



1
00:00:00,191 --> 00:00:02,191
[Silence]

2
00:00:02,376 --> 00:00:02,586
>> Amiko Kauderer: Hi.

3
00:00:02,586 --> 00:00:04,386
Welcome to the International
Space Station Flight

4
00:00:04,386 --> 00:00:05,036
Control Room.

5
00:00:05,036 --> 00:00:08,716
I have an exciting person
here to visit us today,

6
00:00:08,716 --> 00:00:11,096
guest at NASA, Astronaut
Cady Coleman.

7
00:00:11,096 --> 00:00:12,726
Cady, thank you so
much for coming today.

8
00:00:13,266 --> 00:00:14,216
>> Cady Coleman: I'm
happy to be here.

9
00:00:14,216 --> 00:00:15,316
>> Amiko Kauderer: So
we're having all kinds

10
00:00:15,316 --> 00:00:17,686
of great stuff happening aboard
the International Space Station.

11
00:00:17,686 --> 00:00:21,016
I'm so glad that you came

here [Inaudible] Cady, is --

12

00:00:21,016 --> 00:00:24,716
she was the Expedition 26-27
flight engineer aboard the

13

00:00:24,716 --> 00:00:25,636
International Space Station.

14

00:00:25,636 --> 00:00:27,356
She is a veteran of
three space flights,

15

00:00:27,356 --> 00:00:32,146
so two of which were aboard the
Space Shuttle STS-73 and STS-93.

16

00:00:32,626 --> 00:00:34,626
And -- but most recently,

17

00:00:34,626 --> 00:00:36,666
she was living aboard the
International Space Station

18

00:00:36,666 --> 00:00:39,056
where she stayed for 159 days.

19

00:00:39,056 --> 00:00:40,686
That's a long time.

20

00:00:40,686 --> 00:00:44,346
So we were so very, very
glad to have you here.

21

00:00:44,346 --> 00:00:46,686
And we just want to get into
talking about all this stuff,

22

00:00:46,686 --> 00:00:48,646

actually another little tidbit.

23

00:00:49,436 --> 00:00:53,836

Cady, actually in a year,
or it will have been a year,

24

00:00:53,836 --> 00:00:55,906

and in exactly one
week from today

25

00:00:56,196 --> 00:00:58,546

when she actually
returned to earth.

26

00:00:58,696 --> 00:01:00,686

I cannot believe it's been a
year since you've been back.

27

00:01:01,566 --> 00:01:03,626

>> Cady Coleman: It's so fast.

28

00:01:03,866 --> 00:01:05,566

It goes so fast once
you get back.

29

00:01:05,566 --> 00:01:07,086

It's amazing to me as well.

30

00:01:07,086 --> 00:01:10,496

And it's really just neat to see
docking and to remember back to,

31

00:01:10,496 --> 00:01:13,526

you know, just a year and a half
ago arriving at the Station.

32

00:01:13,716 --> 00:01:15,336

>> Amiko Kauderer: Well,
and it's so exciting to see,

33

00:01:15,336 --> 00:01:17,626

just to be able to
see the crew members

34

00:01:17,626 --> 00:01:19,936

who were aboard the
Station and being able

35

00:01:19,936 --> 00:01:21,306

to see those visitors
come on board.

36

00:01:21,306 --> 00:01:24,596

And now I know you actually
docked and joined a crew

37

00:01:24,596 --> 00:01:25,746

that was there, but at the time

38

00:01:25,746 --> 00:01:28,346

that you were there you
also received visitors

39

00:01:28,346 --> 00:01:31,246

on two shuttle, you know,
visits that came up there.

40

00:01:31,246 --> 00:01:36,056

So tell me, first, what is that
like to dock and join the crew

41

00:01:36,056 --> 00:01:37,556

but also to receive visitors?

42

00:01:37,556 --> 00:01:39,846

What is that like as a crew
member aboard the Space Station?

43

00:01:40,056 --> 00:01:42,486

>> Cady Coleman: Well, I tell people that we go up in groups

44

00:01:42,486 --> 00:01:44,426
of three but we make a crew of six.

45

00:01:44,986 --> 00:01:48,136
And it's interesting, you'd think we'd spend a lot

46

00:01:48,136 --> 00:01:50,396
of time together, the six of us, but really the three of us

47

00:01:50,396 --> 00:01:53,486
that go up in the Soyuz spend a lot of time together, and we do,

48

00:01:53,516 --> 00:01:55,746
you know, the emergency practicing and all that kind

49

00:01:55,746 --> 00:01:56,846
of stuff with the other folks

50

00:01:56,906 --> 00:01:58,076
that we're going to join on board.

51

00:01:58,496 --> 00:02:00,606
But in some cases, especially with the Russian crew members,

52

00:02:00,606 --> 00:02:02,366
we don't know them really quite as well.

53

00:02:02,896 --> 00:02:06,086
And so the minute you

get on board you're kind

54

00:02:06,086 --> 00:02:08,446
of saying hello to some
people you don't really know

55

00:02:08,526 --> 00:02:10,056
incredibly well.

56

00:02:10,096 --> 00:02:11,266
But what is amazing is

57

00:02:11,266 --> 00:02:12,826
that you're all there
for the same purpose.

58

00:02:13,006 --> 00:02:17,376
And these guys that we
joined, we joined Sasha Kaleri,

59

00:02:17,376 --> 00:02:20,326
Oleg Skripochka and Scott
Kelly, and they were just

60

00:02:20,396 --> 00:02:21,766
so happy to have us on board.

61

00:02:21,766 --> 00:02:25,416
I think because they loved being
on board and they loved the work

62

00:02:25,416 --> 00:02:27,456
that they were doing and they
just couldn't wait to, you know,

63

00:02:27,756 --> 00:02:29,236
drag three more people into it

64

00:02:29,486 --> 00:02:31,326

and have us all just
produce a lot

65

00:02:31,326 --> 00:02:32,596
of good science for the Station.

66

00:02:32,696 --> 00:02:33,476
>> Amiko Kauderer:
Help them work together

67

00:02:33,476 --> 00:02:35,456
and see some new faces,
I'm sure, as well.

68

00:02:35,456 --> 00:02:37,486
It's probably nice to have

69

00:02:37,746 --> 00:02:40,206
on board the Space
Station after so long.

70

00:02:40,416 --> 00:02:43,316
And I guess, you know, while you
didn't know each other as well

71

00:02:43,316 --> 00:02:45,196
and throughout the training
process and beforehand,

72

00:02:45,196 --> 00:02:46,456
but once you get
there, I'm sure you get

73

00:02:46,456 --> 00:02:48,636
to know each other a
little better, you know,

74

00:02:48,716 --> 00:02:50,476
living there aboard the
Space Station together.

75

00:02:50,806 --> 00:02:51,836

>> Cady Coleman: You
know, it's really true.

76

00:02:51,836 --> 00:02:54,416

And I think being on
the Station at all is

77

00:02:54,476 --> 00:02:55,986

such an amazing experience.

78

00:02:55,986 --> 00:02:59,856

And in fact, after, you
know, 159 days, you know,

79

00:02:59,856 --> 00:03:01,986

I really would have stayed
another six months in a minute.

80

00:03:02,166 --> 00:03:03,726

I mean, I did want to
come home eventually

81

00:03:03,726 --> 00:03:05,706

but it never gets old there.

82

00:03:05,706 --> 00:03:06,676

It's never boring.

83

00:03:07,156 --> 00:03:08,236

You're always busy.

84

00:03:08,236 --> 00:03:09,836

And it's an amazing place.

85

00:03:09,956 --> 00:03:13,686

And I'm always driven to share
that, and I think all of us are.

86

00:03:14,016 --> 00:03:15,516

And when a new crew
comes aboard,

87

00:03:15,706 --> 00:03:18,406

it's this great opportunity
to say look at this and look

88

00:03:18,406 --> 00:03:20,206

at this and can you
believe we get to do this.

89

00:03:20,386 --> 00:03:23,516

I mean, it's just --
it's really pretty neat.

90

00:03:23,606 --> 00:03:25,866

I remember the night
that we actually docked.

91

00:03:26,426 --> 00:03:28,856

I mean, we have a lot of
simulators here at NASA,

92

00:03:28,856 --> 00:03:31,706

and they all simulate the
Space Station in certain ways

93

00:03:32,226 --> 00:03:34,766

but not exactly visually.

94

00:03:35,146 --> 00:03:38,506

You know, I was focusing,
as we docked, on the camera,

95

00:03:38,506 --> 00:03:40,286

on the screens that
give all the data

96

00:03:40,366 --> 00:03:41,766
about how the docking is going.

97

00:03:42,096 --> 00:03:43,726
And in the simulator,
I never think to look

98

00:03:43,726 --> 00:03:45,156
out the window because, you
know, what am I going to see,

99

00:03:45,156 --> 00:03:47,206
you know, some fake
Space Station out there.

100

00:03:47,206 --> 00:03:51,326
So when I looked over and saw
the actual Space Station, --

101

00:03:51,326 --> 00:03:53,996
and it's just so clear and crisp
because there's no atmosphere

102

00:03:53,996 --> 00:03:56,306
in between your window
and the Space Station --

103

00:03:56,836 --> 00:03:58,556
I was so excited.

