



## BIRTHDAYS

Born on Nov 19

## Athletics

Yokota Masato, JPN 1987

## Badminton

Savitree Amitrapai  
THA 1988

## Billiards sports

Dharminder Singh Lilly  
INA 1974  
Ehsan Heydari Nezhad  
IRI 1990

## Bowling

Dorjderem Trevee  
MGL 1975

## Boxing

Othman Arbabi, QAT 1986

## Chess

Afameya Mir Mahmud  
SYR 1978  
Wang Yu, CHN 1982

## Cricket

Nasir Hossain Masir Md  
BAN 1991

## Diving

Liang Ooi Tze, MAS 1993

## Dragon boat

Fuang Wan Him, HKG 1986  
Oh Byung-hoon, KOR1986

## Equestrian

Chen Jingchuan, CHN 1976  
Zhang Rui, CHN 1984

## Soccer

Ri Un-Gyong, PRK 1980  
Mashari S. H.M.Y. Alazmi  
KUW 1987  
Hariss S/o Harun, SIN 1990

## Gymnastics artistic

Hakase Takuya, JPN 1982  
Feng Zhe, CHN 1987

## Handball

Nyamdorj Sunjidmaa  
MGL 1991

## Sepaktakraw

Kim Dong-hee, KOR 1991

## Shooting

Thanyalak Chotphibunsin  
THA 1990

## Soft tennis

Kim Ae-kyung, KOR 1988

## Water polo

Shubhangi Bhoite  
IND 1985  
Gwon Yeong-yun, KOR 1987

## Wushu

Susyana Tjhan, INA 1984

# Epicurean excellence

By SUN XIAOCHEN  
CHINA DAILY

GUANGZHOU — Cooking three meals a day for a three-member family can be a burden.

So, just imagine having to feed more than 10,000 people, 24 hours a day, for one month!

Catherine Toolan, executive director of the Asian Games catering service, along with her crew, accomplishes that mission every day in the main dining hall of the Athletes' Village.

"It's a huge challenge to serve complex sports events such as the Asiad. But with the experience we gained at the 2008 Beijing Olympics as a caterer ... we are confident we can handle it well here," said Toolan, a native of Ireland.

A staff of more than 1,000, including 156 chefs, provides more than 150 kinds of dishes each mealtime. The meals are divided into about a half dozen different styles and the menu rotates every five days.

"We are trying to make sure the athletes feel like they are at home," Toolan said.

"That's why we have a mixed international team of chefs, including Chinese, Indian, Japanese and Arabians, who are all specialists in their fields."

Among all the mouth-watering Asian foods, Cantonese snacks, such as steamed shrimp dumplings and Shao-mai, are the most popular, said Toolan.

The amount of food that has been ordered for the dining hall is staggering: about 20,000kg of seafood, 10,000kg of meat, 8,000kg of pasta, 32,000kg of rice and 200,000 eggs will be consumed over the course of the event, according to

Liang Xun, the catering service department's director of the Athlete's Village.

If all of the bananas were connected end to end, the length would equal the distance of two marathons, while the water consumed each day could fill the swimming pool at the Water Cube in Beijing, Toolan said with a laugh.

While taste is important, Toolan insists that food safety is the No 1 priority, especially after several famous athletes, including Chinese Olympic judo champion Tong Wen, Hong Kong's top shuttler Zhou Mi, and German paddler Dimitrij Ovtcharov failed drug tests at major events and blamed tainted food.

"We test and monitor each link of our food service chain, including purchase, delivery, storage, cooking and serving, and cooperate with the local government, the food safety authority and the anti-doping agency," said Toolan.

"We make sure we provide clean, we transport clean and we cook clean."

Another highly-praised service in the dining hall is nutrition consultation. Sports nutritionists are available to provide tips on weight control and calorie intake, while bilingual nutrition sheets of the dishes, including the amount of calories, carbohydrates and fat, are on each table.

Athletes can make their own calculations to fit their needs, especially for those in weight classification events such as weightlifting and wrestling.

"That's important and useful. It informs me about what to eat and what not to eat before my event so I can maintain my weight," said Susila Adhixari, a Nepalese women judoka.



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**Top: Sheikh Ahmad Al-Fahad Al-Sabah, president of Olympic Council of Asia enjoys lunch in the dining hall at the Athletes' Village. Above: Steamed shrimp dumplings are among the most popular snacks available to competitors at the Asian Games.**

## Q & A >> Javkhlán Tsogtsembel, Mongolian baseball player



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**Javkhlán Tsogtsembel (left), a Mongolian baseball player, enjoys music with new friends in the residential zone.**

### I heard you guys like listening to hip-hop music. Is that true?

We just use it to relax, enjoying the music and chatting with teammates and two friends from Timor-Leste. We met them here and we liked the hip-hop music they played, so we joined them and had some fun.

### How do you rate your team's performance here in Guangzhou?

Baseball is not so popular in our country, so we're still in the early stages. We need time to

learn from others. We haven't won a game yet.

### Did the injury to starting pitcher Sukhbaataryn Batbold have a big impact on your game?

Batbold is our key player. We have no pitchers who can really replace him, so our performance suffered a lot. He is recovering now, though.

### We know you came to Guangzhou by train from Beijing. Did this tire the team out before the games got underway?

There seems to be no direct flight from Ulaanbaatar to Guangzhou, so we had to transfer in Beijing. But we don't have much financial support, so we had to take the train the rest of the way. The journey was all right, 22 hours isn't too long. And we got to enjoy the view along the way.

### How is life here? Are you enjoying it?

Yes. It's enjoyable and comfortable. The service here is good and the people are all friendly. We have also made some new friends.