



1
00:00:01,486 --> 00:00:03,106

Good morning.

2
00:00:03,106 --> 00:00:04,486

This is Mission Control Houston.

3
00:00:04,606 --> 00:00:12,666

Thank you for joining us now for today's
ISS Update this Thursday November 3rd.

4
00:00:12,666 --> 00:00:16,686

We're now coming to you from the
International Space Station Flight Control Room

5
00:00:16,686 --> 00:00:19,036

of the Christopher C. Kraft
Mission Control Center

6
00:00:19,096 --> 00:00:22,576

where the team seen here has been
monitoring the systems aboard the station

7
00:00:22,576 --> 00:00:26,066

in supporting the day's activities
of the Expedition 29 crew members.

8
00:00:29,606 --> 00:00:34,226

Leading the team here in the station flight
control room here today is Flight Director Dina

9
00:00:34,226 --> 00:00:39,396

Contella seen here on the right-hand
side of your screen with Jeremy Hanson

10
00:00:39,396 --> 00:00:42,966

of the Canadian Space Agency
there next to her who is serving

11
00:00:42,966 --> 00:00:49,066

as CAPCOM relaying all ground messages up to the crew.

12

00:00:49,156 --> 00:00:51,756

Aboard the orbiting complex, station Commander Mike Fossum

13

00:00:51,756 --> 00:00:55,326

and Flight Engineers Satoshi Furukawa and Sergei Volkov are

14

00:00:55,326 --> 00:00:59,076

in their final month aboard the orbiting complex as the Expedition 29 crew.

15

00:01:00,606 --> 00:01:03,126

Commander Fossum, Volkov and Furukawa had launched

16

00:01:03,126 --> 00:01:05,566

to the orbiting complex aboard their Soyuz spacecraft

17

00:01:05,566 --> 00:01:08,846

as the Expedition 28 crew this Summer on June 7.

18

00:01:09,326 --> 00:01:13,816

They docked to the Rassvet module of the space station two days after their launch on June 9.

19

00:01:14,926 --> 00:01:19,346

Today they will complete their 150th consecutive day in space with a little less

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00:01:19,346 --> 00:01:26,026

than three weeks left before they return to Earth on November 21.

21

00:01:26,316 --> 00:01:30,346

Meanwhile back on Earth, the Expedition

30 crew, astronaut Dan Burbank

22
00:01:30,346 --> 00:01:34,956
and cosmonauts Anton Shkaplerov and Anatoly Ivanishin, who are scheduled to launch

23
00:01:34,956 --> 00:01:41,206
from Baikonur in Kazakhstan in a couple of weeks on November 13 are at their crew quarters

24
00:01:41,206 --> 00:01:43,676
at the Cosmonaut Hotel in Baikonur, Kazakhstan.

25
00:01:43,676 --> 00:01:45,626
They are in their final flow of preparations

26
00:01:45,626 --> 00:01:48,796
to join their crewmates their aboard the International Space Station.

27
00:01:49,626 --> 00:01:52,556
Today they will be using a computer-based rendezvous simulation

28
00:01:52,556 --> 00:01:56,376
that uses Soyuz flight-like software and exercising

29
00:01:56,376 --> 00:01:58,256
to maintain their fitness for their flight.

30
00:01:58,726 --> 00:02:03,936
The trio will join the crew aboard the station on November 16 after it docks to the complex.

31
00:02:06,516 --> 00:02:11,376
Meanwhile on orbit, the Expedition crew members continue to conduct scientific research

32

00:02:11,376 --> 00:02:13,316

and perform maintenance to their home away from home.

33

00:02:13,686 --> 00:02:17,796

The space station with its crew onboard is now flying

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00:02:17,796 --> 00:02:20,666

at an altitude of about 230 statute miles.

35

00:02:28,316 --> 00:02:32,016

The orbiting facility is now making a northeastern track just

36

00:02:32,016 --> 00:02:37,416

across the north Atlantic Ocean, or has made it past across the north Atlantic Ocean

37

00:02:37,416 --> 00:02:43,146

and is now making a pass just toward the southern tip of Ireland.

38

00:02:45,036 --> 00:02:49,456

After the crew woke up at 2 a.m. Central time today the Expedition crew participated

39

00:02:49,456 --> 00:02:52,386

in the first of two daily planning conferences with ground controllers

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00:02:52,386 --> 00:02:55,996

at Mission Control Centers around the world to review the day's activities

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00:02:55,996 --> 00:02:57,896

and plan for the next set of tasks.

42

00:02:58,006 --> 00:03:01,776

The crew will participate in another daily

planning conference set just before entering its

43

00:03:01,776 --> 00:03:05,776

presleep period a couple of hours
after today's ISS update hour.

