
VOICE OF
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JOHNSON SPACE CENTER, HOUSTON, TX

1
00:00:03,566 --> 00:00:05,606
Good morning, this is
Mission Control, Houston.

2
00:00:07,166 --> 00:00:09,346
Welcome and thank you for
joining us for today's edition

3
00:00:09,346 --> 00:00:11,816
of ISS Update this
Wednesday, Aug.

4
00:00:12,406 --> 00:00:12,506
8.

5
00:00:16,306 --> 00:00:19,526
We're coming to you live inside
the International Space Station

6
00:00:19,526 --> 00:00:22,796
flight control room where the
team here has been monitoring

7
00:00:22,846 --> 00:00:24,076
the systems aboard the station

8
00:00:24,076 --> 00:00:25,486
and supporting the
day's activities

9
00:00:25,486 --> 00:00:27,526
of the Expedition
32 crew members.

10
00:00:28,636 --> 00:00:30,516
Leading the Orbit Two team here

11
00:00:30,516 --> 00:00:34,016
in the station flight control

room today is Flight Director

12
00:00:34,016 --> 00:00:34,886
Greg Whitney.

13
00:00:35,416 --> 00:00:37,476
Whitney is in the
certification flow

14
00:00:37,476 --> 00:00:40,046
after recently being
named flight director.

15
00:00:40,046 --> 00:00:42,256
He has supported space
station activities

16
00:00:42,256 --> 00:00:44,586
as an operations planner
and space shuttle missions

17
00:00:44,586 --> 00:00:46,066
as a flight activities officer

18
00:00:46,426 --> 00:00:49,156
and supported 14 space
station expeditions

19
00:00:49,156 --> 00:00:50,596
and 12 space shuttle missions.

20
00:00:51,126 --> 00:00:54,006
Next to him serving as
Capcom today is Anna Fisher.

21
00:00:54,306 --> 00:00:56,876
She's relaying all ground
messages up to the crew.

22

00:01:02,066 --> 00:01:04,796
The six members aboard the
station include Russian

23
00:01:04,796 --> 00:01:07,286
cosmonaut and commander of
the complex Gennady Padalka

24
00:01:07,556 --> 00:01:10,626
and flight engineers
cosmonaut Sergei Revin,

25
00:01:10,816 --> 00:01:14,306
NASA astronaut Joe Acaba,
cosmonaut Yuri Malenchenko,

26
00:01:14,706 --> 00:01:18,386
NASA astronaut Suni Williams and
Japanese astronaut Aki Hoshide.

27
00:01:19,836 --> 00:01:21,936
Malenchenko, Williams
and Hoshide arrived

28
00:01:21,936 --> 00:01:23,946
at the International
Space Station aboard their

29
00:01:23,946 --> 00:01:25,746
Soyuz TMA-05M.

30
00:01:26,106 --> 00:01:30,756
They docked to the
Rassvet module on July 16,

31
00:01:30,966 --> 00:01:34,036
and they are now in the middle
of their fourth week in space.

32
00:01:35,476 --> 00:01:38,206

Meanwhile, Padalka,
Revin and Acaba launched

33
00:01:38,206 --> 00:01:42,116
to the orbiting complex aboard
their Soyuz [TMA]-04M spacecraft

34
00:01:42,116 --> 00:01:44,616
as the Expedition
31 crew in May.

35
00:01:45,066 --> 00:01:46,796
Their vehicle docked
to the Poisk module

36
00:01:46,796 --> 00:01:49,726
of the space station two days
after their launch on May 14.

37
00:01:50,076 --> 00:01:53,276
Today they will complete their
87th consecutive day in space.

38
00:01:58,606 --> 00:02:01,716
The space station with its crew
aboard is flying at an altitude

39
00:02:01,716 --> 00:02:04,296
of about 251 statute miles.

40
00:02:04,826 --> 00:02:05,966
The orbiting facility

41
00:02:05,966 --> 00:02:09,406
on a northeastern track just
made its way across Pakistan

42
00:02:09,406 --> 00:02:12,726
and Afghanistan and is
now crossing over China

43
00:02:12,966 --> 00:02:14,286
and eventually Mongolia.

44
00:02:15,436 --> 00:02:20,636
After the crew's wakeup at 1
a.m. Central time this morning,

45
00:02:20,636 --> 00:02:23,876
the Expedition 32 crew
participated in the first

46
00:02:23,876 --> 00:02:25,716
of two daily planning
conferences

47
00:02:25,716 --> 00:02:28,746
with the ground controllers
at mission control centers

48
00:02:28,746 --> 00:02:30,946
around the world to
review today's activities.

49
00:02:34,786 --> 00:02:37,516
Station commander Padalka
began his day working

50
00:02:37,516 --> 00:02:43,796
to collect space spacewalk tools
then participated in a study

51
00:02:43,796 --> 00:02:46,126
and bioelectric activity.

52
00:02:46,346 --> 00:02:48,486
He and Malenchenko
worked together

53

00:02:48,486 --> 00:02:50,576
to prep the Russian
Orlan space suits.

