



1  
00:00:01,040 --> 00:00:05,660  
Good morning from NASA's  
Johnson space Center.

2  
00:00:05,660 --> 00:00:07,220  
This is mission control Houston.

3  
00:00:07,220 --> 00:00:07,710  
You are looking

4  
00:00:07,710 --> 00:00:10,910  
at the International Space  
Station flight control room

5  
00:00:10,910 --> 00:00:13,670  
as a team of flight controllers,  
which is been on console

6  
00:00:13,670 --> 00:00:16,890  
since about seven o'clock this  
morning, U.S. central time,

7  
00:00:16,890 --> 00:00:20,020  
watches over all of the  
systems aboard the International

8  
00:00:20,020 --> 00:00:20,920  
Space Station.

9  
00:00:20,920 --> 00:00:24,680  
The team today is once  
again under direction

10  
00:00:24,680 --> 00:00:28,550  
of flight director Royce Renfrew  
in the blue shirt you see there.

11  
00:00:28,550 --> 00:00:31,800  
You'll hear a conversation

between this flight control team

12

00:00:31,800 --> 00:00:35,110  
and the crew aboard the  
International Space Station.

13

00:00:35,110 --> 00:00:38,470  
That conversation primarily  
from this room will be handled

14

00:00:38,470 --> 00:00:43,120  
by Josh Mathew you see sitting  
there alongside Royce Renfrew.

15

00:00:43,120 --> 00:00:46,730  
The team will be on console  
throughout the daytime hours,

16

00:00:46,730 --> 00:00:50,410  
they will hand over to the  
next shift mid-afternoon,

17

00:00:50,410 --> 00:00:54,340  
to continue the uninterrupted  
coverage

18

00:00:54,340 --> 00:00:59,140  
of Expedition 34's voyage aboard  
the International Space Station.

19

00:00:59,140 --> 00:01:06,320  
That complex currently  
orbiting about 250 statute miles

20

00:01:06,320 --> 00:01:09,140  
above the earth,  
having just moved

21

00:01:09,140 --> 00:01:12,880  
into a orbital sunrise midway

across the Pacific Ocean,

22

00:01:12,880 --> 00:01:16,850  
having just passed high  
above the Hawaiian Islands

23

00:01:16,850 --> 00:01:19,550  
on a southeasterly track  
it will take the station

24

00:01:19,550 --> 00:01:23,560  
across the southern tip of Chile  
and Argentina before heading

25

00:01:23,560 --> 00:01:26,780  
out across the southern  
Atlantic Ocean.

26

00:01:26,780 --> 00:01:29,920  
From this vantage point the  
station circles the Earth every

27

00:01:29,920 --> 00:01:34,330  
92 minutes, offering the crew  
in orbital sunrise and sunset

28

00:01:34,330 --> 00:01:37,160  
about every 45 minutes or so.

29

00:01:37,160 --> 00:01:39,770  
That crew aboard the  
International Space Station is

30

00:01:39,770 --> 00:01:42,060  
in its 43rd day in space,

31

00:01:42,060 --> 00:01:45,440  
41 of those aboard the  
International Space Station

32

00:01:45,440 --> 00:01:49,730  
and 16 as the Expedition  
34 crew,

33

00:01:49,730 --> 00:01:53,310  
made up of Commander Kevin  
Ford, you see on the left

34

00:01:53,310 --> 00:01:56,670  
in this view, and his  
two Russian colleagues,

35

00:01:56,670 --> 00:01:58,740  
in the center Oleg  
Novitskiy who is serving

36

00:01:58,740 --> 00:02:03,660  
as the TMA-06M Soyuz  
spacecraft commander,

37

00:02:03,660 --> 00:02:07,290  
and also Evgeny Tarelkin,  
those two gentlemen

38

00:02:07,290 --> 00:02:09,320  
on their first flights  
into space

39

00:02:09,320 --> 00:02:12,100  
and of course their first  
long-duration voyages.

40

00:02:12,100 --> 00:02:16,570  
They join Ford who  
flew previously

41

00:02:16,570 --> 00:02:20,490  
on a shuttle flight STS-128.

42

00:02:20,490 --> 00:02:27,660  
STS-128 flew back  
in August of 2009.

