



VOICE OF

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JOHNSON SPACE CENTER, HOUSTON, TX

1
00:00:01,830 --> 00:00:03,250
Good morning and happy holidays.

2
00:00:03,250 --> 00:00:05,070
This is mission control Houston.

3
00:00:05,070 --> 00:00:07,080
Welcome and thank you for
joining us for today's edition

4
00:00:07,080 --> 00:00:10,130
of ISS update this day

5
00:00:10,130 --> 00:00:14,000
after Christmas Wednesday,
December 26.

6
00:00:14,000 --> 00:00:16,100
Joining us now inside
International Space Station

7
00:00:16,100 --> 00:00:19,590
flight control room, consoles
decorated with Santa caps

8
00:00:19,590 --> 00:00:21,660
and Christmas trees
with the team here

9
00:00:21,660 --> 00:00:25,190
at the monitoring the systems
aboard the space station

10
00:00:25,190 --> 00:00:26,620
and supporting today's
activities

11
00:00:26,620 --> 00:00:29,530
at the Expedition

34 crew members.

12

00:00:29,530 --> 00:00:32,410
Flight Director Greg Whitney is
leading the orbit two team here

13

00:00:32,410 --> 00:00:34,800
and the station flight
control room today.

14

00:00:34,800 --> 00:00:37,930
Next to him is astronaut
Jack Fisher, who is serving

15

00:00:37,930 --> 00:00:43,440
as the Capcom relaying all
ground messages up to the crew.

16

00:00:43,440 --> 00:00:45,700
Now onboard the International
Space Station as commander

17

00:00:45,700 --> 00:00:48,490
of the complex NASA
astronaut Kevin Ford

18

00:00:48,490 --> 00:00:53,050
with Flight Engineers Russian
cosmonauts Oleg Novitskiy

19

00:00:53,050 --> 00:00:57,340
and Evgeny Tarelkin who are
in their third month in space

20

00:00:57,340 --> 00:01:00,720
and now have the help
of three crew members,

21

00:01:00,720 --> 00:01:03,440
Flight Engineers

Roman Romanenko,

22

00:01:03,440 --> 00:01:06,480

Chris Hadfield and
Tom Marshburn.

23

00:01:06,480 --> 00:01:09,600

The newest crew members of
Expedition 34 Romanenko,

24

00:01:09,600 --> 00:01:11,300

Hadfield and Marshburn arrived

25

00:01:11,300 --> 00:01:13,820

to the international
space station last week

26

00:01:13,820 --> 00:01:18,540

on December 21 aboard their
Soyuz TMA 07M spacecraft

27

00:01:18,540 --> 00:01:21,980

after docking it to the
Rassvet module on their launch

28

00:01:21,980 --> 00:01:25,700

on December 19. Today the
newcomers will complete the

29

00:01:25,700 --> 00:01:29,000

fifth day in space.

30

00:01:29,000 --> 00:01:31,330

Meanwhile there aboard the
station a great new crew

31

00:01:31,330 --> 00:01:36,040

members, Commander for without
flight engineers Novitskiy

32

00:01:36,040 --> 00:01:37,060
and Tarelkin launch

33

00:01:37,060 --> 00:01:40,290
to the orbiting complex
aboard their Soyuz spacecraft

34

00:01:40,290 --> 00:01:43,930
as the Expedition 33
crew back in October.

35

00:01:43,930 --> 00:01:45,840
Their vehicle docked
to the Poisk module

36

00:01:45,840 --> 00:01:50,310
at the space station two days
after their launch on October 25

37

00:01:50,310 --> 00:01:56,120
and today they will complete
63 consecutive days in space.

38

00:01:57,930 --> 00:02:01,810
The space station with its
crew aboard is now flying

39

00:02:01,810 --> 00:02:06,950
at an altitude of about
250 statute miles.

40

00:02:06,950 --> 00:02:10,200
The orbiting facility is on the
northeast Eastern track coming

41

00:02:10,200 --> 00:02:12,350
across the North Atlantic Ocean

42

00:02:12,350 --> 00:02:14,820

and will eventually
about 10 min.

43

00:02:14,820 --> 00:02:18,100
make a Southeast time for
passing off the southern tip

44

00:02:18,100 --> 00:02:23,170
of Ireland, United Kingdom,
Germany, Austria, Romania.

45

00:02:28,770 --> 00:02:31,520
The Expedition 34 crew
members began their day

46

00:02:31,520 --> 00:02:35,110
with sometime this morning
for work prep, morning hygiene

47

00:02:35,110 --> 00:02:37,280
and daily station inspection.

48

00:02:37,280 --> 00:02:39,490
The crew then kicked off
the day with the first

49

00:02:39,490 --> 00:02:41,140
of two daily planning
conferences

50

00:02:41,140 --> 00:02:43,120
with ground controllers
around the world

51

00:02:43,120 --> 00:02:52,150
to review today's activities and
plan for the next set of tasks.

52

00:02:52,150 --> 00:02:54,470
Commander Ford began

his morning working

53

00:02:54,470 --> 00:02:58,130
to loaded new control software,
upgrade he promised to one

54

00:02:58,130 --> 00:03:02,470
of the experiment racks and a
Japanese module to make and what

55

00:03:02,470 --> 00:03:06,110
with a couple of science
experiments spent some time

56

00:03:06,110 --> 00:03:10,550
reviewing the Lego bricks study
that uses the common Lego bricks

57

00:03:10,550 --> 00:03:13,330
to demonstrate simple
science concepts

58

00:03:13,330 --> 00:03:15,580
and how Construction
works differently

59

00:03:15,580 --> 00:03:18,950
in the microgravity environment.