104

00:03:58,556 --> 00:04:00,866
And we just could barely wait
through all the lead checks

105

00:04:00,866 --> 00:04:03,256
to get the hatches open
and then come inside.

106

00:04:03,676 --> 00:04:04,976

>> Amiko Kauderer: Well, that makes me think of something too.

107

00:04:04,976 --> 00:04:08,026

So you're talking about the end of that two-day journey,

108

00:04:08,026 --> 00:04:10,246

but there is a two-day journey from the time

109

00:04:10,296 --> 00:04:13,156

that you launched [Inaudible] and Acaba.

110

00:04:13,296 --> 00:04:16,316

They launched Monday night, late last night, Monday night,

111

00:04:16,316 --> 00:04:18,316

and then docked to the Station late last night.

112

00:04:18,356 --> 00:04:20,886

So tell me a little about that journey.

113

00:04:20,886 --> 00:04:21,636

What is that like?

114

00:04:21,666 --> 00:04:24,026

Because it's literally to -- what are you doing?

115

00:04:24,176 --> 00:04:26,896

You're in very close quarters aboard the Soyuz,

116

00:04:26,896 --> 00:04:29,856

and you're just orbiting until

you get to the Space Station.

117

00:04:29,856 --> 00:04:32,566

So I can imagine getting there
is pretty exciting for you guys.

118

00:04:32,606 --> 00:04:34,616

But what are you doing during
that two-day's journey?

119

00:04:35,966 --> 00:04:37,086

>> Cady Coleman: Well,
there's always more room

120

00:04:37,086 --> 00:04:38,026

than you would think.

121

00:04:38,026 --> 00:04:39,626

As soon as you hit zero
gravity, which is eight

122

00:04:39,626 --> 00:04:40,836

and a half minutes after launch,

123

00:04:40,836 --> 00:04:42,866

then everything including
you is floating around,

124

00:04:42,866 --> 00:04:45,296

if you're not strapped in,
which we do start off that way.

125

00:04:45,616 --> 00:04:48,066

And we have a little
compartment that has, you know,

126

00:04:48,066 --> 00:04:49,796

basically a lot of
cargo strap to it.

127

00:04:49,836 --> 00:04:51,616

But it's -- you know,
it's about as sort of big

128

00:04:51,616 --> 00:04:53,026

as this little area
right around --

129

00:04:53,156 --> 00:04:57,216

you know, sort of in a VW
bug-sized area right around us.

130

00:04:57,266 --> 00:04:59,136

So there is some room there.

131

00:04:59,136 --> 00:05:01,426

So we don't really feel crowded.

132

00:05:01,426 --> 00:05:05,796

And it's more -- you know, we've
waited so long to go to space

133

00:05:05,936 --> 00:05:09,046

and then there we are in
this tiny little capsule,

134

00:05:09,476 --> 00:05:12,286

just the three of us,
Dmitry, Paolo Nespoli and I,

135

00:05:12,956 --> 00:05:15,356

and it's really an
incredible view.

136

00:05:15,406 --> 00:05:18,236

I mean, it's spinning a little
bit; so it's sort of rotating

137

00:05:18,556 --> 00:05:20,266

and you're looking at the
Earth and the earth is coming

138

00:05:20,266 --> 00:05:22,806
into view and going out,
coming into view and going out.

139

00:05:22,806 --> 00:05:26,596
And I've found it to be actually
amazingly intimate, really.

140

00:05:27,036 --> 00:05:29,996
I mean, in a Space Shuttle,
it's just such a big vehicle.

141

00:05:30,196 --> 00:05:32,526
There's a lot between
you and space.

142

00:05:32,526 --> 00:05:34,966
Whereas, in a Soyuz, when
it's just the three of you,

143

00:05:35,426 --> 00:05:37,896
I really found that's a
very special experience just

144

00:05:37,896 --> 00:05:41,746
to be able to kind of, as a
human, to look out and realize

145

00:05:41,746 --> 00:05:44,476
that I was in a very special
place, and I had some time

146

00:05:44,476 --> 00:05:46,436
to relax before it was time
to get to work on the Station.

147

00:05:46,716 --> 00:05:46,896

>> Amiko Kauderer: Yeah.

148

00:05:47,146 --> 00:05:49,396

Well, that's very interesting,

149

00:05:49,396 --> 00:05:52,156

because I would just think I
would go out of my mind being

150

00:05:52,276 --> 00:05:54,246

that close, but it's nice to
know that at least you have

151

00:05:54,246 --> 00:05:56,696

that little bit of space, so
it's not quite as cramped.

152

00:05:56,696 --> 00:05:58,696

It's not what we see,
you know, at the --

153

00:05:58,696 --> 00:06:00,696

on the launch video when
we see you on the inside,

154

00:06:00,696 --> 00:06:02,016

everyone in their
-- the right seat,

155

00:06:02,016 --> 00:06:03,046

the center seat and
the left seat.

156

00:06:03,516 --> 00:06:05,266

You know, you're not like
that the entire time.

157

00:06:05,266 --> 00:06:07,406

So it's good to know that you
have a little bit of mobility.

158

00:06:07,876 --> 00:06:08,806

>> Cady Coleman: You know, we definitely do.

159

00:06:08,806 --> 00:06:10,876

And we have actually all the amenities as well.

160

00:06:10,876 --> 00:06:12,076

You know, we have a bathroom.

161

00:06:12,156 --> 00:06:13,056

You know, it works fine.

162

00:06:13,056 --> 00:06:15,516

And there's enough room that two people could go downstairs

163

00:06:15,516 --> 00:06:16,216

into the Soyuz.

164

00:06:16,256 --> 00:06:18,076

We're small, you know, if you need some privacy.

165

00:06:18,806 --> 00:06:19,536

We have food.

166

00:06:19,856 --> 00:06:20,636

We've got a window.

167

00:06:21,066 --> 00:06:23,846

And we've got just, I don't know, some --

168

00:06:23,846 --> 00:06:26,106

we had some cameras to be able to take some pictures.

169

00:06:26,476 --> 00:06:28,586

And even just a little
bit of, sort of studying,

170

00:06:28,586 --> 00:06:31,946

what is our cargo, where is it,
how are we going to unpack it.

171

00:06:31,946 --> 00:06:33,516

And a little sleeping too.

172

00:06:33,516 --> 00:06:36,506

I think that time before
launch is pretty long.

173

00:06:36,916 --> 00:06:37,166

>> Amiko Kauderer: Yeah.

174

00:06:37,226 --> 00:06:37,856

>> Cady Coleman:
It's just tiring.

175

00:06:37,856 --> 00:06:39,606

And so we caught
up in our sleep.

176

00:06:39,916 --> 00:06:42,336

Everybody on our crew
felt actually just great.

177

00:06:42,926 --> 00:06:44,916

So we just had a nice
time on those two days.

178

00:06:45,066 --> 00:06:45,246

>> Amiko Kauderer: Sure.

179

00:06:45,416 --> 00:06:47,616

I can imagine with the
adrenaline rush of launch

180
00:06:47,616 --> 00:06:48,276
and that sort of thing.

181
00:06:48,276 --> 00:06:50,366
After a while, you just
kind of settle down

182
00:06:50,366 --> 00:06:52,026
and get ready for sleep.

183
00:06:52,026 --> 00:06:53,306
So I can see that now.

184
00:06:53,756 --> 00:06:55,846
Once you do dock, can you -- you
were talking about, I can't --

185
00:06:55,846 --> 00:06:57,326
we just can't wait to
get the hatches open.

186
00:06:57,326 --> 00:06:59,606
Can you just explain
once you dock --

187
00:06:59,696 --> 00:07:03,266
so for example, last
night, the Soyuz 04M docked

188
00:07:03,266 --> 00:07:06,656
to the Space Station at 11:36
PM Central time last night

189
00:07:06,936 --> 00:07:09,516
but the hatches weren't open
until three-ten in the morning.

190

00:07:09,516 --> 00:07:12,666

Can you explain what is --
what takes that time to --

191

00:07:12,836 --> 00:07:14,526

before you -- I mean,
it's not like, Honey,

192

00:07:14,526 --> 00:07:16,076

I'm home and open up the door.

193

00:07:16,076 --> 00:07:18,466

So explain why, you
know -- that I know --

194

00:07:18,466 --> 00:07:20,126

I understand there's some
leak and pressure checks.

195

00:07:20,126 --> 00:07:22,776

So what is going on before
the hatches are open?

196

00:07:23,916 --> 00:07:25,686

>> Cady Coleman: Well, the
way our spacecraft connects

197

00:07:25,756 --> 00:07:26,756

to the Station, it's kind

198

00:07:26,756 --> 00:07:29,206

of like having a
front hall of a house.

199

00:07:29,606 --> 00:07:31,816

You know, so let's
say Scott and Sasha

200

00:07:32,206 --> 00:07:35,296

and Oleg are inside the house, not in the front hall.

201
00:07:35,296 --> 00:07:36,626
They're inside the house.

202
00:07:36,696 --> 00:07:38,726
And then we basically come to the front door

203
00:07:38,726 --> 00:07:40,086
of the house and attach there.

204
00:07:40,636 --> 00:07:44,096
But before we want to open our hatch,

205
00:07:44,146 --> 00:07:45,746
we want to make sure we have a really good seal.

