



WEDNESDAY, DECEMBER 14, 2011



Expedition 30 ISS Update

1
00:00:03,750 --> 00:00:04,750

Good morning.

2
00:00:04,750 --> 00:00:08,350

Thank you for joining us here in the International
Space Station flight control room located

3
00:00:08,350 --> 00:00:10,480

in the Johnson Space Center in Houston, Texas.

4
00:00:10,480 --> 00:00:14,219

This is a live view from the back of the room
here in the flight control room where the

5
00:00:14,219 --> 00:00:16,360

Orbit 2 team is working.

6
00:00:16,360 --> 00:00:20,820

They're being led by flight director Chris
Edelen, who is just gone out of the view on

7
00:00:20,820 --> 00:00:22,320

the right, now shown in the center.

8
00:00:22,320 --> 00:00:27,340

He's leading this Orbit 2 team, which has
just come on console a couple of hours ago,

9
00:00:27,340 --> 00:00:32,750

and working with the crew in the middle of
their day.

10
00:00:32,750 --> 00:00:36,870

To his right is astronaut Mark Vande Hei,
who's serving as the Capcom for this team,

11
00:00:36,870 --> 00:00:41,050

representing the crew office and serving as
the voice of the flight control team as needed

12

00:00:41,050 --> 00:00:43,829

with the on-orbit crew.

13

00:00:43,829 --> 00:00:47,780

On the International Space Station we have the Expedition 30 crew, shown here with Commander

14

00:00:47,780 --> 00:00:53,829

Dan Burbank in the center, and to the left cosmonaut Anton Shkaplerov and to the right

15

00:00:53,829 --> 00:00:56,629

fellow cosmonaut Anatoly Ivanishin.

16

00:00:56,629 --> 00:00:59,289

The three again in the mid-afternoon of their crew day.

17

00:00:59,289 --> 00:01:07,930

All the activities going smoothly.

18

00:01:07,930 --> 00:01:12,320

The space station itself is performing well, just making its way off the coast of Japan.

19

00:01:12,320 --> 00:01:16,110

This is a look at the ground track, showing the position of the orbiting complex making

20

00:01:16,110 --> 00:01:21,210

its way southeasterly as it makes its way over the northern Pacific Ocean.

21

00:01:21,210 --> 00:01:27,549

The space station is traveling an altitude of 383 km which is about the equivalent of

22

00:01:27,549 --> 00:01:33,950

208 nautical miles as its making its way over the Earth.

23

00:01:33,950 --> 00:01:37,060

Again on board, the crew is in the middle of their afternoon.

24

00:01:37,060 --> 00:01:41,810

All the activities going smoothly.

25

00:01:41,810 --> 00:01:48,119

They had their midday meal just a couple of hours ago, and now back at work.

26

00:01:48,119 --> 00:01:53,550

The afternoon has included exercise sessions as well as a couple of smaller medical type

27

00:01:53,550 --> 00:01:57,549

tasks, including a routine private medical conference for Commander Burbank.

28

00:01:57,549 --> 00:02:02,969

He's also in the midst of a task where he's relocating three of the portable breathing

29

00:02:02,969 --> 00:02:09,040

apparatuses from the airlock to a zero-G stowage rack, which is a part of the continuation

30

00:02:09,040 --> 00:02:14,080

of the D crew backout activities as part of the... it's also part the monthly portable

31

00:02:14,080 --> 00:02:17,920

emergency provisions inspection activities.

32

00:02:17,920 --> 00:02:23,590

Later in his afternoon Dan will also perform a change out of the flash data disk in the

33
00:02:23,590 --> 00:02:33,629
image processing unit of the SODI DSE or Selectable
Optical Diagnostics Instrument experiment.

34
00:02:33,629 --> 00:02:36,390
Again that will fill most of the afternoon
of his day.

35
00:02:36,390 --> 00:02:40,060
His fellow cosmonauts likewise working in
the Russian segment.

36
00:02:40,060 --> 00:02:44,819
The crew members woke up at just about midnight,
central time, which is the routine wakeup

37
00:02:44,819 --> 00:02:46,950
of time for the on-orbit crew.

38
00:02:46,950 --> 00:02:52,599
Their morning activities included again some
experiment work including the Reaction Self

39
00:02:52,599 --> 00:02:56,760
Test, as well as an inspection of the vehicle.

40
00:02:56,760 --> 00:03:01,610
Commander Burbank performed about three hours
of unpacking from the Progress cargo craft,

41
00:03:01,610 --> 00:03:03,420
which is docked to the space station.

42
00:03:03,420 --> 00:03:09,100
He also did a number of tasks affiliated with
the Combustion Integrated Rack, installing

43
00:03:09,100 --> 00:03:15,340

an alignment guide and also replacing a manifold bottle in that experiment hardware.

44

00:03:15,340 --> 00:03:20,400

His morning also included some exercise on ARED, or the Resistive Exercise Device and