station this is Air Force Staff Sergeant Todd Cavill on good evening we have you loud and clear on the International Space Station all right yeah well greetings from Earth gentlemen or should I say from beautiful downtown Baghdad first of all I just want to say thank you for letting us be a part of this special event having two army officers on the International Space Station is uh just great and I'm here with a group of your fellow soldiers and I know they're anxious to have to ask you some questions so we'll just get right down
to it all right questions sir<font color="#C0C0C0"> aye</font>

captain John Sorensen friends with Texas<font color="#C0C0C0"> the</font><font color="#C0C0C0"> most about being</font>

an astronaut we had a difficult time

understanding the question but we

that you're assembled there in<font color="#C0C0C0"> it and</font>

Baghdad we periodically fly over Baghdad

I've taken many pictures of<font color="#C0C0C0"> it and</font>

there's not a day that goes by when we

don't remember the<font color="#C0C0C0"> the service and the</font>

sacrifice that so many of you<font color="#C0C0C0"> are making</font>

over there<font color="#C0C0C0"> in the service to our country</font>

and<font color="#C0C0C0"> in protection of our freedoms that</font>

we too often take for granted I starting
to roll from Houston Texas also work at
the Johnson Space Center in Houston

how'd you fix your water processing
assembly that you had clogged filters
with we're going to work on the audio
here a little bit I think that you can
hear us just fine as you probably know I
arrived on the space station the first
part of October launched in September
launched about a week and a half ago
also from Kazakhstan both of us came up
on Russian Soyuz vehicles that takes two
days to get here and we'll be overlapping here on the space station for about two and a half to three months after my Russian crew mate max RAF and I return to Earth in the middle of March an interesting little tidbit is a two or three commander ships down the line will be joined by Colonel Doug Wheelock in 1982 graduate of the West Point which i think is the first time that will actually have an active duty army commander on board and taking the high ground as as best we can yes sir
lieutenant koh a 2nd Infantry Brigade Combat Team Wisconsin National Guard

just looking at see if I have you

experienced extra vehicular activity and

if we can get some first-hand accounts

of what that's like I'm really sorry

unfortunately the audio is just not coming through so I know that Houston is

working on it right now we let me tell you a little bit about the crew right

now we're a crew of five with the arrival of Colonel creamer and as Soyuz

crew mates we became a crew of five we were a crew of two for a few weeks prior
that a crew of six the station crew
grew to a crew of six back last summer

in June by maintaining to so users here

on board each of them have three seats

that serves as our lifeboat an escape

vehicle in case we have to to leave in

an emergency situation and we're getting

close to the final assembly of the space

station we will complete its assembly in

2010 and transition to full utilization

in this international partnership made

up of the Russians the us-japanese

European Space Agency and the Canadian

Space Agency all right sir can you tell

bit about your holidays how
86
00:03:49,759 --> 00:03:53,929
you have your holidays been I've got

87
00:03:52,219 --> 00:03:56,629
<font color="#E5E5E5">that question how the holiday has been</font>

88
00:03:53,930 --> 00:03:58,849
the holiday has been great actually for

89
00:03:56,629 --> 00:04:00,650
max and I we've been here a while we're

90
00:04:00,650 --> 00:04:04,349
halfway through they were a nice

91
00:04:03,439 --> 00:04:06,409
relaxing break to the pace that<font color="#CCCCCC"> we have</font>

92
00:04:06,409 --> 00:04:08,989
been experiencing since we came<font color="#CCCCCC"> on board</font>

93
00:04:08,989 --> 00:04:12,349
these guys docked two days before

94
00:04:12,349 --> 00:04:15,050
<font color="#CCCCCC">Christmas they brought or they arrived</font>

95
00:04:15,050 --> 00:04:16,579
bearing gifts it was great<font color="#E5E5E5"> to</font><font color="#CCCCCC"> see them</font>

96
00:04:16,579 --> 00:04:18,889
of course we anticipated their arrival

97
00:04:18,889 --> 00:04:21,738
for a long time and<font color="#E5E5E5"> we've had a relaxing</font>