54
00:02:50,576 --> 00:02:52,926
That is currently what
they are working on now

55
00:02:52,926 --> 00:02:56,076
for the next Russian
spacewalk when Padalka

56
00:02:56,076 --> 00:02:59,466
and Malenchenko will venture
outside the complex on Aug.

57
00:02:59,936 --> 00:03:00,146
20.

58
00:03:03,356 --> 00:03:07,446
Malenchenko and Flight Engineer
Suni Williams transferred U.S.

59
00:03:07,446 --> 00:03:11,726
spacewalk tools to the
Russian segment for use

60
00:03:11,726 --> 00:03:12,966
on the upcoming spacewalk.

61
00:03:14,676 --> 00:03:16,796
Williams is now working
on a session

62
00:03:16,796 --> 00:03:20,656
with the Lego Bricks study that
uses the common Lego bricks

63
00:03:20,656 --> 00:03:22,936
to demonstrate simple

science concepts

64
00:03:22,936 --> 00:03:25,026
and how construction
works differently

65
00:03:25,026 --> 00:03:26,556
in a microgravity environment.

66
00:03:28,516 --> 00:03:30,656
She had earlier this
morning participated

67
00:03:30,656 --> 00:03:32,536
in a VO2Max session.

68
00:03:32,966 --> 00:03:35,506
VO2Max studies the
microgravity effects

69
00:03:35,506 --> 00:03:37,516
on a crew member's
aerobic capacity.

70
00:03:38,356 --> 00:03:39,926
And Williams, Malenchenko

71
00:03:39,926 --> 00:03:43,276
and Commander Padalka will
later review the DOUG,

72
00:03:43,276 --> 00:03:46,556
or the Dynamic Onboard
Ubiquitous Graphics

73
00:03:46,646 --> 00:03:47,966
for the upcoming spacewalk

74
00:03:47,966 --> 00:03:50,376

on the Russian segment
outside the orbiting complex.

75
00:03:51,086 --> 00:03:54,086
That system DOUG
- or application -

76
00:03:54,086 --> 00:03:57,086
is a visual simulation
software that is used

77
00:03:57,086 --> 00:03:58,916
for spacewalk planning
and review

78
00:03:58,916 --> 00:04:00,906
of station robotic
arm operations.

79
00:04:05,746 --> 00:04:08,716
Meanwhile, Flight Engineer
Joe Acaba kicked off the day

80
00:04:08,716 --> 00:04:13,176
with more binary colloidal alloy
testing or the BCAT-C1 research

81
00:04:13,456 --> 00:04:15,236
that looks at particles
of colloids

82
00:04:15,236 --> 00:04:16,536
that are suspended in liquid.

83
00:04:16,536 --> 00:04:20,856
It focuses specifically on
the effects of microgravity

84
00:04:20,856 --> 00:04:25,106
on phase separation, that

is phase separation as seen

85
00:04:25,106 --> 00:04:27,206
with oil and water
here on Earth.

86
00:04:27,316 --> 00:04:30,346
This research may lead to
better material processes.

87
00:04:30,956 --> 00:04:34,476
Acaba then will assist Williams

88
00:04:34,476 --> 00:04:37,836
in recording the Lego Brick
exercise later during this

89
00:04:37,836 --> 00:04:38,476
update hour.

90
00:04:38,956 --> 00:04:42,866
And a little before the hour,
Acaba also took some time

91
00:04:42,866 --> 00:04:46,416
out to talk with reporters
of WAPA-TV of San Juan,

92
00:04:46,416 --> 00:04:48,806
Puerto Rico, and also Univision.

93
00:04:50,866 --> 00:04:56,766
Meanwhile, Flight Engineer Aki
Hoshide is performing several

94
00:04:57,386 --> 00:04:58,836
medical experiments now.

95
00:04:59,356 --> 00:05:04,016

He also then checked out the
Cardiolab leg-arm cuff system

96
00:05:04,426 --> 00:05:06,406
and will spend some
time troubleshooting the

97
00:05:06,406 --> 00:05:07,466
NANOSTEP circuit.

98
00:05:08,056 --> 00:05:11,816
By the day's end, each crew
member will have completed their

99
00:05:11,816 --> 00:05:13,536
daily two hours of exercise

100
00:05:13,536 --> 00:05:15,026
to help mitigate
the negative effects

101
00:05:15,026 --> 00:05:17,096
of long-duration
spaceflight on their bodies

102
00:05:17,416 --> 00:05:19,166
and maintain their
physical health.

103
00:05:19,686 --> 00:05:24,986
They will do some prep
work for the next day

104
00:05:25,566 --> 00:05:27,866
and also will participate

105
00:05:27,866 --> 00:05:30,226
in their last daily
planning conference

106
00:05:30,226 --> 00:05:33,556
of the day before their evening
meals and pre-sleep period.

107
00:05:34,136 --> 00:05:36,456
The crew is now scheduled
to go to bed

108
00:05:36,456 --> 00:05:38,426
at 4:30 p.m. Central time.