1
00:00:02,050 --> 00:00:04,440
Good morning, this is
Mission Control Houston.

2
00:00:04,440 --> 00:00:06,690
Welcome and thank you for
joining us for today's edition

3
00:00:06,690 --> 00:00:11,100
of ISS update this
Thursday, September 20.

4
00:00:11,100 --> 00:00:14,360
Now aboard the International
Space Station is commander

5
00:00:14,360 --> 00:00:17,420
of the complex NASA
astronaut Suni Williams

6
00:00:17,420 --> 00:00:20,900
with Flight Engineers Russian
cosmonaut Yuri Malenchenko

7
00:00:20,900 --> 00:00:22,760
and Japanese astronaut
Aki Hoshide

8
00:00:22,760 --> 00:00:26,500
who will work aboard station
as a three-member crew

9
00:00:26,500 --> 00:00:30,170
until the arrival of the three
new crew members, crew members

10
00:00:30,170 --> 00:00:33,030
in mid-to-late October.

11

00:00:33,030 --> 00:00:35,390
Malenchenko, Williams
and Hoshide arrived

12
00:00:35,390 --> 00:00:37,180
at the International
Space Station

13
00:00:37,180 --> 00:00:40,210
after docking their
Soyuz spacecraft TMA-05M

14
00:00:40,210 --> 00:00:42,770
to the Rassvet module
on July 16.

15
00:00:42,770 --> 00:00:46,230
Today they complete
68 days in space.

16
00:00:46,230 --> 00:00:49,590
Today the crew continues
its preparations in advance

17
00:00:49,590 --> 00:00:53,630
of the second Dragon spacecraft
to arrive at the space station.

18
00:00:53,630 --> 00:00:56,770
Yesterday Commander Williams
installed the centerline

19
00:00:56,770 --> 00:00:59,440
berthing camera system
and other related avionics

20
00:00:59,440 --> 00:01:01,940
for Dragon mating in Node 2

21
00:01:01,940 --> 00:01:05,220

and performed a video
system check out.

22
00:01:05,220 --> 00:01:08,060
Today Commander Williams will
spend several hours throughout

23
00:01:08,060 --> 00:01:13,580
the day working to update the
COTS UHF communications unit

24
00:01:13,580 --> 00:01:16,750
and the Dragon crew
command panel software

25
00:01:16,750 --> 00:01:21,070
to support the pending arrival
of the Dragon spacecraft

26
00:01:21,070 --> 00:01:24,490
that is scheduled to arrive
at the station next month.

27
00:01:24,490 --> 00:01:27,520
The communications unit is
an avionics box that plugs

28
00:01:27,520 --> 00:01:29,720
into the station to
allow communication

29
00:01:29,720 --> 00:01:33,650
between the station through its
antennas and the SpaceX Dragon

30
00:01:33,650 --> 00:01:35,920
by converting and
relaying signals

31
00:01:35,920 --> 00:01:37,910

between the two spacecraft.

32
00:01:37,910 --> 00:01:41,090
The crew command panel then
allows the space station crew

33
00:01:41,090 --> 00:01:43,700
to interact with the
Dragon spacecraft.

34
00:01:43,700 --> 00:01:45,090
Meanwhile also today Williams

35
00:01:45,090 --> 00:01:48,970
and Flight Engineer Aki Hoshide
had conducted a robotics onboard

36
00:01:48,970 --> 00:01:53,170
training session to review the
Dragon monitoring procedures

37
00:01:53,170 --> 00:01:55,750
followed by a conference
with the ground

38
00:01:55,750 --> 00:01:58,300
to discuss today's training.

39
00:01:58,300 --> 00:02:00,490
Hoshide also is out
working on closing

40
00:02:00,490 --> 00:02:03,560
out the cargo stowage
of the ATV-3.

41
00:02:03,560 --> 00:02:08,020
This is the European cargo
craft known as Edoardo Amaldi

42
00:02:08,020 --> 00:02:11,110
that had arrived at the station
back in March and is scheduled

43
00:02:11,110 --> 00:02:17,350
to undock next week on September
25 for its eventual disposal.

44
00:02:17,350 --> 00:02:20,360
Hoshide also later today
has a ham radio pass

45
00:02:20,360 --> 00:02:24,360
with Sunset Hills elementary
in San Diego, California.

46
00:02:24,360 --> 00:02:27,750
Just moments ago the Expedition
33 crew, Commander Williams,

47
00:02:27,750 --> 00:02:31,540
Hoshide and Malenchenko, had
also participated in a session

48
00:02:31,540 --> 00:02:33,820
of onboard emergency training.

49
00:02:33,820 --> 00:02:36,050
Crew members on station
periodically participate

50
00:02:36,050 --> 00:02:39,500
in onboard training to retain
a high level of proficiency

51
00:02:39,500 --> 00:02:44,380
in core skills in dealing with
emergency, servicing, medical

52

00:02:44,380 --> 00:02:46,010
and robotic operations.

53
00:02:46,010 --> 00:02:48,700
And each of the crew
members today will put

54
00:02:48,700 --> 00:02:50,040
in their daily two hours

55
00:02:50,040 --> 00:02:52,710
of exercise using the
onboard gym equipment

56
00:02:52,710 --> 00:02:56,420
that includes a station
bicycle, the treadmill

57
00:02:56,420 --> 00:02:58,690
and an Advanced Resistive
Exercise Device.

58
00:02:58,690 --> 00:03:02,430
This device that simulates
weightlifting here on Earth.

59
00:03:02,430 --> 00:03:04,020
The crew then will wrap the day

60
00:03:04,020 --> 00:03:07,310
with a final daily planning
conference with the ground