98
00:04:21,738 --> 00:04:23,959
schedule pretty much between Christmas

99
00:04:23,959 --> 00:04:26,418
and New Year's and one of the things
that we can share with you is being away from family and at this time of year is unique for us of course specifically being on the space station but thinking about you guys we understand that you are also away from your family and friends and our bonding with the troops that you are living with much like what we do here this is our home away from home you and friends and that you you that enables us to do what we can do up.
00:04:53,629 --> 00:04:59,659
dear to thank you sir I will be</font> back to</font>-

115
00:04:58,040 --> 00:05:02,210
the Masters</font> question</font> dude audio</font> is</font>-

116
00:04:59,660 --> 00:05:04,100
working now Master Sergeant role from</font>

117
00:05:02,209 --> 00:05:07,310
Houston Texas I also went to the Johnson</font>

118
00:05:04,100 --> 00:05:09,020
Space Center in Houston how'd you fix

119
00:05:07,310 --> 00:05:10,759
the clock oil filter for the water</font>

120
00:05:09,019 --> 00:05:18,409
processing assembly up in the space

121
00:05:10,759 --> 00:05:20,659
station let's see the water processing

122
00:05:18,410 --> 00:05:21,740
assembly how do we fix I think you're

123
00:05:20,660 --> 00:05:24,110
talking about the urine processing

124
00:05:21,740 --> 00:05:26,300
assembly right if we fix that we have</font>

125
00:05:24,110 --> 00:05:28,370
not fixed that so we're currently

126
00:05:26,300 --> 00:05:30,829
collecting urine and storing it as far

127
00:05:28,370 --> 00:05:32,449
away from us as we can and we're having
to take the water that we have stored on

board and reserve and process that through the water processing facility to

drink on board it's a it's an actually very interesting aspect of life here not a whole lot unlike the field experience

that you have there where you have to improvise a little bit and make do with

what you have and also get by and operate and live with less than what you

otherwise would and one thing Jeff did

not mention is we only have five people on board right now and we have six sleep stations and one of the storage places
for the extra urine is in that sixth

00:06:07,579 --> 00:06:13,819
sleep station we just won't tell the

00:06:09,800 --> 00:06:15,350
<font color="#E5E5E5">next inhabitant that okay and by the way</font>

00:06:13,819 --> 00:06:18,199
<font color="#E5E5E5">thank</font><font color="#CCCCCC"> you for your service and</font><font color="#E5E5E5"> two</font>

00:06:15,350 --> 00:06:22,100
counts both in the military as well as

00:06:18,199 --> 00:06:23,689
in the space program I am Tim Dobbyn

00:06:22,100 --> 00:06:24,510
from the 30 second brigade of the

00:06:23,689 --> 00:06:27,790
<font color="#CCCCCC">Wisconsin</font>

00:06:24,509 --> 00:06:29,379
<font color="#CCCCCC">Wisconsin the arm of deke slayton Jim</font>

00:06:27,790 --> 00:06:31,960
Lovell and Mark Lee and their mothers

00:06:29,379 --> 00:06:34,120
I'm<font color="#E5E5E5"> wondering if I the earth will ever</font>

00:06:31,959 --> 00:06:36,219
<font color="#CCCCCC">the same to you after you after</font>

00:06:34,120 --> 00:06:39,910
<font color="#CCCCCC">from that incredible</font>

00:06:36,220 --> 00:06:41,440
vantage point I think for anybody who's

00:06:39,910 --> 00:06:43,090
seen the Earth from this incredible vantage point as you describe it will never see the earth in the same way you know when we're on the earth we see obviously very limited in some places we see just a tiny little area that that we can observe any given time for example I grew up in Wisconsin on a small farm and I didn't have a whole lot of exposure outside of that especially in urban environments and of course then you get on your first airplane ride and your whole world changes and when you get on your first spacecraft and you go to orbit of course it changes again to
being able to view the entire globe

