1
00:00:02,036 --> 00:00:03,056
Good morning.

2
00:00:03,056 --> 00:00:04,406
This is Mission Control Houston.

3
00:00:04,446 --> 00:00:09,166
Welcome and thank you for joining us for today's
edition of ISS Update this Monday, March 19.

4
00:00:09,816 --> 00:00:14,036
Now getting a live view inside the
International Space Station flight control room

5
00:00:14,086 --> 00:00:17,256
where the team here has been monitoring
the systems aboard the station

6
00:00:17,256 --> 00:00:20,596
and supporting the day's activities
of the Expedition 30 crew members.

7
00:00:22,206 --> 00:00:26,446
Leading the Orbit Two team here in the station
flight control room today is Flight Director

8
00:00:26,586 --> 00:00:30,486
Courtenay McMillan, seen there on
the left-hand side of your screen

9
00:00:30,486 --> 00:00:39,426
with Christie Bertels serving as Capcom today
relaying all ground messages up to the crew.

10
00:00:39,426 --> 00:00:45,116
Aboard the orbiting complex, NASA astronaut
and commander of the complex Dan Burbank,

11
00:00:45,206 --> 00:00:48,966

flight engineers and cosmonauts Anton
Shkaplerov and Anatoly Ivanishin,

12
00:00:50,206 --> 00:00:54,226
NASA astronaut Don Pettit,
cosmonaut Oleg Kononenko

13
00:00:54,226 --> 00:00:59,816
and European Space Agency astronaut Andre
Kuipers - now midway through their workday -

14
00:00:59,816 --> 00:01:02,416
kick off week 15 of Expedition 30.

15
00:01:04,756 --> 00:01:10,186
Commander Burbank, Shkaplerov and Ivanishin
will log 127 days of their planned five

16
00:01:10,186 --> 00:01:13,966
and half months in space as of today,
while the Expedition 30 crewmates Pettit,

17
00:01:14,356 --> 00:01:18,316
Kononenko and Kuipers close out
today with 90 days in space.

18
00:01:20,466 --> 00:01:23,396
The space station with its
crew aboard is now flying

19
00:01:23,396 --> 00:01:27,436
at an altitude of about 247 statute miles.

20
00:01:27,936 --> 00:01:35,776
The orbiting facility is on a northeast track,
heading just toward an orbital sunrise just

21
00:01:35,876 --> 00:01:39,756
on a west coast of Washington and
will make a pass across Canada just

22
00:01:39,756 --> 00:01:41,276
over the top of the United States.

23
00:01:45,996 --> 00:01:49,396
The Expedition 30 crew members
began their morning with the first

24
00:01:49,396 --> 00:01:53,936
of two daily planning conferences a couple
hours after their wakeup at 1 a.m. Central time.

25
00:01:54,436 --> 00:01:57,826
Planning conferences are held with ground
controllers at mission control centers

26
00:01:57,826 --> 00:02:01,606
around the world to review the day's
activities, discuss any issues - if any -

27
00:02:01,636 --> 00:02:05,186
and plan for the next set of tasks.

28
00:02:05,186 --> 00:02:08,396
Today, station Commander Dan
Burbank is conducting an analysis

29
00:02:08,396 --> 00:02:10,356
of the onboard potable water supply

30
00:02:10,356 --> 00:02:14,096
of the Environmental Health System
and the Water Recovery System.

31
00:02:14,626 --> 00:02:19,866
He will be recording the data from the
Total Organic Carbon Analyzer that is used

32
00:02:19,866 --> 00:02:24,666

to quality test the onboard water supply
that ensures its safety for crew consumption.

33
00:02:25,476 --> 00:02:29,566
He also will replace a wastewater
bag and participate

34
00:02:29,566 --> 00:02:32,266
in regular crew medical proficiency training.