206
00:07:46,306 --> 00:07:48,736
So we're actually going to check our seal between the Soyuz

207
00:07:48,736 --> 00:07:50,886
and the front door of the house, and then we're going

208
00:07:50,886 --> 00:07:51,926
to check this -- we're actually going

209
00:07:51,926 --> 00:07:53,646
to check the pressure inside the front hall.

210
00:07:53,816 --> 00:07:55,936
So everything has to be checked to make sure

211

00:07:55,936 --> 00:07:59,546

that when we do open that hatch,
that we have a really good seal

212

00:07:59,546 --> 00:08:01,606

between us and the
inside of the Station.

213

00:08:01,936 --> 00:08:03,586

I mean, we don't want the
Station to loose any air.

214

00:08:03,916 --> 00:08:07,086

And we can actually, you know,
back away and then come back

215

00:08:07,086 --> 00:08:09,066

in if we needed to,
if, for some reason,

216

00:08:09,066 --> 00:08:10,066

we didn't have a good seal.

217

00:08:10,066 --> 00:08:13,326

But the way that Soyuz is
designed, if you dock, I mean,

218

00:08:13,326 --> 00:08:15,326

there's sort of a probe
that sort of draws you in

219

00:08:15,326 --> 00:08:17,446

and then there's hooks
that pull you in.

220

00:08:17,846 --> 00:08:19,536

You're going to have
a good seal.

221

00:08:19,536 --> 00:08:21,166

But we just make sure
we check the pressure.

222

00:08:21,166 --> 00:08:23,156

We have pressure sensors
out there, you know,

223

00:08:23,156 --> 00:08:26,286

in the front hall, pressure
sensors inside our Soyuz,

224

00:08:26,326 --> 00:08:27,546

and we actually -- you know,

225

00:08:27,546 --> 00:08:30,076

just to see that the pressure
holds before we open the doors

226

00:08:30,076 --> 00:08:31,936

and that you want
to be really sure.

227

00:08:31,936 --> 00:08:33,966

So it just takes a
couple hours to do.

228

00:08:33,966 --> 00:08:34,156

>> Amiko Kauderer: Wow.

229

00:08:34,516 --> 00:08:36,546

Okay. Well, thank you
for explaining that,

230

00:08:36,546 --> 00:08:38,666

because I don't think a lot of
people understood why, you know,

231

00:08:38,666 --> 00:08:41,426

why can't you just get there
and open the door and be there.

232

00:08:41,426 --> 00:08:43,686

And I can imagine just the
anticipation but, certainly,

233

00:08:43,686 --> 00:08:46,336

we can understand the
reasons behind that.

234

00:08:46,336 --> 00:08:48,426

You know, there are some safety
issues and that sort of thing.

235

00:08:48,426 --> 00:08:51,676

So speaking of safety, one of
the first orders of business

236

00:08:51,676 --> 00:08:54,406

after you get aboard and you're
excited and you see each other

237

00:08:54,406 --> 00:08:58,066

and there's a welcome ceremony,
you're also able to conference

238

00:08:58,066 --> 00:09:00,176

with family on the
ground who had been --

239

00:09:00,176 --> 00:09:02,976

actually traveled to
Russia to see you guys off.

240

00:09:03,246 --> 00:09:04,266

What is that like?

241

00:09:05,576 --> 00:09:09,026

>> Cady Coleman: You know, it's

so marvelous to see your family

242

00:09:09,026 --> 00:09:10,666

and to be able to
actually, you know,

243

00:09:10,666 --> 00:09:14,376

know that they can see you, and
my husband and my son, who's 11,

244

00:09:14,686 --> 00:09:17,386

and my son, who's 28, had
all traveled to the launch,

245

00:09:17,916 --> 00:09:22,196

and it was just neat to
be able to wave to them

246

00:09:22,196 --> 00:09:26,326

and say hello and, you know,
feel a little bit close.

247

00:09:26,326 --> 00:09:28,506

I mean, here I got to
-- I finally got there.

248

00:09:28,796 --> 00:09:31,166

And it's hard to believe that
a human being really does get

249

00:09:31,166 --> 00:09:33,236

to leave the planet and then
go live on a Space Station

250

00:09:33,716 --> 00:09:36,196

and getting to say
hi to your family.

251

00:09:36,576 --> 00:09:37,806

You know, I just was -- I --

252

00:09:37,806 --> 00:09:39,996
some of my favorite pictures
are actually pictures

253

00:09:39,996 --> 00:09:41,896
that they sent me, of my family

254

00:09:41,896 --> 00:09:43,716
in Mission Control,
talking to me.

255

00:09:44,196 --> 00:09:46,816
And you know, for example,
[Inaudible] said, you know,

256

00:09:46,816 --> 00:09:48,406
papa, will you bring
a toy home for me.

257

00:09:48,856 --> 00:09:51,196
You know, so to them, it's
just nice to connect as well.

258

00:09:51,196 --> 00:09:53,146
And I got to say
hello to some friends.

259

00:09:53,146 --> 00:09:56,036
And you know, it's kind of that
time of being a little connected

260

00:09:56,036 --> 00:09:57,406
to the earth before
you're really just,

261

00:09:57,856 --> 00:09:58,996
you know, isolated up in space.

262

00:09:59,156 --> 00:09:59,396
>> Amiko Kauderer: Sure.

263
00:09:59,736 --> 00:10:01,426
And I know that you are able

264
00:10:01,426 --> 00:10:03,616
to stay connected throughout
your mission as well.

265
00:10:03,616 --> 00:10:05,676
But it is -- I can imagine
nights, especially after,

266
00:10:05,676 --> 00:10:06,446
you know, your family --

267
00:10:06,896 --> 00:10:09,226
again, when you mentioned
they were talking to you

268
00:10:09,226 --> 00:10:10,606
in Mission Control,
it's Mission Control

269
00:10:10,606 --> 00:10:14,356
in Moscow, so at that Center.

270
00:10:14,356 --> 00:10:16,916
So they stay a few
days afterward and wait

271
00:10:16,916 --> 00:10:20,576
for your journey, for you to
arrive at that Space Station.

272
00:10:20,576 --> 00:10:24,606
So it's an amazing adventure,
I'm sure, for both sides,

273

00:10:24,676 --> 00:10:27,436

you as well as the
family, as well.

274

00:10:27,436 --> 00:10:30,266

Now also one of the
first order of business.

275

00:10:30,826 --> 00:10:34,386

After the family conference,
the welcome ceremony, is,

276

00:10:34,476 --> 00:10:36,216

first and foremost,
the safety briefing.

277

00:10:36,426 --> 00:10:38,386

Can you walk through what
exactly does that entail?

278

00:10:39,596 --> 00:10:41,756

>> Cady Coleman: This is similar
to getting on an airplane

279

00:10:42,026 --> 00:10:44,016

and the flight attendant is
always explaining, you know,

280

00:10:44,016 --> 00:10:46,486

where are the exits and how
are you going to know how

281

00:10:46,486 --> 00:10:48,966

to find the exits and where
are your flotation devices.

282

00:10:48,966 --> 00:10:50,016

Well, once you learn all

283

00:10:50,016 --> 00:10:52,566
that stuff before we leave
home; so we know that.

284
00:10:53,006 --> 00:10:55,266
But it's somehow
different to see it

285
00:10:55,266 --> 00:10:58,336
in the real Space
Station, in a floating

286
00:10:58,336 --> 00:11:00,226
around kind of environment.

287
00:11:00,226 --> 00:11:02,946
And I say floating but, really,
it's about flying around.

288
00:11:03,296 --> 00:11:04,976
And for example, when
we do simulations,

289
00:11:04,976 --> 00:11:08,126
which we do really a lot
of, emergency simulations,

290
00:11:08,196 --> 00:11:10,926
there are in the ceilings, so to
speak, of the Japanese module,

291
00:11:10,926 --> 00:11:11,966
that's where some of the --

292
00:11:11,966 --> 00:11:13,976
that's where one of the
fire extinguishers is.

293
00:11:14,366 --> 00:11:16,696
Well, in a practical

sense here on the ground,

294

00:11:16,996 --> 00:11:18,846

I'm not tall enough to
reach up and get that

295

00:11:18,846 --> 00:11:20,376

and that fire extinguisher
is going to be heavy.

296

00:11:20,376 --> 00:11:22,616

So in a simulation, it's
just going to be, you know,

297

00:11:22,616 --> 00:11:26,466

on the floor or next to, you
know, where the real place is.

298

00:11:26,466 --> 00:11:29,006

And when I say I'm going to
go get that fire extinguisher,

299

00:11:29,006 --> 00:11:30,816

what I do is I go up
and I tap that panel

300

00:11:30,816 --> 00:11:32,026

and then I get it
from the real place.

301

00:11:32,026 --> 00:11:33,086

But it's still not the same

302

00:11:33,086 --> 00:11:35,446

as really seeing
where everything is.

303

00:11:35,446 --> 00:11:39,286

And it's literally a tour
of the fire extinguishers,

304

00:11:39,286 --> 00:11:44,186

of the extra oxygen masks, of
where the computers really are.

305

00:11:44,496 --> 00:11:47,326

Even though we actually know it
intellectually, it's important

306

00:11:47,326 --> 00:11:48,796

to really experience that.

307

00:11:48,796 --> 00:11:51,476

That's why, you know, we
don't just say we're going

308

00:11:51,476 --> 00:11:52,976

to have a fire drill in
an elementary school.