44

00:03:05,916 --> 00:03:16,986

The crew is then scheduled to go
to bed at 4:30 p.m. Central time.

45

00:03:17,246 --> 00:03:20,976

Just at the top of today's ISS Update
hour, Commander Mike Fossum had participated

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00:03:20,976 --> 00:03:25,146

in a live downlink interview with local
media Houston Chronicle to talk about current

47

00:03:25,146 --> 00:03:28,186

and ongoing science experiments
aboard the space station.

48

00:03:28,836 --> 00:03:32,916

During this hour Fossum will record
a message for later downlinking

49

00:03:32,916 --> 00:03:38,436

and also stow away the camera and hardware that
was used during this morning's media event.

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00:03:39,086 --> 00:03:43,906

Meanwhile, Flight Engineer Sergei Volkov will
spend much of his hour transferring supplies

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00:03:43,906 --> 00:03:47,736

from the newly docked Progress cargo
ship that had arrived yesterday

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00:03:48,126 --> 00:03:51,746

and updating the onboard

Inventory Management System.

53

00:03:52,766 --> 00:04:00,386

Satoshi Furukawa is working in Node 3 to swap out a failed laptop with a spare laptop

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00:04:00,386 --> 00:04:17,256

and establish a connection to the related network.

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00:04:17,256 --> 00:04:19,146

Earlier this morning, Commander Fossum had swapped

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00:04:19,146 --> 00:04:22,946

out batteries and performed a camera checkout and a couple of running science experiments.

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00:04:22,996 --> 00:04:27,686

The Binary Colloidal Alloy experiment that studies space-grown crystals and advances

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00:04:27,686 --> 00:04:32,176

in manufacturing materials and the EarthKam science education camera

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00:04:32,176 --> 00:04:35,336

that allows students to study Earth observations.

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00:04:36,446 --> 00:04:40,426

With the crew's upcoming departure of the complex, scheduled in less than three weeks,

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00:04:40,426 --> 00:04:43,266

Fossum also worked on preparations for the crew's undocking

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00:04:43,266 --> 00:04:45,296

and return to Earth later this month.

63
00:04:45,686 --> 00:04:50,626
He and Flight Engineer Satoshi Furukawa
spent the early morning hours performing eye

64
00:04:50,626 --> 00:04:53,486
ultrasound scans as part of the
human body studies that helps

65
00:04:53,486 --> 00:04:56,396
to understand the effects of
long duration space flight.

66
00:04:57,756 --> 00:05:02,276
Meanwhile, Volkov had worked on the Russian side
of the house on a study known as Identification

67
00:05:02,276 --> 00:05:06,266
that investigates the dynamics of activities
like yesterday's Progress cargo docking.

68
00:05:07,146 --> 00:05:11,586
He also spent much of the morning transferring
the supplies from the Progress cargo ship

69
00:05:11,586 --> 00:05:15,686
that docked to the station
yesterday morning on November 2,

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00:05:15,686 --> 00:05:19,086
which also marked the 11 year
anniversary of the first vehicle

71
00:05:19,176 --> 00:05:22,996
to dock carrying the first Expedition
crew to the International Space Station.

72
00:05:27,586 --> 00:05:31,316
Later today, Commander Fossum
will perform some maintenance work

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00:05:31,316 --> 00:05:38,006

to the onboard recycle filter tank assembly of the Water Recovery System.

74

00:05:38,136 --> 00:05:41,436

He'll also participate in a conference with the ground

75

00:05:41,436 --> 00:05:44,666

to review the station's current Inventory Management System and stowage.

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00:05:45,076 --> 00:05:49,756

Flight Engineer Sergei VOlkov will wrap up the day's cargo transfer work from the Progress

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00:05:49,756 --> 00:05:54,546

that arrived yesterday morning and perform daily routine maintenance

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00:05:54,546 --> 00:05:58,786

to the Russian life support system known as Sozh.

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00:05:59,316 --> 00:06:03,506

In preparation of the crew's departure later this month,

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00:06:03,556 --> 00:06:07,536

Furukawa will be prepacking items to be returned to Earth.

81

00:06:08,396 --> 00:06:12,576

By the end of the crew's work day each crew member will have performed their daily two-hour

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00:06:13,216 --> 00:06:14,396

exercise regimen.

83

00:06:15,106 --> 00:06:18,486

The onboard gym is equipped with
a treadmill, a stationary bicycle

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00:06:18,486 --> 00:06:22,976

and the advanced resistive exercise device
that simulates weightlifting here on Earth.