looking out the window to orbit the earth every 90 minutes to spend weeks

and months here and see the earth go through its seasons it's an incredible place it's just a fascinating experience to be able to see God's creation from this vantage point I can't say it any better than what Jeff just shared with you but as we go through our working day one of the treats is to be able to build up enough time ahead of the schedule that they plan for us so we can just simply go and
look out the window and take pictures it

is that beautiful broadcast in the event

over the radio and one of our listeners

wanted to know what is like for PT for

you guys that far up there in a

weightless environment one of the nice

tings being in the in orbit is that we

can lift a lot of weight I mean we could

we can push around tons of weight up

here so that's kind of cheating so how

do actually lift weights how

do you actually run and so we have to

other forces the other than gravity

to help us for instance when we're
lifting weights on our weight

lifting machine it's called the advanced

resistive exercise device we're actually

pushing against or pulling against a

vacuum that we actually build up in big

cylinders and we can we can do some

serious weight lifting on that device

and running we have a treadmill

and it's just like any other treadmill except we've got these long

bungee cords that weigh us down allow us to make contact and that float away off

of the treadmill and we also have a

bicycle so each day we're supposed to be
doing two hours or more of exercise and not only for our own general fitness but it's also a countermeasure to the atrophy that we suffer when we're up here as well as the bone loss we'll suffer up here specialist from the 550 a thorough medical company at fort bragg my question is do you guys ever get the chance to call home to your families that's a great question and I know it's a subject that's near to dear to your all's hearts as well because you want to contact with the family and
obviously in the situation<font color="#CC0000"> that you're</font> <br>
00:09:19,629 --> 00:09:23,529 <br>in you're limited to be able<font color="#FF0000"> to do that</font> <br>
00:09:21,429 --> 00:09:25,719 <br>we<font color="#00CC00"> actually have pretty good resources</font> <br>
00:09:23,529 --> 00:09:29,110 <br>on board to do<font color="#00CC00"> that we have the</font> <br>
00:09:25,720 --> 00:09:31,320 <br>equivalent of a voice<font color="#00CC00"> over IP telephone</font> <br>
00:09:29,110 --> 00:09:33,519 <br>system that gob viously goes through the <br>
00:09:31,320 --> 00:09:35,129 <br><font color="#FF0000">communication system we here have here</font> <br>
00:09:33,519 --> 00:09:37,779 <br><font color="#00CC00">on the space station</font><font color="#FF0000"> but we can call</font> <br>
00:09:35,129 --> 00:09:40,299 <br>anywhere on earth and we would typically <br>
00:09:37,779 --> 00:09:43,269 <br>call our family every day once a week or <br>
00:09:40,299 --> 00:09:45,519 <br>so we usually on<font color="#00CC00"> the weekend on a Sunday</font> <br>
00:09:43,269 --> 00:09:47,799 <br><font color="#00CC00">a video teleconference with our</font> <br>
00:09:45,519 --> 00:09:50,799 <br><font color="#FF0000">home we also have email</font> <br>
00:09:47,799 --> 00:09:53,259 <br><font color="#FF0000">not as</font> <br>
00:09:50,799 --> 00:09:55,089 <br>quick as it is on the earth but we
synchronize the email about three times a day so we're able to stay in contact and then people send us electronic greetings through video and other means as well that we get periodically so overall we're able to stay in pretty close contact with our friends and family lieutenant Murray from Houston Texas I notice both you all are wearing two wristwatches could you please explain what the second devices for that's a great question we know the old saying is a man with two watches never knows what time
it really is we actually have a real
live watch that we use that's
synchronized to the gmt time and then
we're living on on greenwich mean time
but the other black device that we have
is an activity watch it's a light sensor of photo diode and a little mini
accelerometer and some of the researchers are taking a look at our activity during the day and how active we are versus how restful our sleep is
and they watch the the light activity cycles to see if we're getting a proper amount of rest if we get
disturbed at night so they're just
they're tracking our behavior basically