309

00:11:52,976 --> 00:11:55,266

We actually have fire drills so
the kids can really practice.

310

00:11:55,266 --> 00:11:56,076

You can really do it.

311

00:11:56,446 --> 00:11:58,336

And we do those kinds
of exercises on board

312

00:11:58,336 --> 00:12:02,016

as well while we're up there to
make those kind of things real

313

00:12:02,016 --> 00:12:03,486

to us in case we
need to do them.

314

00:12:03,686 --> 00:12:03,966
>> Amiko Kauderer: Sure.

315
00:12:04,476 --> 00:12:07,886
Now also, so today the --

316
00:12:07,886 --> 00:12:11,526
Padalka, Revin and
Acaba are going

317
00:12:11,526 --> 00:12:13,076
through some familiarization
task.

318
00:12:13,356 --> 00:12:14,586
So can you explain exactly --

319
00:12:14,586 --> 00:12:15,876
I mean, they're adjusting
to gravity.

320
00:12:15,876 --> 00:12:19,306
What exactly are they doing
to familiarize themselves?

321
00:12:20,186 --> 00:12:21,566
>> Cady Coleman: Well,
my first, you know,

322
00:12:21,566 --> 00:12:24,626
recollection is actually --
Scott Kelly was our, you know,

323
00:12:24,676 --> 00:12:26,136
guy who was already on board

324
00:12:26,136 --> 00:12:29,466
and then together we became the
three US-OS the United States

325

00:12:29,466 --> 00:12:32,316

Operating System, or
segment crew members.

326

00:12:32,716 --> 00:12:36,056

And Scott was just so
excited to show us everything.

327

00:12:36,416 --> 00:12:38,986

He'd go, okay, so when you're
going to do water sampling,

328

00:12:39,256 --> 00:12:41,876

okay, it's going to have, you
know, three pages of directions;

329

00:12:42,146 --> 00:12:43,976

but really the important
things to notice are --

330

00:12:44,026 --> 00:12:45,056

is this thing plugged in

331

00:12:45,396 --> 00:12:47,846

and make sure you see this
before you turn it on.

332

00:12:48,356 --> 00:12:50,786

And you know, but, of course,
I mean, we're going to start

333

00:12:50,826 --> 00:12:52,106

with the real players.

334

00:12:52,546 --> 00:12:55,076

We're going to start
with the bathroom.

335

00:12:55,076 --> 00:12:56,336

So we had a bathroom tour.

336

00:12:56,596 --> 00:12:58,186

I mean, it all works
pretty well.

337

00:12:58,186 --> 00:13:00,806

But again, you know, we've
trained here on the ground.

338

00:13:00,806 --> 00:13:03,416

And this bathroom is an
engineering system, right,

339

00:13:03,916 --> 00:13:05,676

but it just helps to
have somebody show you

340

00:13:05,676 --> 00:13:08,266

in real life this
is how it works.

341

00:13:08,536 --> 00:13:10,186

This is the noises
it makes sometimes.

342

00:13:10,316 --> 00:13:11,396

Don't worry about that noise.

343

00:13:11,776 --> 00:13:12,926

Do worry about this noise.

344

00:13:13,596 --> 00:13:14,886

You know, we're up
there together

345

00:13:14,886 --> 00:13:16,366

and these systems
are really important.

346

00:13:16,456 --> 00:13:18,746

So you know, we're pretty candid about these things.

347

00:13:18,746 --> 00:13:21,266

And you know, Scott would say, listen, if you ever see,

348

00:13:21,446 --> 00:13:22,986

you know, this or this, you know,

349

00:13:23,236 --> 00:13:24,306

I don't care if I'm asleep.

350

00:13:24,306 --> 00:13:26,746

You wake me up and we'll solve that problem together.

351

00:13:26,936 --> 00:13:27,856

We'll talk to the ground.

352

00:13:28,176 --> 00:13:29,186

But don't be shy about it.

353

00:13:29,646 --> 00:13:32,006

So you know, we're establishing those kinds of relationships

354

00:13:32,006 --> 00:13:33,526

in real life and also just a tour.

355

00:13:33,526 --> 00:13:33,856

>> Amiko Kauderer: Sure.

356

00:13:34,216 --> 00:13:36,046

>> Cady Coleman: You know, we're seeing the exercise equipment.

357

00:13:36,046 --> 00:13:36,766

We're seeing the [Inaudible].

358

00:13:36,806 --> 00:13:39,346

We're making sure we
understand how to open

359

00:13:39,346 --> 00:13:41,426

and shut the windows,
how they really feel,

360

00:13:41,426 --> 00:13:43,186

what's all the way closed,
what's all the way open.

361

00:13:43,536 --> 00:13:45,076

A lot of very practical
kinds of things.

362

00:13:45,076 --> 00:13:47,006

>> Amiko Kauderer: Well, I
can imagine even, you know,

363

00:13:47,006 --> 00:13:48,116

the tour is going
to be beneficial,

364

00:13:48,116 --> 00:13:50,596

especially for someone like
you, because you weren't there.

365

00:13:50,596 --> 00:13:53,366

You had been there before and
it looked very, very different

366

00:13:53,866 --> 00:13:55,966

when you came back,
when you returned.

367

00:13:56,196 --> 00:13:58,816

And so there was some new things aboard the Space Station.

368

00:13:58,816 --> 00:14:02,266

Do you want to talk about what was new when you got there?

369

00:14:02,766 --> 00:14:05,136

>> Cady Coleman: Well, for me, it was actually all new,

370

00:14:05,136 --> 00:14:07,336

and that my particular missions that I had been on,

371

00:14:07,666 --> 00:14:08,676

I had never been to the --

372

00:14:08,676 --> 00:14:09,016

>> Amiko Kauderer: That's right.

373

00:14:09,016 --> 00:14:09,083

>> Cady Coleman: --

374

00:14:09,083 --> 00:14:10,026

Space Station [Speaking Simultaneously] laboratory

375

00:14:10,026 --> 00:14:12,546

mission which was literally a mockup of dueling experiments,

376

00:14:12,546 --> 00:14:15,066

and it was our proving ground for a lot of experiments

377

00:14:15,066 --> 00:14:16,236

and how to do experiments --

378

00:14:16,236 --> 00:14:16,416

>> Amiko Kauderer: Right.

379

00:14:16,416 --> 00:14:16,656

>> Cady Coleman: -- up there.

380

00:14:16,656 --> 00:14:18,086

And then we watched
the launch the Chandra.

381

00:14:18,086 --> 00:14:21,166

So I had never been
to the Station before.

382

00:14:21,376 --> 00:14:22,656

So it was all kind of new.

383

00:14:22,656 --> 00:14:25,746

So to me, you know, just
seeing it big and wonderful.

384

00:14:25,746 --> 00:14:27,136

And I tell kids it's
like, you know,

385

00:14:27,216 --> 00:14:30,596

eight school buses all strung
together in a line or, you know,

386

00:14:30,596 --> 00:14:33,376

one big train -- long train
of about eight train cars.

387

00:14:33,406 --> 00:14:35,636

So it's actually pretty big.

388

00:14:36,026 --> 00:14:38,466

But -- so it's -- I never

felt closed in there.

389

00:14:38,776 --> 00:14:42,006

And it was also just nice to
have my own little place there.

390

00:14:42,006 --> 00:14:43,056

I had my own cabin.

391

00:14:43,486 --> 00:14:46,146

And Scott was just really nice.

392

00:14:46,146 --> 00:14:48,496

I mean, it was kind of like
going to visit somebody

393

00:14:48,496 --> 00:14:50,366

and they haven't had
company in a little while

394

00:14:50,366 --> 00:14:52,896

and he's just all excited about
having guests and, you know,

395

00:14:52,896 --> 00:14:55,306

he made sure that our beds
were ready and that every --

396

00:14:55,306 --> 00:14:57,556

you know, all our stuff was
lined up so we could find it.

397

00:14:57,556 --> 00:15:00,286

It was just really nice
of him and pretty cute.

398

00:15:00,446 --> 00:15:01,516

>> Amiko Kauderer: So
let's talk about this.

399

00:15:01,516 --> 00:15:02,336

You were talking about your --

400

00:15:02,336 --> 00:15:04,606

you know, having your beds
ready in your little area.

401

00:15:04,606 --> 00:15:08,316

So I know also today Acaba was
setting up his crew quarters.

402

00:15:08,316 --> 00:15:09,416

Do you want to talk
about the crew quarters,

403

00:15:09,416 --> 00:15:11,026

because you do have
a private space?

404

00:15:11,466 --> 00:15:14,656

Describe for us, if you will,
just a little bit about the size

405

00:15:14,656 --> 00:15:16,916

of that space, what
is in that space,

406

00:15:16,916 --> 00:15:19,046

what you do in that space?

407

00:15:19,596 --> 00:15:21,646

>> Cady Coleman: Different
folks are different.

408

00:15:21,646 --> 00:15:23,336

I think it depends
how big they are.

409

00:15:23,476 --> 00:15:26,086

I can do everything and
anything in my quarters

410
00:15:26,086 --> 00:15:29,036
and even actually turn
upside down, if I'm curled

411
00:15:29,036 --> 00:15:29,746
up into a little ball.