60

00:03:18,950 --> 00:03:20,960
Ford also had conducted
a session

61

00:03:20,960 --> 00:03:23,420
with the reversible
figures experiment

62

00:03:23,420 --> 00:03:25,920
that studies whether the
perception of a figure

63

00:03:25,920 --> 00:03:30,190

that can only be seen to change
of perspective orientation

64

00:03:30,190 --> 00:03:33,430

in two different ways is
affected by microgravity.

65

00:03:36,810 --> 00:03:39,840

Commander Ford also took
time out today to talk

66

00:03:39,840 --> 00:03:43,160

with University of Notre Dame
earlier this morning we will

67

00:03:43,160 --> 00:03:45,960

replay that back to live
in-flight event later during

68

00:03:45,960 --> 00:03:48,430

today's ISS update.

69

00:03:48,430 --> 00:03:52,080

Ford and new station residents
flight engineer Chris Hadfield

70

00:03:52,080 --> 00:03:55,020

had worked together for a
function handover review

71

00:03:55,020 --> 00:03:56,400

of correct pulley alignment

72

00:03:56,400 --> 00:03:59,570

of the advanced resistive
exercise device.

73

00:03:59,570 --> 00:04:01,910
This is the exercise system

74
00:04:01,910 --> 00:04:09,460
that simulates weightlifting
here on Earth.

75
00:04:09,460 --> 00:04:14,260
Ford now performed a an hour
of his daily two-hour exercise,

76
00:04:14,260 --> 00:04:18,090
He will then closeout the
software load performed earlier

77
00:04:18,090 --> 00:04:19,590
this morning and I participate

78
00:04:19,590 --> 00:04:22,410
in a private medical
conference this afternoon.

79
00:04:22,410 --> 00:04:27,980
New station resident Chris
Hadfield kicked off his day

80
00:04:27,980 --> 00:04:31,020
with his that two-hour daily
exercise using the advanced

81
00:04:31,020 --> 00:04:34,950
resistive exercise device, and
also the onboard treadmill;

82
00:04:34,950 --> 00:04:39,290
he then had some time for
continued station orientation.

83
00:04:39,290 --> 00:04:43,660
Hadfield relocated a

couple of items stowed

84

00:04:43,660 --> 00:04:46,760

in the experiment racks
in advance of a couple

85

00:04:46,760 --> 00:04:48,900

of experiment operations
that'll be

86

00:04:48,900 --> 00:04:52,850

at conducted this week
and also next week.

87

00:04:52,850 --> 00:04:56,970

Hadfield will participate in
a private medical conference

88

00:04:56,970 --> 00:05:00,130

and he'll also performed regular
maintenance to the onboard waste

89

00:05:00,130 --> 00:05:05,330

and hygiene compartment, later
he also will perform a session

90

00:05:05,330 --> 00:05:08,420

with the reversible
figures experiment.

91

00:05:09,720 --> 00:05:13,420

Flight Engineer Tom Marshburn
spent some time this morning

92

00:05:13,420 --> 00:05:18,560

with the Lego bricks study,
had Some Additional Time

93

00:05:18,560 --> 00:05:20,800

for Space Station Orientation.

94

00:05:20,800 --> 00:05:23,040

Marshburn Then Conducted
a Review

95

00:05:23,040 --> 00:05:24,740

of the Onboard Refrigerator
Nknown

96

00:05:24,740 --> 00:05:28,120

as the -80 Laboratory Freezer.

97

00:05:28,120 --> 00:05:32,180

This Is Used to Store Biological
and Experiment Samples

98

00:05:32,180 --> 00:05:34,420

That Require Refrigeration
Aboard the International

99

00:05:34,420 --> 00:05:36,860

Space Station.

100

00:05:36,860 --> 00:05:39,990

Marshburn Also Will Participate
in a Private Medical Conference

101

00:05:39,990 --> 00:05:46,330

and Will Have Time to Work on
Entry for the at Journal Study.

102

00:05:46,330 --> 00:05:48,350

Meanwhile on the Russian
Side of the House,

103

00:05:48,350 --> 00:05:51,000

Flight Engineers Novitskiy
and Tarelkin Worked Together

104

00:05:51,000 --> 00:05:53,770
on the Typology Experiment,
That Looks at the Effect

105
00:05:53,770 --> 00:05:55,120
of Long-Term Spaceflight

106
00:05:55,120 --> 00:05:58,740
on a Crew Members
Psychophysical State and Ability

107
00:05:58,740 --> 00:06:03,280
to Withstand Stress and
to Perform and Communicat.

108
00:06:03,280 --> 00:06:06,210
Novitskiy Performed
Regular Daily Maintenance

109
00:06:06,210 --> 00:06:07,710
to the Russian Life
Support System,

110
00:06:07,710 --> 00:06:12,070
Also Romanenko Had Additional
Time for Crew and Orientation.

111
00:06:12,070 --> 00:06:16,100
Each of the Crew
Members Will Put

112
00:06:16,100 --> 00:06:19,590
in Their Daily Two-Hour Some
Exercise Using the Onboard

113
00:06:19,590 --> 00:06:20,530
Gym Equipment.

114
00:06:20,530 --> 00:06:23,570
Again, that Includes the

Station Bicycle, a Treadmill

115

00:06:23,570 --> 00:06:26,420

and an Advanced Resistive
Exercise Device

116

00:06:26,420 --> 00:06:29,340

That Simulates Weightlifting
Here on Earth.

117

00:06:29,340 --> 00:06:30,880

The Crew Will Then Wrap the Day

118

00:06:30,880 --> 00:06:34,110

with a Final Daily Planning
Conference with the Ground