, they leased 2 more larger gher and won a national prize for their efforts from the Department of Fisheries. Now, they lease a total of 5 gher and last year they made about five thousand dollars in profits from the shrimp sales and another four thousand in vegetable sales from the gher's dikes. They still are functionally illiterate, but they proved to their communities that they are intelligent and hard working. I love the transformative technologies developed by WorldFish, and when they are delivered in a participatory fashion among the poor, it changes their lives and their communities.

“We believe that a well-informed traveler is a safer traveler.”



Going Abroad? Stay Safe with these 7 Travel Tips

1. Scan your travel documents and e-mail them to yourself. Photocopies can be lost in transit. Also e-mail yourself the telephone numbers on the back of your credit cards in case you need to report them as lost or stolen. Leave copies of your itinerary, passport data page and visas with family or friends so you can be contacted in case of an emergency.
2. Sign your passport, and fill in the emergency information: Make sure you have a signed, valid passport, and a visa, if required, and fill in the emergency information page of your passport. Most passports are valid for ten years. Write the contact information in pencil so you can change it as needed over time.
3. Get in the habit of looking back when you get up to leave restaurant tables, service counters, airport seating, or taxicabs. It is easy to be distracted while traveling and you're probably carrying more items than usual. So, you are more likely to leave something behind.
4. To avoid being pickpocketed, keep your wallet in your front pocket. Do not carry more credit or bank cards than you need. Money belts and hidden wallets are a good idea, but avoid “fanny packs” that advertise you are carrying something valuable.
5. In general, it is not a good idea to give money to people on the street. Even if the person soliciting the money is not out to snatch your wallet or purse, pickpockets may be watching to see where you keep your money.
6. Visit travel.state.gov to familiarize yourself safety and security in your destination country. We believe that a well-informed traveler is a safer traveler. Our consular officers around the world compile country-specific information, travel alerts, travel warnings, fact sheets and emergency messages to provide you with timely and accurate travel information about every country where you may travel.
7. Sign up for the free Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/step/> to receive important security alerts and to help the U.S. Embassy, family or friends contact you in case of a natural disaster, civil unrest or a family emergency. When you sign up, you will automatically receive the most current information we compile about the country where you will be traveling or living. You can add and delete trips from your account based on your current travel plans.

American Home Cooking: Recipes shared by U.S. Citizens

The US is known to be a melting pot because of the many backgrounds and cultures that call our country home. There is no place that displays our diversity more than our cuisine. In this section, we will share recipes that people enjoy over the holidays or throughout the year. Try them at home, and enjoy!

Hazelnut Holiday Cookies By Susan L.

INGREDIENTS

Serves 36, yields 3 dozen cookies

- 1 cup butter, softened
- 1/2 cup powdered sugar
- 1 teaspoon vanilla
- 2 1/4 cups sifted flour
- 1/4 teaspoon salt
- 3/4 cup chopped Hazelnuts



Photo: thesisterscafe.com

1 Jar Nutella, spoon 1/2tsp of Nutella onto lined cookie sheet and refrigerate until firm then roll into balls.

DIRECTIONS

1. Cream together butter and powdered sugar until light and fluffy; stir in vanilla.
2. Whisk together flour and salt; add gradually to butter mixture; stir in chopped nuts.
3. Chill dough if it seems too soft.
4. Form dough into 1 1/4" balls and place on your palm, press flat and wrap around the chilled ball of Nutella. Place cookie balls onto parchment-lined or ungreased baking sheets.
5. Bake at 400° for 10-12 minutes or just until the cookies start to turn light golden-brown; remove from oven and allow to cool slightly; while cookies are still warm (but NOT hot) remove them from baking sheets and roll, a few at a time, in powdered sugar until evenly coated; cool cookies completely on wire racks.
6. Cookies may be rolled in powdered sugar a second time once cooled to room temperature. This is highly recommended!
7. NOTE: Forming dough into 1" balls will increase yield to 48 cookies.

If you would like to submit your home recipe for the "American Home Cooking" section, please e-mail DhakaACS@state.gov.

What to Do When You're in a Jam

...a traffic jam, that is. Waiting in congested roadways is just a fact of life in Dhaka. Three American citizens share their thoughts on how to productively pass the time.

"I know people who can Kindle read but am a knitter in the car, on the plane, wherever! I've made entire scarves stuck in traffic! There are a couple of knitting groups for people who want to join in or learn! Zentangle is new to me but also fun. It's harder with the jerkiness of Dhaka driving, but it's basically grown-up doodling with a purpose! Look it up online for examples!" -S.L.

"Many things: I downloaded a few meditation podcasts and meditate in the car, or I learn a new language with courses on CDs or podcasts. I may catch up with international news (I download the Economist on my phone weekly), or a good TV series. I might listen to books on tape. or just take a nap! It's also nice to commute with a friend and enjoy their conversation." -K.R

"I wrote a travel story on my laptop while traveling 3 km to Farmgate, and I answer my emails during the 2 hours drive. Yesterday, I got out half way and walked. -C.M.