412
00:15:29,836 --> 00:15:31,276
And there's times that
I would actually --

413
00:15:31,276 --> 00:15:32,386
I like to sleep that way.

414
00:15:32,386 --> 00:15:34,716
So we have a sleeping bag that's
kind of hanging on the wall.

415
00:15:34,716 --> 00:15:37,006
It's actually kind of tacked
down in a couple of places.

416
00:15:37,006 --> 00:15:39,626
And sometimes it's nice
not to have it tacked down.

417
00:15:39,626 --> 00:15:43,006
And I would, you know, wake up
and look and see sort of a view

418
00:15:43,006 --> 00:15:44,966
and realize oh, that's the
bottom of the computer.

419
00:15:45,066 --> 00:15:46,276
I must be upside down.

420

00:15:46,746 --> 00:15:48,396

So in there, it's
really our space.

421

00:15:48,396 --> 00:15:50,196

We, in general, have
our own computer

422

00:15:50,196 --> 00:15:51,886

in there so we can do e-mail.

423

00:15:52,396 --> 00:15:54,786

We can actually -- we have
an Internet protocol phone.

424

00:15:54,886 --> 00:15:56,896

I can call my family
every day, which I did,

425

00:15:56,896 --> 00:15:58,476

I think except for
about three days.

426

00:15:59,026 --> 00:16:02,096

And with the door shut,
it's very soundproof.

427

00:16:02,326 --> 00:16:04,556

And for me, as a person,
that was important.

428

00:16:04,836 --> 00:16:07,046

You know, and that you
can have a conversation

429

00:16:07,376 --> 00:16:08,476

with somebody on the ground.

430

00:16:08,576 --> 00:16:11,586

You can do a little venting,
which I think is pretty healthy,

431

00:16:11,586 --> 00:16:14,496

and just, you know, have a
conversation that is private

432

00:16:14,586 --> 00:16:17,506

and personal, as private and
personal as any cell phone call,

433

00:16:17,506 --> 00:16:18,446

even down here on the earth.

434

00:16:18,446 --> 00:16:18,536

>> Amiko Kauderer: Sure.

435

00:16:18,536 --> 00:16:21,206

And I can imagine that personal
private space is very important

436

00:16:21,206 --> 00:16:23,476

to have, you know, while
you're up there, just as it is

437

00:16:23,476 --> 00:16:24,856

for anyone here on earth.

438

00:16:24,856 --> 00:16:25,946

We all need our space.

439

00:16:25,946 --> 00:16:28,326

So it was very nice to know
that you guys have that area,

440

00:16:28,776 --> 00:16:30,026

you know, aboard
the Space Station.

441

00:16:30,216 --> 00:16:34,406
So you also, I understand, are
able to set up a laptop computer

442
00:16:34,406 --> 00:16:36,566
and that sort of thing
as well, you know,

443
00:16:36,566 --> 00:16:38,166
in that crew quarters
so you can --

444
00:16:38,306 --> 00:16:38,546
>> Cady Coleman: Right.

445
00:16:38,546 --> 00:16:41,126
And probably when Joe arrives,
they'll arrive today, you know,

446
00:16:41,126 --> 00:16:43,826
probably his computer is
actually already all set there

447
00:16:43,826 --> 00:16:46,156
and they already know it's
going to be Joe's computer.

448
00:16:46,156 --> 00:16:49,356
And there will be a whole
series of ways to attach stuff

449
00:16:49,826 --> 00:16:51,016
to the walls of the
crew quarters,

450
00:16:51,016 --> 00:16:52,846
because that's the
secret to being up there,

451
00:16:52,846 --> 00:16:55,076

is that everything is
going to float around.

452

00:16:55,476 --> 00:16:58,306
And so we will maybe make like
sort of a little latticework

453

00:16:58,306 --> 00:17:00,706
of bungee cords that you
can tuck things under,

454

00:17:01,176 --> 00:17:02,166
which is a little dangerous,

455

00:17:02,166 --> 00:17:03,666
because when you pull
something out, you know,

456

00:17:03,666 --> 00:17:04,996
the rest of the bungee
cord moves

457

00:17:04,996 --> 00:17:06,166
and something else
will float out.

458

00:17:06,736 --> 00:17:10,346
But then we also have Velcro,
little Velcro patches, you know,

459

00:17:10,346 --> 00:17:12,856
on the sides of the walls,
so we can attach little --

460

00:17:12,856 --> 00:17:14,706
I have like a little bag
that would have, you know,

461

00:17:14,706 --> 00:17:16,136
maybe my toiletries in there.

462

00:17:16,466 --> 00:17:19,056

You know, just little --
or, you know, notebooks.

463

00:17:19,056 --> 00:17:20,486

My notebook could
stick to the wall.

464

00:17:20,776 --> 00:17:23,926

Try to put everything in
the same place all the time

465

00:17:24,116 --> 00:17:25,666

so that you can always find it.

466

00:17:25,666 --> 00:17:27,716

And so Joe is making
that place, you know,

467

00:17:27,716 --> 00:17:29,906

just good for his stuff
and deciding, well,

468

00:17:29,906 --> 00:17:31,116

what things does he want to keep

469

00:17:31,116 --> 00:17:32,596

out towards the bathroom
compartment

470

00:17:32,966 --> 00:17:35,246

and what things does he want
to keep there in his cabin.

471

00:17:35,546 --> 00:17:36,956

I usually would keep,
you know, a few --

472

00:17:37,186 --> 00:17:38,946
like a change of
clothes in my cabin,

473
00:17:39,366 --> 00:17:40,566
my gym clothes, things
like that.

474
00:17:40,626 --> 00:17:42,816
But then you know, the
majority of my clothes,

475
00:17:42,816 --> 00:17:45,296
which are not too many,
would be out in another place

476
00:17:45,296 --> 00:17:46,866
in the Station just -- and then

477
00:17:46,866 --> 00:17:48,606
when I needed a new
shirt, I go find one.

478
00:17:48,606 --> 00:17:50,346
But I didn't want to keep
a lot of stuff in my cabin

479
00:17:50,346 --> 00:17:51,166
or else it's just a mess.

480
00:17:51,786 --> 00:17:51,976
>> Amiko Kauderer: Sure.

481
00:17:52,716 --> 00:17:54,666
And so you mentioned
not too many.

482
00:17:54,666 --> 00:17:58,066
And so how often did you
get to change your clothes?

483

00:17:58,066 --> 00:18:01,416

Or how long did you wear, say
-- let's just say a shirt?

484

00:18:01,416 --> 00:18:02,596

How long would you wear a shirt?

485

00:18:04,096 --> 00:18:05,256

>> Cady Coleman: It depends.

486

00:18:05,656 --> 00:18:07,916

I mean, I like to wear
different stuff different days.

487

00:18:07,986 --> 00:18:11,686

So we had, I think, 12
shirts for six months.

488

00:18:12,316 --> 00:18:14,846

And so I would actually
get a few of them out

489

00:18:15,326 --> 00:18:16,576

and wear a couple of them.

490

00:18:16,576 --> 00:18:18,356

So basically, I'd have sort of
like, you know, three shirts

491

00:18:18,356 --> 00:18:20,506

that were -- you could think of
them as either clean or dirty

492

00:18:20,826 --> 00:18:22,776

and wear those until you
basically spilled something

493

00:18:22,776 --> 00:18:24,576

on them, which isn't going
to happen, like, this way.

494

00:18:24,576 --> 00:18:25,846

It's going to happen
when something just --

495

00:18:25,846 --> 00:18:29,026

from somebody, even yourself,
just sort of squirts towards you

496

00:18:29,026 --> 00:18:30,506

and suddenly your
shirt's got spots on it,

497

00:18:30,506 --> 00:18:31,896

and it's just not as nice.

498

00:18:32,056 --> 00:18:35,306

So we usually have about
one pair of pants a month.

499

00:18:35,366 --> 00:18:38,676

It sounds terrible,
like, it's not very much

500

00:18:38,676 --> 00:18:41,076

and that we would all be
smelly but we weren't.

501

00:18:41,546 --> 00:18:44,376

I mean, it's just -- somehow
you don't get dirty up there.

502

00:18:44,376 --> 00:18:46,196

Although, we do a
lot of exercise

503

00:18:46,196 --> 00:18:49,006

and we have separate gym

clothes and we do change those,

504

00:18:49,236 --> 00:18:50,016

you know, all the time.

505

00:18:50,016 --> 00:18:52,166

In fact, I was the
exercise clothes police.

506

00:18:52,166 --> 00:18:54,776

I would go boys, its
new gym clothes day.

507

00:18:55,016 --> 00:18:56,336

It's time [Laughter].

508

00:18:56,956 --> 00:18:57,506

>> Amiko Kauderer: That's great.

509

00:18:57,896 --> 00:19:00,626

Well, so let's just
real quick, you know --

510

00:19:00,776 --> 00:19:03,446

you asked, and so I promised
that I would ask questions.

511

00:19:03,446 --> 00:19:05,696

So we're going to go,
and we had pulled Twitter

512

00:19:05,696 --> 00:19:06,566

for a few questions.

513

00:19:06,566 --> 00:19:08,216

And so I'm going to
go ahead and ask one

514

00:19:08,216 --> 00:19:09,446

of those questions for them.

515

00:19:09,446 --> 00:19:13,286

First, the first question
comes from Tyler Russell.

