
EXPEDITION 30
OLEG KONONENKO
Flight Engineer

1
00:00:01,306 --> 00:00:03,696
Good morning from Mission
Control Houston and welcome

2
00:00:03,696 --> 00:00:06,046
to today's International Space Station update.

3
00:00:07,106 --> 00:00:13,336
The crew began their day waking up at about
midnight Central time today and then moving

4
00:00:13,336 --> 00:00:14,896
into a daily planning conference

5
00:00:14,896 --> 00:00:17,846
where they discussed the day's
activities with controllers on the ground.

6
00:00:18,706 --> 00:00:22,726
Commander Dan Burbank is spending much of
his day and is actively working right now

7
00:00:23,086 --> 00:00:26,446
on the High Rate Communications
System doing some cable routing

8
00:00:26,806 --> 00:00:29,676
and replacing a few wires on board the station.

9
00:00:29,746 --> 00:00:35,676
He will also be doing some camera checks on the
BCAT Experiment that he was working on yesterday

10
00:00:36,126 --> 00:00:40,776
and also doing some SOLO, or
Sodium Loading, diet logging.

11
00:00:41,426 --> 00:00:47,666
That SOLO experiment looks at the different

mechanisms of fluid and salt retention

12
00:00:47,666 --> 00:00:52,886
in the body during space flights and
prescribes the astronauts a very strict diet

13
00:00:52,886 --> 00:00:56,076
of either constant or low sodium intakes.

14
00:00:56,636 --> 00:01:00,986
Meanwhile, Russian cosmonaut Anton Shkaplerov
is doing another biomedical experiment

15
00:01:00,986 --> 00:01:06,826
with the Immuno research project taking some
biological samples and then storing them.

16
00:01:06,826 --> 00:01:13,076
He will also be spending a good portion of
his day reviewing the preliminary timeline

17
00:01:13,076 --> 00:01:15,706
for his upcoming spacewalk on February 16.

18
00:01:16,146 --> 00:01:21,656
That is a six-hour spacewalk scheduled to attach
some debris shields to the Zvezda service module

19
00:01:21,956 --> 00:01:26,006
and then relocate two of the cranes
on some of the docking modules.

20
00:01:26,946 --> 00:01:31,806
Russian cosmonaut Anatoly Ivanishin will also be
taking some samples for that Immuno experiment

21
00:01:32,316 --> 00:01:36,626
and then spending much of his day doing
some maintenance work inside of the Zvezda

22
00:01:36,626 --> 00:01:41,976
and Zarya modules inspecting the
windows on the respective compartments

23
00:01:42,256 --> 00:01:44,996
and also doing some changeouts
on some dust collectors.

24
00:01:46,106 --> 00:01:50,376
The final Russian cosmonaut Oleg Kononenko
will also be reviewing that timeline

25
00:01:50,376 --> 00:01:54,496
as he will be going out on the
spacewalk with Shkaplerov on February 16.

26
00:01:54,896 --> 00:02:01,086
He's also doing some unloading work from the
Progress 46 spacecraft that arrived last Friday.

27
00:02:01,256 --> 00:02:06,986
European astronaut Andre Kuipers started his day
off doing some body mass measurements using the

28
00:02:06,986 --> 00:02:12,356
SLAMMD, or the Space Linear Acceleration Mass
Measurement Device, which is a unique device

29
00:02:12,356 --> 00:02:16,006
on station that uses springs to
generate a force against a crew member

30
00:02:16,536 --> 00:02:21,146
and then the resulting acceleration is
used to calculate each crew member's mass.

31
00:02:21,806 --> 00:02:25,506
He is also changing out a lens
and some batteries on the EarthKam

32
00:02:25,656 --> 00:02:28,816
which is the Earth Knowledge
Acquired by Middle School Students.

33
00:02:28,816 --> 00:02:32,656
And that is one of the many education
projects linking students here

34
00:02:32,656 --> 00:02:34,856
on the ground to the astronauts up in space.

35
00:02:34,986 --> 00:02:41,406
And then our final Expedition 30 crew member
Don Pettit is spending his day doing a fairly

36
00:02:41,406 --> 00:02:47,916
interesting and fun experiment called the
Lego Bricks experiment which saw a series

37
00:02:47,916 --> 00:02:52,076
of Lego kits flown to the station and
then are assembled on orbit and used

38
00:02:52,076 --> 00:02:54,516
to demonstrate various scientific concepts.

39
00:02:55,336 --> 00:02:59,106
Some of these models include different
satellites, a space shuttle orbiter