Photo by Jamie Fouss, former Consul General

There are some jams you can't knit yourself out of. While traveling or residing in Bangladesh, U.S. citizens are required to abide by Bangladeshi laws. If someone violates local laws, he or she is subject to prosecution by Bangladeshi authorities. If your U.S. citizen relative or friend has been arrested, please contact the U.S. Embassy in Dhaka. Please call (880) (2) 5566-2000, press '0' and ask to speak to the duty officer. You can also email us at DhakaACS@state.gov. Please see our website at dhaka.usembassy.gov for more information on the Embassy's role in an arrest and what we can do to assist.

Help Control Mosquitoes That Spread Dengue

BZZZZ.



Aside from being itchy and annoying, the bite of an infected female *Aedes aegypti* or *Aedes albopictus* mosquito can spread a viral infection called dengue. A female mosquito will lay hundreds of eggs in her one-month life; these eggs will grow up to become adult biting mosquitoes. Humans become infected with the dengue virus after being bitten by an infected mosquito.

- Mosquitoes need just a little bit of water to lay their eggs and become adults.
- The female mosquito lays her eggs on the walls of water-filled containers inside and outside the house. These eggs stick to the container like glue and will remain there until scrubbed off. The next time the water level rises to cover the eggs, they hatch and mature through larval and pupae phases before becoming adult mosquitoes, all in about a week.
- Adult mosquitoes usually live inside and outside and bite throughout the day.
- It only takes a few infected mosquitoes to produce large dengue outbreaks in the community and to put your family at risk of becoming sick.

Steps

1.

Protect your family and community. Eliminate standing water in and around your home.

- Drain and dump standing water found inside and outside your home. Buckets, bowls, animal dishes, flower pots and vases, tires, and cans make great places for mosquitoes to lay eggs.
- Weekly, empty and wash out containers with a brush or sponge to remove mosquito eggs.
- Throw away, turn over, or store under a roof any containers that could collect water.



Put plants in soil, not in water.



Drain water from pools when not in use.



Recycle used tires or keep them protected from rain.



Drain & dump any standing water.



Weekly scrub vases & containers to remove mosquito eggs.



2.

Don't allow mosquitoes to lay eggs. Cover water storage containers.

- Always place a tight lid on containers used for water storage (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- Use mesh with holes smaller than an adult mosquito to cover containers without lids



Keep rain barrels covered tightly.

3.

If you have standing water in fountains or ponds not easily drained:

- At least weekly, empty ornamental fountains, non-chlorinated swimming pools and bird baths.
- If feasible install a pump to circulate water.



Weekly, empty standing water from fountains and bird baths.

4.

If you have a septic tank, follow these steps:

- Repair cracks or gaps.
- Cover open vent or plumbing pipes with wire mesh; use mesh with holes smaller than an adult mosquito.

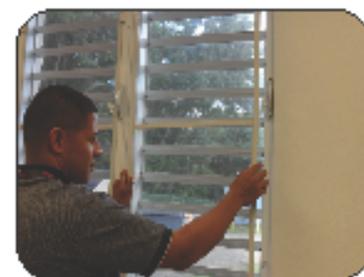


Keep septic tanks sealed.

Protect Yourself and Family from Mosquito Bites

Keep the Inside of Your Home Mosquito-free

- Use screens on doors and windows and don't leave doors propped open for mosquitoes to fly inside.
- Don't allow mosquitoes to fly inside your home. If you have an air-conditioner, use it instead of opening windows and doors.
- Weekly, look for and dump out any standing water where mosquitoes lay eggs.
- Kill mosquitoes inside your home. If using insecticide, always follow label instructions.



Install or repair window & door screens.

Prevent Mosquito Bites

- When outside, use insecticides such as permethrin (pesticide and repellent) and allethrin (candles and lanterns).
- When weather permits, wear long sleeve shirts, long pants, socks and closed shoes to avoid mosquito bites.
- Use repellents containing DEET (N, N-diethyl-m-toluamide), picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. These products provide long-lasting bite protection. Repellents should always be used according to label instructions.

For more information contact:
 CDC's Dengue Website <http://www.cdc.gov/dengue/>



U.S. Department of State

U.S. Embassy Dhaka

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(Hours of Operation: Sun, Mon, Wed, Thu,
from 8:00 am - 4.30 pm)

E-mail: DhakaACS@state.gov

Website: <http://dhaka.usembassy.gov>

Diplomacy in Action

Some Services We Provide:

- ISSUING PASSPORTS
- CONSULAR REPORTS OF BIRTH ABROAD
 - ENROLL WITH US VIA STEP
 - ABSENTEE VOTING
 - TAX INFORMATION
- MEDICAL EMERGENCY COORDINATION
 - DISTRIBUTING FEDERAL BENEFITS
- FACILITATING MONEY TRANSFER FROM FAMILY AND FRIENDS WHEN YOU HAVE AN EMERGENCY
- SELECTIVE SERVICES ENROLLMENT

Stay Connected:



Upcoming Embassy Closures

<i>October 2015</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11 Columbus Day	12	13	14	15	16	17
18	19	20	21	22 Durga Puja	23	24
25	26	27	28	29	30	31

November 11– Veteran’s Day

November 26– Thanksgiving Day

December 16– Victory Day

December 24– Christmas Day