516

00:19:13,996 --> 00:19:15,856

What's your favorite
space smell?

517

00:19:18,226 --> 00:19:19,996

>> Cady Coleman: I like
just kind of comfort food.

518

00:19:19,996 --> 00:19:23,166

I like things, like beef stew
and macaroni and cheese and,

519

00:19:23,876 --> 00:19:27,516

you know, broccoli,
stuff like that.

520

00:19:27,516 --> 00:19:28,456

>> Amiko Kauderer:

521

00:19:28,456 --> 00:19:30,446

Now I understand there
is a favorite dessert.

522

00:19:30,556 --> 00:19:31,946

Do you want to talk
about that one?

523

00:19:32,316 --> 00:19:34,166

I hear it from many
of the astronauts,

524

00:19:34,286 --> 00:19:35,726

the cherry blueberry cobbler.

525

00:19:36,796 --> 00:19:38,746

>> Cady Coleman: Ah,
you know, I did actually

526

00:19:38,746 --> 00:19:40,456

like the cobblers quite a bit.

527

00:19:40,456 --> 00:19:43,666

Although, a lot of our stuff
has sort of a preservative kind

528

00:19:43,666 --> 00:19:47,126

of taste in it; so it will last
forever and ever and not be bad.

529

00:19:47,486 --> 00:19:49,136

And after a little
while, I have to say

530

00:19:49,136 --> 00:19:51,496

that I got a little
tired of that taste.

531

00:19:51,676 --> 00:19:53,496

>> Amiko Kauderer:
I can imagine.

532

00:19:53,496 --> 00:19:55,576

So let's go with
the second question.

533

00:19:55,766 --> 00:19:57,906

This one comes from
Herbert Gardener.

534

00:19:58,606 --> 00:20:01,686

What is the best
or the worst part

535

00:20:01,686 --> 00:20:05,136
of your week aboard the ISS?

536

00:20:06,786 --> 00:20:08,176
>> Cady Coleman: Well, the
best is every single morning,

537

00:20:08,836 --> 00:20:10,126
you know, waking up.

538

00:20:10,516 --> 00:20:12,596
Our crew was kind of
a late-night crew.

539

00:20:12,596 --> 00:20:16,826
So we'd stay up late and then
-- stay up late and then get up,

540

00:20:16,936 --> 00:20:18,316
you know, right before
the day started.

541

00:20:18,316 --> 00:20:19,436
So I would, you know,

542

00:20:19,566 --> 00:20:21,886
set my alarm just a few
minutes before our first daily

543

00:20:21,886 --> 00:20:24,776
conference, and I [Inaudible]
read all the messages and things

544

00:20:24,776 --> 00:20:26,836
like that the night
before so I'd be ready.

545

00:20:26,836 --> 00:20:30,836
So I would just, like, wake
up, fly down the lab, you know,

546

00:20:30,836 --> 00:20:33,416
go brush my teeth and
everything and, you know,

547

00:20:33,416 --> 00:20:36,296
my commute was five minutes
and, really, only 30 seconds.

548

00:20:36,296 --> 00:20:38,306
So I just loved waking up
every morning, just going,

549

00:20:38,306 --> 00:20:41,686
I am going to work and I
am flying through the lab.

550

00:20:41,736 --> 00:20:43,536
So I really liked that part.

551

00:20:44,136 --> 00:20:47,276
The worst part is just that
there's so much good work to do

552

00:20:47,276 --> 00:20:50,386
and it takes a frustratingly
long time to do that work,

553

00:20:50,386 --> 00:20:52,236
especially because
everything is flying around

554

00:20:52,236 --> 00:20:53,626
and you can lose things.

555

00:20:53,626 --> 00:20:55,986
You have to be so
careful not to lose things

556

00:20:56,516 --> 00:20:58,166
and not losing things
is stressful.

557
00:20:58,286 --> 00:21:00,866
I find it stressful
down here on the earth

558
00:21:00,866 --> 00:21:01,996
and especially so up there.

559
00:21:02,176 --> 00:21:04,756
And just even -- there's just
so much good science work to do,

560
00:21:04,756 --> 00:21:06,016
that, if you could
just do it faster,

561
00:21:06,416 --> 00:21:07,796
we'd be discovering more things.

562
00:21:07,796 --> 00:21:10,646
And so I just felt
pressured to be working a lot.

563
00:21:11,146 --> 00:21:11,406
>> Amiko Kauderer: Sure.

564
00:21:11,996 --> 00:21:16,936
So we talked about work, and
you guys do have that red line

565
00:21:16,936 --> 00:21:19,306
that goes across the timeline
and you're constantly scheduled

566
00:21:19,306 --> 00:21:20,466
for every little
thing, but let's talk

567

00:21:20,466 --> 00:21:22,236

about playtime or
your spare time.

568

00:21:22,636 --> 00:21:26,066

And now I know one of the things
that you are famous for --

569

00:21:26,746 --> 00:21:27,896

you are famous for this --

570

00:21:27,986 --> 00:21:29,936

was your flute playing
there in space.

571

00:21:30,626 --> 00:21:33,096

And you actually -- and I'll
go ahead and pick this up --

572

00:21:33,096 --> 00:21:34,926

you actually brought one
of your flutes with you.

573

00:21:35,366 --> 00:21:37,926

So talk to us a little about
-- you know, I understand,

574

00:21:37,926 --> 00:21:39,786

I think you would spend
time in the Cupola.

575

00:21:40,216 --> 00:21:43,936

And just explain where that is
and what you would do, you know,

576

00:21:43,936 --> 00:21:45,016

during your spare time.

577

00:21:45,606 --> 00:21:48,046
>> Cady Coleman: Well, this
is my actual flute that went

578
00:21:48,046 --> 00:21:50,366
to space, at least most of it.

579
00:21:50,366 --> 00:21:51,646
The top part is actually --

580
00:21:51,646 --> 00:21:54,216
I took the top part,
the mouthpiece.

581
00:21:54,216 --> 00:21:55,836
It's sort of generic
for any flute.

582
00:21:56,276 --> 00:21:58,376
And I took one that belonged
to the flute company.

583
00:21:58,806 --> 00:22:01,496
And they have it in a flute
mobile where, basically,

584
00:22:01,546 --> 00:22:04,086
beginning flute students
around the country get to put

585
00:22:04,156 --> 00:22:07,216
that mouthpiece, that flute,
which has been, I think,

586
00:22:07,216 --> 00:22:11,076
I don't know, 50-60 million
miles in there flute,

587
00:22:11,076 --> 00:22:13,356
and they get to play part of

the flute that went to space.

588

00:22:13,496 --> 00:22:15,106

But the rest of it is mine.

589

00:22:15,656 --> 00:22:17,956

And I played in the Cupola,
which is right in the middle

590

00:22:17,956 --> 00:22:20,556

of the Space Station,
for a couple reasons.

591

00:22:20,596 --> 00:22:23,626

First of all, the windows,
the view, getting to look

592

00:22:23,626 --> 00:22:26,346

out at the same time
that I'm playing music.

593

00:22:26,346 --> 00:22:28,526

And I generally don't
really play alone

594

00:22:28,526 --> 00:22:29,606

down here on the earth.

595

00:22:29,606 --> 00:22:30,716

I play with people.

596

00:22:31,196 --> 00:22:33,856

So I brought music, some of
my favorite folks to play

597

00:22:33,856 --> 00:22:36,196

with down here, which actually
include other astronauts,

598

00:22:36,196 --> 00:22:38,636

that just -- Dan
Burbank just landed.

599

00:22:38,846 --> 00:22:41,816

Chris Hadfield is about to be
up on the Station next December.

600

00:22:42,406 --> 00:22:43,696

Micki Pettit is our singer.

601

00:22:43,696 --> 00:22:46,146

And her husband, Don, is up on
the Space Station right now.

602

00:22:46,146 --> 00:22:48,576

And Steve Robinson
was on the mission

603

00:22:48,576 --> 00:22:49,886

that actually installed
the Cupola.

604

00:22:49,886 --> 00:22:52,776

So when I'm up there
playing and I'm listening

605

00:22:52,876 --> 00:22:56,226

to our band rehearse and
playing along, you know,

606

00:22:56,226 --> 00:22:57,426

they're up there with me.

607

00:22:57,836 --> 00:23:00,536

There's also a place that was
good to play because it was

608

00:23:00,536 --> 00:23:02,616

in the middle of the Station and

everybody sleeps at either end

609

00:23:02,616 --> 00:23:05,586

of the station; so I knew
I wouldn't wake anybody up.

610

00:23:05,976 --> 00:23:06,516

>> Amiko Kauderer: That's great.

611

00:23:06,516 --> 00:23:07,156

That must be nice.

612

00:23:07,156 --> 00:23:09,316

So tell me real quick
just a few things.

613

00:23:09,436 --> 00:23:10,726

I mean, aside from
flute playing,

614

00:23:10,726 --> 00:23:11,866

what other things did you do?

615

00:23:11,966 --> 00:23:13,596

I actually saw a
question on Twitter.

616

00:23:13,596 --> 00:23:15,216

I didn't bring that one here.

617

00:23:15,216 --> 00:23:16,256

I'll just throw it out there.

618

00:23:16,256 --> 00:23:21,036

But the question was
can you play tag on it?