43

00:02:32,540 --> 00:02:38,410  
The crew woke up today about  
midnight they will head to bed

44

00:02:38,410 --> 00:02:40,000  
about 3:30 in the afternoon.

45

00:02:40,000 --> 00:02:44,110  
That is a typical length of  
day for the crew members.

46

00:02:44,110 --> 00:02:46,630  
There is quite a bit going  
on onboard the station

47

00:02:46,630 --> 00:02:51,140  
as the crew members have  
breakfast and then just

48

00:02:51,140 --> 00:02:54,310  
after that will gather for  
a daily planning conference

49

00:02:54,310 --> 00:02:58,890  
with all of the flight  
control teams around the world.

50

00:02:58,890 --> 00:03:03,580  
That occurred the about 1:30  
in the morning Central Time

51

00:03:03,580 --> 00:03:06,000  
and then they split off and  
go in different directions

52

00:03:06,000 --> 00:03:09,240

to support their  
timelined activities.

53

00:03:09,240 --> 00:03:13,240

Commander Kevin Ford has spent  
the early part of his day

54

00:03:13,240 --> 00:03:14,970

with some maintenance tasks

55

00:03:14,970 --> 00:03:21,350

and water sampling tasks inside  
the aquatic facility inside the

56

00:03:21,350 --> 00:03:24,360

Japanese experiment laboratory,

57

00:03:24,360 --> 00:03:28,970

and the also spending a  
much longer period of time

58

00:03:28,970 --> 00:03:34,610

on his day working on the  
fluid science laboratory rack

59

00:03:34,610 --> 00:03:38,300

configuration, which is located  
inside the European space

60

00:03:38,300 --> 00:03:41,870

agency's laboratory Columbus.

61

00:03:41,870 --> 00:03:47,600

Russian crew members are  
conducting some routine

62

00:03:47,600 --> 00:03:50,170

maintenance activities in the  
Russian segment of the station.

63

00:03:50,170 --> 00:03:56,370

They are swapping out some  
of filters inside the station

64

00:03:56,370 --> 00:04:00,080

with some new versions  
of some low noise fans

65

00:04:00,080 --> 00:04:03,600

that are being installed  
inside the Russian segment

66

00:04:03,600 --> 00:04:06,510

of the station as well.

67

00:04:06,510 --> 00:04:09,050

The crew members after  
that installation,

68

00:04:09,050 --> 00:04:12,450

were taking measurements,  
obviously, to provide data

69

00:04:12,450 --> 00:04:19,700

to folks on the ground to  
assess the working operation

70

00:04:19,700 --> 00:04:22,600

of those new low  
noise fans as well.

71

00:04:22,600 --> 00:04:23,750

They are also working

72

00:04:23,750 --> 00:04:28,960

on the communications  
reconfigurations inside the MRM

73

00:04:28,960 --> 00:04:32,420

to the mini research  
module, known as Poisk.

74

00:04:32,420 --> 00:04:34,610

That serves as one  
of the docking ports

75

00:04:34,610 --> 00:04:39,800

on the International Space  
Station for visiting vehicles,

76

00:04:39,800 --> 00:04:41,840

primarily the Soyuz spacecraft.

77

00:04:41,840 --> 00:04:45,210

In fact, their Soyuz  
spacecraft is currently docked

78

00:04:45,210 --> 00:04:50,250

to that mini research  
module, known as the Poisk,

79

00:04:50,250 --> 00:04:56,250

you see the Soyuz 32,  
or TMA-06M spacecraft.

80

00:04:57,630 --> 00:05:01,750

In addition to their  
routine timelined activities,

81

00:05:01,750 --> 00:05:05,850

obviously the crew also  
has their own health

82

00:05:05,850 --> 00:05:11,500

to be mindful of, and they have  
always timelined two different

83

00:05:11,500 --> 00:05:14,590

exercise sessions

for each crew member,

84

00:05:14,590 --> 00:05:17,460

typically in the morning

hours of their day and also

85

00:05:17,460 --> 00:05:21,550

in the afternoon to allow them

to maintain their cardiovascular

86

00:05:21,550 --> 00:05:25,790

and musculoskeletal systems

for their long-duration stays

87

00:05:25,790 --> 00:05:27,970

in space before they return