35
00:02:34,396 --> 00:02:39,326
Meanwhile, Flight Engineer Don Pettit will
spend much of today operating the Structure

36
00:02:39,326 --> 00:02:45,796
and Liftoff In Combustion Experiment, also known
as SLICE, that investigates the nature of flames

37
00:02:45,796 --> 00:02:50,546
in microgravity and could lead to improvements
in technologies aimed at reducing pollution

38
00:02:50,546 --> 00:02:53,436
and improving burning efficiency
for a wide variety of industries.

39
00:02:53,806 --> 00:02:57,476
And also Andre Kuipers will work to remove

40
00:02:57,476 --> 00:03:00,986
and replace the Recycle Filter Tank
Assembly of the Water Recovery System.

41
00:03:01,436 --> 00:03:06,216
He also will spend time today working in
the Japanese Experiment Module known as Kibo

42
00:03:06,216 --> 00:03:10,536
with the Cell Biology Experiment
Facility, that is an incubator

43
00:03:10,796 --> 00:03:12,906
with an artificial gravity generator.

44
00:03:14,516 --> 00:03:16,826
Earlier this morning aboard the
International Space Station,

45
00:03:17,336 --> 00:03:18,896
Commander Burbank completed an hour

46
00:03:18,896 --> 00:03:23,556
of his two-hour daily exercise using
the Advanced Resistive Exercise Device

47
00:03:23,606 --> 00:03:25,206
that simulates weightlifting here on Earth.

48
00:03:25,756 --> 00:03:28,796
He then conducted sample analysis
of the Environmental Health System

49
00:03:28,796 --> 00:03:33,346
in that service module and collected samples
from the Water Recovery System for testing

50
00:03:33,346 --> 00:03:36,416
that he will do now within today's update hour.

51
00:03:37,786 --> 00:03:42,686
Burbank also took photos and on-orbit
NanoRack experiment samples there in Kibo,

52
00:03:43,806 --> 00:03:49,386
and Flight Engineer Pettit along with
his crewmate Kuipers had done some work

53
00:03:49,386 --> 00:03:54,546
to unstow the Contingency Water Container and

the Recycle Filter Tank Assembly in preparation

54
00:03:54,606 --> 00:03:57,326
for that maintenance to the
onboard Water Recovery System.

55
00:03:58,136 --> 00:04:03,586
The water recovery system distills
urine and condensation and converts it

56
00:04:03,586 --> 00:04:06,256
into consumable water for the
crew aboard the space station.

57
00:04:08,996 --> 00:04:12,896
Pettit also activated the
Microgravity Science Glovebox

58
00:04:12,896 --> 00:04:15,096
for the day's remote experiment operations.

59
00:04:15,446 --> 00:04:17,976
He then set up for today's
work with the SLICE experiment

60
00:04:17,976 --> 00:04:19,866
that he'll be working on throughout the hour.

61
00:04:22,136 --> 00:04:25,756
Also earlier this morning Kuipers worked
in Kibo and operated three experiments

62
00:04:25,756 --> 00:04:27,926
that [use] the NanoRack smartphone.

63
00:04:28,296 --> 00:04:36,186
And at the end of the day, each crew member will
have participated in his daily two-hour exercise

64

00:04:36,216 --> 00:04:37,676
to maintain the physical fitness

65
00:04:37,676 --> 00:04:40,706
and help mitigate the negative effects
of microgravity on their bodies.

66
00:04:41,716 --> 00:04:45,776
Cosmonaut Anatoly Ivanishin will perform
regular maintenance to the Sozh -

67
00:04:45,776 --> 00:04:48,876
that is the Russian life support
system - while his cosmonaut

68
00:04:49,056 --> 00:04:54,136
and crewmate Anton Shkaplerov will conduct
monthly maintenance to the onboard treadmill.

69
00:04:54,996 --> 00:04:59,166
The Expedition 30 crew will then participate
in its final daily planning conference

70
00:04:59,166 --> 00:05:04,276
with the ground controllers around the
world before doing some evening prep work

71
00:05:04,276 --> 00:05:05,876
and entering its pre-sleep period.