



1

00:00:02,429 --> 00:00:07,879

Good morning and welcome from mission control  
Houston for joining us, joining us today for

2

00:00:07,879 --> 00:00:10,770

the International Space Station update hour.

3

00:00:10,770 --> 00:00:16,680

Getting a look now inside as ground personnel  
in Houston, Texas, monitor systems on board

4

00:00:16,680 --> 00:00:18,780

the orbiting laboratory.

5

00:00:18,780 --> 00:00:23,840

Currently on console the Orbit 2 team is hard  
at work, and they're being led today by flight

6

00:00:23,840 --> 00:00:26,200

director Emily Nelson.

7

00:00:26,200 --> 00:00:33,910

They're supporting the crew of the Expedition  
30 currently orbiting on the International

8

00:00:33,910 --> 00:00:39,140

Space Station just passing over Baja, California,  
a few moments ago and continuing down the

9

00:00:39,140 --> 00:00:41,880

Western coast of Mexico.

10

00:00:41,880 --> 00:00:46,360

That crew on board again is Expedition 30,  
and they're being led by NASA astronaut and

11

00:00:46,360 --> 00:00:50,670

Commander Dan Burbank, there in the front  
row left of your screen.

12  
00:00:50,670 --> 00:00:55,640  
And joining him also in the front row is Russian cosmonaut Oleg Kononenko.

13  
00:00:55,640 --> 00:01:00,789  
And then across the back row starting on the left are Russian cosmonauts Anton Shkaplerov

14  
00:01:00,789 --> 00:01:02,770  
and Anatoly Ivanishin.

15  
00:01:02,770 --> 00:01:08,250  
They're joined by European Space Agency astronaut Andre Kuipers, and then finally

16  
00:01:08,250 --> 00:01:13,320  
rounding out the crew on the right is NASA astronaut Don Pettit.

17  
00:01:13,320 --> 00:01:18,110  
The crew woke up about midnight central time today for another off-duty day as they are

18  
00:01:18,110 --> 00:01:24,680  
recovering from a vigorous weekend where they were unloading cargo from that recently docked

19  
00:01:24,680 --> 00:01:32,400  
Progress 46 vehicle, which arrived at the station late Wed.. late Friday evening at

20  
00:01:32,400 --> 00:01:34,590  
6:09 p.m. central time.

21  
00:01:34,590 --> 00:01:40,310  
The crew has just a few activities scheduled on their timeline for each one.

22

00:01:40,310 --> 00:01:45,409

Commander Burbank doing some work with the Integrated Cardiovascular monitoring system

23

00:01:45,409 --> 00:01:51,350

alongside with Don Pettit who's doing some data downloads from his, so commander Burbank

24

00:01:51,350 --> 00:01:53,570

there.

25

00:01:53,570 --> 00:01:59,850

Burbank also did a Reaction self test upon waking today which is a quick 5 minute test

26

00:01:59,850 --> 00:02:04,860

that allows crew members to monitor the daily effects of any fatigue due to performance

27

00:02:04,860 --> 00:02:07,640

onboard the station.

28

00:02:07,640 --> 00:02:13,290

Anton Shkaplerov is working today with the Immuno experiment, a Russian research look

29

00:02:13,290 --> 00:02:18,540

at determining changes in stress and immune responses during these long-duration stays

30

00:02:18,540 --> 00:02:20,159

on board the station.

31

00:02:20,159 --> 00:02:25,999

He's also participating in a Russian public affairs event with Russian television stations

32

00:02:25,999 --> 00:02:31,900

and joining him will be Russian cosmonauts Anatoly Ivanishin and Oleg Kononenko.

33  
00:02:31,900 --> 00:02:37,870  
Ivanishin also today will be doing some laptop software refresh work, looking at some of

34  
00:02:37,870 --> 00:02:43,689  
the antivirus software on one of those computers in the Russian segment.

35  
00:02:43,689 --> 00:02:47,620  
And then the final Russian cosmonaut Oleg Kononenko will also be doing some routine

36  
00:02:47,620 --> 00:02:51,749  
coolant maintenance.

37  
00:02:51,749 --> 00:02:56,510  
European astronaut Andre Kuipers' major activity for the day will be setting up the

38  
00:02:56,510 --> 00:03:00,819  
Earth Knowledge Acquired By Middle School Students WOLF camera.

39  
00:03:00,819 --> 00:03:04,040  
WOLF standing for the Window Observational Research Facility.

40  
00:03:04,040 --> 00:03:09,849  
That is an educational experiment that allows students on the ground to actively participate

41  
00:03:09,849 --> 00:03:12,639  
in space-based research.

42  
00:03:12,639 --> 00:03:17,700  
And the final crew member of Expedition 30, Don Pettit, again is doing some work with

43

00:03:17,700 --> 00:03:23,159

the Integrated Cardiovascular system, which is a research study that looks at heart atrophy

44

00:03:23,159 --> 00:03:27,329

due to the microgravity environment onboard the International Space Station.

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00:03:27,329 --> 00:03:33,309

He's doing some data downloads to controllers here on the ground.

46

00:03:33,309 --> 00:03:37,790

After all this the crew will be scheduled go to sleep at about 3:30 p.m. central time

47

00:03:37,790 --> 00:03:44,079

today, bringing a close to an off-duty day again following a vigorous unloading activity