619

00:23:21,036 --> 00:23:22,826

So I guess what they're

asking -- the question is,

620

00:23:22,826 --> 00:23:26,016

is really about your free
time and how you interact

621

00:23:26,016 --> 00:23:28,406

with the others,
you know, as well.

622

00:23:28,726 --> 00:23:30,106

So explain some of that stuff.

623

00:23:30,106 --> 00:23:32,776

I mean, maybe watching
television or, you know,

624

00:23:32,776 --> 00:23:34,056

dinnertime or anything
like that.

625

00:23:35,246 --> 00:23:36,266

>> Cady Coleman: You know,

626

00:23:36,266 --> 00:23:37,546

different crews are
going to be different.

627

00:23:37,546 --> 00:23:40,786

And I'm convinced that we will
have new microgravity games,

628

00:23:41,316 --> 00:23:42,336

you know, that are
just -- could be --

629

00:23:42,336 --> 00:23:44,376

or invented, because
we're up there.

630

00:23:44,766 --> 00:23:46,146

You know, we would
do things like --

631

00:23:46,146 --> 00:23:47,326

it's not about floating around.

632

00:23:47,326 --> 00:23:48,276

It's about flying.

633

00:23:48,276 --> 00:23:51,116

So we'd have little contests to
see who could go the furthest

634

00:23:51,116 --> 00:23:53,266

through the Station without
running into anything,

635

00:23:53,266 --> 00:23:55,046

in other words, have
really good aim to be able

636

00:23:55,046 --> 00:23:58,076

to launch yourself, and
that was pretty fun.

637

00:23:58,076 --> 00:24:00,996

You know, sitting around,
we would actually do that,

638

00:24:00,996 --> 00:24:02,536

even though we sort of
float around together.

639

00:24:02,536 --> 00:24:06,146

But it would get to be Friday
evening and you're really tired

640

00:24:06,146 --> 00:24:07,836

and kind of done thinking

641

00:24:07,836 --> 00:24:10,256
and you've really been working
really hard all week and,

642

00:24:10,256 --> 00:24:11,796
in general, we would
kind of sit around

643

00:24:11,796 --> 00:24:13,956
and watch a movie
together or something

644

00:24:13,956 --> 00:24:15,986
that our crew liked
to do together.

645

00:24:16,236 --> 00:24:18,496
And then on Saturdays, we'd
each kind of do our own thing,

646

00:24:18,556 --> 00:24:20,406
work our exercise in
when we wanted to.

647

00:24:20,406 --> 00:24:23,676
A lot of corresponding with
friends and family and trying

648

00:24:23,676 --> 00:24:25,286
to find ways to share.

649

00:24:25,926 --> 00:24:29,416
And I'd say that you can never,
you know, do that quite enough.

650

00:24:29,506 --> 00:24:32,106
But it's never ever
boring up there.

651

00:24:32,246 --> 00:24:32,396

>> Amiko Kauderer: No.

652

00:24:32,546 --> 00:24:35,376

You know, and honestly, I've followed your mission and,

653

00:24:36,156 --> 00:24:39,126

you know, you did a lot of things, those extra things

654

00:24:39,126 --> 00:24:40,536

and trying to share that story.

655

00:24:40,536 --> 00:24:45,086

Because I think that even with the stuff that you did and sent

656

00:24:45,086 --> 00:24:46,686

down to us and let us know, you know,

657

00:24:46,686 --> 00:24:50,006

this is what you guys are doing up there, and like you said,

658

00:24:50,006 --> 00:24:51,316

it's never -- it never gets boring.

659

00:24:51,316 --> 00:24:53,666

There's just never -- I mean, there's never too much

660

00:24:53,666 --> 00:24:54,926

that you can share with us because there are

661

00:24:54,926 --> 00:24:57,826
so many things that, even from
my point view of being here,

662

00:24:58,236 --> 00:25:02,116
there is always something that
I learn everyday about what it's

663

00:25:02,116 --> 00:25:03,456
like on the Space Station and.

664

00:25:03,756 --> 00:25:06,406
you know, what not working and
living and that sort of thing.

665

00:25:06,596 --> 00:25:08,566
You know, I'm always surprised
because I'm thinking, wow,

666

00:25:08,566 --> 00:25:11,016
there's -- you know, I just --
it just -- it doesn't get old,

667

00:25:11,216 --> 00:25:12,916
even from my standpoint.

668

00:25:12,916 --> 00:25:14,336
So I can't even imagine
being up there

669

00:25:14,336 --> 00:25:15,566
that it would get old for you.

670

00:25:16,316 --> 00:25:20,476
I'm going to go ahead and
ask another Twitter question.

671

00:25:20,476 --> 00:25:21,936
So this third Twitter
question comes

672

00:25:21,936 --> 00:25:23,316

from Dart [Phonetic]

Ganguar [Phonetic].

673

00:25:23,746 --> 00:25:28,616

What one thing do you miss from

Earth while living in space?

674

00:25:29,126 --> 00:25:31,466

>> Cady Coleman:

I missed family.

675

00:25:31,806 --> 00:25:34,936

You know, we -- I got to

talk to them every day.

676

00:25:34,936 --> 00:25:36,556

Every week we would

have a video conference

677

00:25:36,616 --> 00:25:38,766

and we would even

just do things,

678

00:25:38,806 --> 00:25:39,806

my son and I, like, read.

679

00:25:39,806 --> 00:25:40,996

You know, I would read.

680

00:25:40,996 --> 00:25:44,146

I had some books electronically,

which was really,

681

00:25:44,146 --> 00:25:49,056

really nice up there, and I

would actually read to him,

682

00:25:49,176 --> 00:25:50,696
not everyday but many days.

683
00:25:51,176 --> 00:25:53,086
In some ways, it
kind of gave us this,

684
00:25:53,086 --> 00:25:55,946
sort of little emotional
space to be together, because,

685
00:25:55,946 --> 00:25:57,586
you know, I don't
know, you can only talk

686
00:25:57,586 --> 00:25:59,716
to your mom everyday
for so many days.

687
00:25:59,716 --> 00:26:00,966
Like, hi, how was your day?

688
00:26:00,966 --> 00:26:01,986
Oh, my day was fine.

689
00:26:02,366 --> 00:26:04,336
You know, even though
I'm doing cool things

690
00:26:04,336 --> 00:26:05,286
and he's doing cool things,

691
00:26:05,746 --> 00:26:08,206
it's just not what an
11-year-old wants to do.

692
00:26:08,306 --> 00:26:11,326
So by just reading together, we
just kind of give ourself a way

693

00:26:11,326 --> 00:26:12,596

to sort of be together.

694

00:26:12,596 --> 00:26:13,776

So I would do some of that.

695

00:26:13,776 --> 00:26:14,626

>> Amiko Kauderer:

well, that sounds great.

696

00:26:14,756 --> 00:26:19,636

So let's go ahead and ask the
last question from Twitter,

697

00:26:19,636 --> 00:26:22,356

and then we're going to be close
to wrap up time here on the --

698

00:26:22,356 --> 00:26:23,786

today's ISS update hour.

699

00:26:24,186 --> 00:26:25,596

This question comes from
Tara [Assumed Spelling].

700

00:26:26,156 --> 00:26:30,836

Was it difficult to adjust
to micro-G and back to 1G?

701

00:26:30,906 --> 00:26:31,586

Which was harder?

702

00:26:32,596 --> 00:26:34,446

>> Cady Coleman: Well,
it's funny you should ask,

703

00:26:34,446 --> 00:26:37,846

because I have this image
now that Joe and Gennady

704

00:26:37,846 --> 00:26:40,816
and Sergei are up there,
that, at least for us,

705

00:26:40,816 --> 00:26:43,986
when we were new, okay, you get
up there and you're so excited

706

00:26:43,986 --> 00:26:46,336
to be floating around but you're
a little bit clumsy because,

707

00:26:46,336 --> 00:26:48,896
you know, every little
movement sends you sailing.

708

00:26:49,356 --> 00:26:52,246
And I have this image in
my mind of, you know --

709

00:26:52,246 --> 00:26:55,466
Scott was the guy who was
already aboard, and Paulo

710

00:26:55,466 --> 00:26:57,776
and I would, you know, want to
come over and ask him something

711

00:26:57,776 --> 00:26:59,296
and so we would, you
know, race over there.

712

00:26:59,296 --> 00:27:02,986
And it's kind of like having a
new puppy, you know, that just,

713

00:27:02,986 --> 00:27:04,736
like, crashes through
the entire house

714

00:27:04,736 --> 00:27:06,016
and things are falling
off the walls

715

00:27:06,016 --> 00:27:08,036
and Scott is catching things and
putting things back on the walls

716

00:27:08,036 --> 00:27:09,636
and then we land at his
feet and look up at him,

717

00:27:09,636 --> 00:27:12,806
like, isn't this great.

718

00:27:12,806 --> 00:27:14,376
And he's thinking, yeah, great,

719

00:27:14,376 --> 00:27:15,676
except I'm picking
up after you guys.

720

00:27:15,736 --> 00:27:16,636
>> Amiko Kauderer:
Here comes Cady.

721

00:27:16,636 --> 00:27:17,376
>> Cady Coleman: You
know, well, I know,

722

00:27:17,376 --> 00:27:18,726
but it happens to everybody.

