



1

00:00:03,050 --> 00:00:07,870

Well good morning and welcome to today's  
International Space Station update hour here

2

00:00:07,870 --> 00:00:11,050

from the flight control room in Houston, Texas.

3

00:00:11,050 --> 00:00:14,930

Getting a look now inside as  
ground personnel monitor systems

4

00:00:14,930 --> 00:00:17,230

on board the orbiting laboratory.

5

00:00:17,230 --> 00:00:21,800

Currently on console the Orbit 2  
team, and they're being led today

6

00:00:21,800 --> 00:00:25,890

by flight director Ron Spencer there  
on the right side of your screen,

7

00:00:25,890 --> 00:00:31,510

and joining them at the Capcom console  
is veteran astronaut Shannon Lucid.

8

00:00:31,510 --> 00:00:35,240

She is serving as the communication  
link between controllers here

9

00:00:35,240 --> 00:00:38,260

on the ground and astronauts up in space.

10

00:00:38,260 --> 00:00:44,870

And those astronauts currently onboard the  
station are the crew of Expedition 30 led

11

00:00:44,870 --> 00:00:51,200

by NASA astronaut and Commander Dan Burbank,

there in the front left of your screen.

12

00:00:51,200 --> 00:00:57,370

Behind him are Russian cosmonauts Anton Shkaplerov and Anatoly Ivanishin.

13

00:00:57,370 --> 00:01:01,540

And then rounding out the crew on the right side are European Space Agency astronaut Andre

14

00:01:01,540 --> 00:01:08,490

Kuipers, Russian cosmonaut Oleg Kononenko and NASA astronaut Don Pettit.

15

00:01:08,490 --> 00:01:14,290

Crew very busy today with a variety of experiment work and engaged

16

00:01:14,290 --> 00:01:18,520

in some maintenance activities with the systems onboard the station.

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00:01:18,520 --> 00:01:21,020

Commander Burbank is spending the vast majority

18

00:01:21,020 --> 00:01:24,680

of his day today doing some fluid sampling collection

19

00:01:24,680 --> 00:01:30,060

on the Internal Thermal Control Systems in a few of the US segment,

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00:01:30,060 --> 00:01:35,590

including the Columbus laboratory as well as the Japanese exposed module.

21

00:01:37,220 --> 00:01:42,830

Russian cosmonaut Anton Shkaplerov is hard at work on a Progress TORU drill,

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00:01:42,830 --> 00:01:47,690

which is an anticipation of the upcoming 46 Progress docking.

23

00:01:47,690 --> 00:01:51,750

TORU is the manual control system that serves the backup

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00:01:51,750 --> 00:01:58,040

to the Progress' automated Kurs system when it is in its final docking stages.

25

00:01:58,040 --> 00:02:01,510

He will also be participating in a public affairs event

26

00:02:01,510 --> 00:02:07,170

with Russian stations doing TV greeting and joining him will be Anatoly Ivanishin

27

00:02:07,170 --> 00:02:12,520

and Oleg Kononenko, the three Russian cosmonauts currently onboard.

28

00:02:12,520 --> 00:02:18,130

Then of those three Anatoly Ivanishin started his day off doing some work with the Matryoshka

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00:02:18,130 --> 00:02:23,520

which is a Russian experiment that works, that works to look at radiation effects

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00:02:23,520 --> 00:02:29,850

on the human body while in the microgravity environment of the International Space Station.

31

00:02:29,850 --> 00:02:34,680

He also did some coolant maintenance work today as well as doing some pretty extensive audits

32

00:02:34,680 --> 00:02:39,290

of the inventory in both  
the Zvezda and Zarya modules

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00:02:39,290 --> 00:02:43,190

as a Progress vehicle recently  
departed just yesterday

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00:02:43,190 --> 00:02:49,240

and the upcoming one requires  
some pretty serious looking over.

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00:02:49,240 --> 00:02:54,650

Oleg Kononenko started his day off with  
a physical experiment called SPRUT-2.

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00:02:54,650 --> 00:03:00,010

That is a Russian experiment  
that takes body mass measurements

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00:03:00,010 --> 00:03:06,040

and then has Kononenko do a quick run and  
then take further measurements afterwards.

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00:03:06,040 --> 00:03:11,940

He is joining Shkaplerov in that TORU  
drill as well as that public affairs event.

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00:03:13,080 --> 00:03:17,590

European astronaut Andre Kuipers spent much  
of his day doing some set up and testing

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00:03:17,590 --> 00:03:22,030

of the Urine Monitoring System which works  
within the Waste and Hygiene Compartment.

41

00:03:22,030 --> 00:03:30,660

And then aside from that he was doing some  
battery charging of the EMUs in advance

42  
00:03:30,660 --> 00:03:38,270  
of an upcoming the spacewalk February 16 that  
will be done by some of the Russian crewmates.

43  
00:03:38,270 --> 00:03:42,510  
He was charging up some batteries  
for their pistol grip tools.

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00:03:42,510 --> 00:03:46,060  
Final member of Expedition 30, Don Pettit,

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00:03:46,060 --> 00:03:51,160  
did some work on the Integrated Cardiovascular  
monitoring system, setting that up.

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00:03:51,160 --> 00:03:54,460  
And that's looking at the heart  
muscle and any atrophy that occurs.

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00:03:54,460 --> 00:03:58,520  
He will also be doing a safety  
video tour of the station

48  
00:03:58,520 --> 00:04:03,430  
which is required once every  
increment, so once every expedition.

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00:04:03,430 --> 00:04:07,290  
And that is for the benefit of  
controllers here on the ground.

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00:04:07,290 --> 00:04:12,380  
And then as mentioned yesterday  
a Progress vehicle, 45P,

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00:04:12,380 --> 00:04:19,530  
undocked at about 4:10 p.m. central time, taking  
with it much of the trash onboard the station.

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00:04:19,530 --> 00:04:22,980

That will eventually deorbit and  
burn up in the Earth's atmosphere.

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00:04:22,980 --> 00:04:27,660

This is an anticipation of the 46  
Progress launch which is scheduled

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00:04:27,660 --> 00:04:33,860

to take place tomorrow, Wednesday,  
January 25 at 5:06 p.m. central time

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00:04:33,860 --> 00:04:36,710

with the eventual docking on Friday.