lieutenant koh with 32nd infantry

brigade combat team wisconsin Army

National Guard I was just asking a

to of experience TVA and

if we could get some first-hand accounts

on what that's like yeah I've been

outside three times not during this stay

on the space station but the last time I

was up here three and a half years ago I

went out once in Russian space suit and

once in the u.s. space suit and then

back in two thousand I went out once on
A shuttle flight and the US space suit are incredible experiences. It's one thing to be able to look out the window here and see the earth and whatnot. Another thing to actually go outside and have yourself in space suit as a spacecraft in itself, complete with life-support systems, power systems, and communication systems, etc., to keep you alive and functional outside for quite a while. It's incredibly challenging, not unlike a lot of what you do. Of course, it's a lot of heavy lifting.
you’re in the suit about eight and a half or nine hours so it's a long day

but it's a highlight of the entire experience hey there Sarge

around we see de Burgh 318 Public Affairs

often Center I noticed you guys kind of look like you're upside down how does your bodies react to that I like cart

your cardiovascular like do you guys does a blood rise to your feet or does

it rise your head or just stay still

that's a great question that the truth

is that there really is no up and down

up here because everything's weightless
when we first launched on the Russian spacecraft and you go weightless there's tendencies to be a lot of fluids from the lower legs up into the chest and and a head area and you tend to see people with moon phases and they get puffy and all the fluid tends to go in that direction but but now once we've adjusted up and down don't matter to us and it doesn't have the blood that you're referring to I'm captain Sharon first IV major transition team we communicate a lot without military partners and Iraqi sides pretty
much every day what is it like working with the Russian partners on the space every day what challenges any

funny things happen well the actually that's one of the most rewarding aspects of the entire experience as well both

Colonel Kramer and I've worked with the Russians now for over 10 years or so we've spent a lot of time in Russia the biggest challenge of course is learning the language each other's language so that you can as you know very well
develop a relationship of trust but we've become close friends with many of our Russian colleagues particularly our
crewmates we do trust each other the
like I said the language is the toughest
part of the whole experience but once
you've got some level of ability at the
language it just opens the doors wide
open for those relationships we've had a
great experience working with the
Russians overall both in an individual
level as well as a corporate level the
other thing I'd like to emphasize is
that our Russian compadres here on
station I can easily count among my best
they the humor is really good in
both languages the care the self-care
and the caring for your buddy is also extremely good and I have absolutely um total faith and everything we're doing the the interesting background is you know I got commissioned in 82 and at that time we were still in the Cold War pre wall coming down and who had ever thought that we would actually be flying on a on a Russian vehicle together as a on equal partners with their extreme experience in space and to some degree their extreme experience on heavy lifting to space stations in space has been wonderful working with these guys
they're really really super folks major

McCoy florence south carolina to a mil

ciaye piece command for

milla and a three teeth public affairs

operation center the question is how do

many years of experience including

military experiment you're currently

experiencing in space that's a great

question I think that our military

experience prepared us for what we're

doing in space in the same way that your

military experience is preparing you to

meet the challenges that you have every

day and the challenges that you're going
to have in the future I think all of the things that you appropriate from being in the military are obvious and those things apply to what we're doing to the team work the doing to the team work the dedication to mission the whole concept of duty of trustworthiness of honor of serving and service all of those things are instilled in those that spend time in the military and all of those things have a direct application to other aspects of life and they certainly have here perseverance and in things like here perseverance and in things like.
that as well one other aspect I think is pretty key is as you go through your learning curve for the military one of the things that you become acutely aware of is subjugating the your personal cell for the greater contribution to the team and I think that's why it's one of the biggest things we happen to be on the pointy end of the bayonet by flying on Space Station but there's a huge team behind us and for us to be here is both an honor but it's also a duty to serve the people who are really operating the
space station which are the ground folks

and the researchers that subjugation is

something that is really key with my military background and I would say most people's all right gentlemen I blew our time has expired so on behalf of myself the American forces Network here in Iraq

and all the soldiers here we just want to say lets you and God speed thank you very much it was an honor to have you onboard the International Space Station today we have you thank you for your service and again for the sacrifices that you're making in the protection of our freedoms that we're
able to enjoy and you are in our thoughts we appreciate what you were doing for our families our country by all means stay safe and and then can't wait for you guys get back to your families too Gods speed all Gods speed all concludes the event thank you