723

00:27:18,726 --> 00:27:21,386
There's a certain amount of
time it takes to get used

724

00:27:21,386 --> 00:27:22,286

to flying around up there.

725

00:27:22,646 --> 00:27:22,816

>> Amiko Kauderer: Sure.

726

00:27:22,816 --> 00:27:23,076

Yeah.

727

00:27:23,076 --> 00:27:24,226

>> Cady Coleman: And so Joe

728

00:27:24,226 --> 00:27:25,926

and his crew mates,
probably not Gennady.

729

00:27:25,926 --> 00:27:28,166

Gennady will just
remember how to just --

730

00:27:28,166 --> 00:27:28,236

>> Amiko Kauderer: Yeah.

731

00:27:28,236 --> 00:27:28,556

>> Cady Coleman:
-- sail through.

732

00:27:28,556 --> 00:27:30,126

>> Amiko Kauderer: This is
his fourth time to be there.

733

00:27:30,196 --> 00:27:30,496

>> Cady Coleman: Yes.

734

00:27:30,496 --> 00:27:31,436

There is a certain memory.

735

00:27:31,436 --> 00:27:33,146

And that counts for
coming home too.

736

00:27:33,146 --> 00:27:35,416

I'd say it's harder to
get used to coming home

737

00:27:35,996 --> 00:27:38,246

because you're just used
to really gentle movements

738

00:27:38,306 --> 00:27:40,516

up in space, and then
even walking is a pretty

739

00:27:41,016 --> 00:27:42,066

provocative movement.

740

00:27:42,066 --> 00:27:43,316

A lot of us are sick.

741

00:27:43,316 --> 00:27:44,706

I'll tell you, I was
sick when I got home.

742

00:27:44,986 --> 00:27:47,026

But there's medicine
that can help with that.

743

00:27:47,026 --> 00:27:49,606

I mean, right away, you
know, within a couple hours,

744

00:27:49,666 --> 00:27:50,816

you know, I felt just fine.

745

00:27:51,126 --> 00:27:53,406

But sure, it takes a while
to walk a straight line.

746

00:27:53,406 --> 00:27:55,236

And as we're walking a straight
line with your eyes closed,

747

00:27:55,296 --> 00:27:56,446
that takes quite a few days.

748

00:27:56,666 --> 00:27:56,856
>> Amiko Kauderer: Wow.

749

00:27:57,336 --> 00:27:57,766
Well great.

750

00:27:57,766 --> 00:27:58,616
Thank you so much for that.

751

00:27:58,616 --> 00:28:00,226
So we have time for
one more question

752

00:28:00,226 --> 00:28:01,776
and then this is
just my question.

753

00:28:01,776 --> 00:28:04,726
You were the robotics
lead and science officer

754

00:28:04,726 --> 00:28:06,236
when you were aboard
the Space Station.

755

00:28:06,546 --> 00:28:09,586
And I know you had many,
many different vehicles.

756

00:28:09,586 --> 00:28:10,676
There were two space shuttles,

757

00:28:11,026 --> 00:28:15,926

the three Russian progress
supply ships, the ATV-2,

758

00:28:15,926 --> 00:28:17,536

that's the automated
transfer vehicle.

759

00:28:17,536 --> 00:28:19,046

Now it's automated;
so you didn't have

760

00:28:19,046 --> 00:28:19,926

to worry about that docking.

761

00:28:19,926 --> 00:28:21,756

But then there was the
Japanese Conatori [Phonetic]

762

00:28:22,346 --> 00:28:24,976

and you actually had
to use the robotics --

763

00:28:25,076 --> 00:28:27,596

the robotic arm to
capture and pull that in.

764

00:28:27,596 --> 00:28:29,056

And the reason I want
to ask about this is

765

00:28:29,056 --> 00:28:31,186

because there's some
similarity with it

766

00:28:31,186 --> 00:28:33,856

and the upcoming SpaceX Dragon.

767

00:28:33,966 --> 00:28:38,296

That SpaceX Dragon is scheduled
to launch on Saturday --

768

00:28:38,776 --> 00:28:42,016
and morning, at 3:55 in
the morning Central time.

769

00:28:42,016 --> 00:28:45,106
And so can you just tell me real
quick what that experience was

770

00:28:45,106 --> 00:28:46,336
like using the robotic arm?

771

00:28:47,546 --> 00:28:49,186
>> Cady Coleman: That
was one of the highlights

772

00:28:49,186 --> 00:28:50,556
of the entire mission.

773

00:28:50,556 --> 00:28:53,156
In fact, I've been, you
know, coaching or sharing

774

00:28:53,156 --> 00:28:54,856
with the guys, who were
on board right now,

775

00:28:54,856 --> 00:28:56,556
about what it was really
like because there's things

776

00:28:56,556 --> 00:28:59,596
that just can't simulate,
and just having

777

00:28:59,596 --> 00:29:01,906
that big supply ship -- I mean,
it's the size of a school bus,

778

00:29:02,286 --> 00:29:04,716
and then Dragon is just a
little bit smaller than that.

779
00:29:05,216 --> 00:29:06,246
But you know, it comes up,

780
00:29:06,246 --> 00:29:08,806
and you see it's just a little
speck coming closer and closer

781
00:29:08,806 --> 00:29:10,326
and closer and then
it gets really big --

782
00:29:10,326 --> 00:29:13,286
and it's like having that big
giant bus drive right next

783
00:29:13,286 --> 00:29:14,506
to you -- and then
using the controls

784
00:29:14,506 --> 00:29:16,386
of the robotic arm,
Paulo and I together.

785
00:29:16,696 --> 00:29:19,096
You know, he's calling distances
and I'm controlling the arm

786
00:29:19,096 --> 00:29:23,056
and you reach out and grab
that thing and, you know,

787
00:29:23,056 --> 00:29:25,126
my heart was just
pounding afterwards.

788
00:29:25,186 --> 00:29:26,826

It was just so exciting.

789

00:29:26,826 --> 00:29:28,576

But you know, it's something we practiced and we practiced what

790

00:29:28,576 --> 00:29:29,866

if this happens,
what if this happens.

791

00:29:30,336 --> 00:29:33,656

And Don and Joe and
Andre have practiced

792

00:29:33,656 --> 00:29:35,726

that as well, and
they'll be great.

793

00:29:35,816 --> 00:29:37,726

But it's just kind of
nice to share a little bit

794

00:29:37,726 --> 00:29:40,386

about what it's like with them,
even in terms of how we set

795

00:29:40,386 --> 00:29:43,636

up the cockpit, you know, how
you can see bright outside

796

00:29:43,636 --> 00:29:46,316

and it's dark inside and
where to put your procedures

797

00:29:46,316 --> 00:29:48,766

and how big it's
really going to look.

798

00:29:48,766 --> 00:29:49,806

It's going to be so much fun.

799

00:29:49,806 --> 00:29:51,656

>> Amiko Kauderer: And
where, from in the Station,

800

00:29:51,656 --> 00:29:54,136

are you working when you're
doing the robotic arm?

801

00:29:54,656 --> 00:29:56,126

>> Cady Coleman: So we're in
the best place of the Station.

802

00:29:56,126 --> 00:29:58,726

We're in the Cupola doing that.

803

00:29:58,966 --> 00:30:02,756

And Nicole Stott did
the first one, HTV-1.

804

00:30:02,836 --> 00:30:03,836

I did the second one.

805

00:30:04,226 --> 00:30:07,736

And we think as long as Dragon
is on time, that Don and Andre

806

00:30:07,736 --> 00:30:09,086

and Joe will do the third one.

807

00:30:09,116 --> 00:30:12,816

But if it's late, Sunita
Williams will be up there.

808

00:30:13,456 --> 00:30:15,676

She'll do the grabbing
and we'll --

809

00:30:15,676 --> 00:30:18,476

there begins to be a
trend; Nicole, Cady, Sunita.

810
00:30:18,776 --> 00:30:19,826
We might begin to suspect

811
00:30:19,996 --> 00:30:22,286
that only girls can
grab supply ships --

812
00:30:22,346 --> 00:30:22,726
>> Amiko Kauderer:
Hey, there you go.

813
00:30:22,726 --> 00:30:23,386
>> Cady Coleman: --
with robotic arms.

814
00:30:23,386 --> 00:30:24,686
>> Amiko Kauderer:
Hey, you heard it here.

815
00:30:24,686 --> 00:30:25,736
Thanks so much, again.

816
00:30:25,736 --> 00:30:28,246
That SpaceX Dragon launch
is scheduled to take place

817
00:30:28,246 --> 00:30:30,886
on Saturday at 2:55
AM Central time

818
00:30:30,886 --> 00:30:32,426
from the Kennedy Space Center.

819
00:30:32,426 --> 00:30:34,166
We'll have live coverage
for you here

820

00:30:34,166 --> 00:30:37,476
on NASA television beginning
at 2:30 AM Central time.

821

00:30:37,476 --> 00:30:41,476
Cady, thank you so much for
coming out to talk with us.

822

00:30:41,476 --> 00:30:42,786
We'll be back here tomorrow

823

00:30:42,786 --> 00:30:45,146
for ISS update during
the regular time,

824

00:30:45,146 --> 00:30:46,366
10 AM Central time.

825

00:30:46,696 --> 00:30:50,786
Up next on NASA TV, our video
file, at 11 AM Central time.