



1
00:00:05,059 --> 00:00:03,530
good morning this is Mission Control

2
00:00:06,889 --> 00:00:05,069
Houston welcome and thank you for

3
00:00:11,390 --> 00:00:06,899
joining us for today's edition of ISS

4
00:00:13,249 --> 00:00:11,400
update this thursday december 27 you're

5
00:00:14,720 --> 00:00:13,259
joining us now inside the International

6
00:00:16,460 --> 00:00:14,730
Space Station flight control room where

7
00:00:18,170 --> 00:00:16,470
the team here has been monitoring the

8
00:00:20,090 --> 00:00:18,180
systems aboard the station and

9
00:00:26,630 --> 00:00:20,100
supporting the day's activities of the

10
00:00:28,519 --> 00:00:26,640
expedition 34 crew members leading the

11
00:00:30,410 --> 00:00:28,529
orbit 2 team here in the station flight

12
00:00:32,659 --> 00:00:30,420
control room today is flight director

13
00:00:35,270 --> 00:00:32,669

Greg Whitney and next to him is

14

00:00:37,790 --> 00:00:35,280

astronaut Jack Fischer who is serving as

15

00:00:42,319 --> 00:00:37,800

a Capcom relaying all ground messages up

16

00:00:44,389 --> 00:00:42,329

to the crew and now aboard the

17

00:00:46,369 --> 00:00:44,399

International Space Station is commander

18

00:00:49,040 --> 00:00:46,379

of the complex NASA astronaut Kevin Ford

19

00:00:51,560 --> 00:00:49,050

with the flight engineers Russian

20

00:00:53,689 --> 00:00:51,570

cosmonauts Oleg novitskiy and Evgeny

21

00:00:56,720 --> 00:00:53,699

tarelkin you just began their third

22

00:00:59,689 --> 00:00:56,730

month in space shown here on the left

23

00:01:01,700 --> 00:00:59,699

hand side and then joining them three

24

00:01:04,399 --> 00:01:01,710

new crew members flight engineers Roman

25

00:01:06,820 --> 00:01:04,409

Romanenko Chris Hadfield and Tom

26
00:01:10,190 --> 00:01:06,830
Marshburn there on the right-hand side

27
00:01:13,039 --> 00:01:10,200
the newest crew members of expedition 34

28
00:01:14,630 --> 00:01:13,049
Romanenko Hadfield and Marshburn arrived

29
00:01:17,929 --> 00:01:14,640
to the International Space Station last

30
00:01:22,010 --> 00:01:17,939
week on December 21st aboard their soyuz

31
00:01:24,320 --> 00:01:22,020
tma oh 7 M spacecraft after docking it

32
00:01:27,109 --> 00:01:24,330
to the rassvet module following their

33
00:01:29,300 --> 00:01:27,119
launch on December nineteenth today the

34
00:01:32,719 --> 00:01:29,310
newcomers will complete their sixth day

35
00:01:34,300 --> 00:01:32,729
and space meanwhile they're aboard the

36
00:01:36,380 --> 00:01:34,310
station to greet their new crew members

37
00:01:38,630 --> 00:01:36,390
commander Ford with flight engineers

38
00:01:40,819 --> 00:01:38,640

novitskiy and tarelkin had launched to

39

00:01:44,630 --> 00:01:40,829

the orbiting complex aboard their soyuz

40

00:01:47,270 --> 00:01:44,640

spacecraft as expedition 33 crew back in

41

00:01:48,980 --> 00:01:47,280

october their vehicle docked to the

42

00:01:51,440 --> 00:01:48,990

poisk module of the space station two

43

00:01:53,690 --> 00:01:51,450

days after their launch on october 25th

44

00:01:59,389 --> 00:01:53,700

and today they will complete 64

45

00:02:01,670 --> 00:01:59,399

consecutive days in space the space

46

00:02:04,880 --> 00:02:01,680

station with its crew aboard is flying

47

00:02:08,029 --> 00:02:04,890

now at an altitude of a little more than

48

00:02:12,020 --> 00:02:08,039

260 statute miles the orbiting facility

49

00:02:14,240 --> 00:02:12,030

is on a night pass on a southeast track

50

00:02:17,250 --> 00:02:14,250

haven't come across the Indian

51
00:02:19,320 --> 00:02:17,260
now making a pass across the west coast

52
00:02:22,320 --> 00:02:19,330
of Australia and over this Southern

53
00:02:27,660 --> 00:02:22,330
Ocean before making a northeastern just

54
00:02:29,309 --> 00:02:27,670
south over New Zealand the expedition 34

55
00:02:30,750 --> 00:02:29,319
crew members began though day with some

56
00:02:33,420 --> 00:02:30,760
time this morning for work prep

57
00:02:37,020 --> 00:02:33,430
breakfast morning hygiene dinner daily

58
00:02:38,309 --> 00:02:37,030
station inspection the crew then kicked

59
00:02:39,720 --> 00:02:38,319
off the day with the first of two daily

60
00:02:41,460 --> 00:02:39,730
planning conferences with ground

61
00:02:43,259 --> 00:02:41,470
controllers around the world to review

62
00:02:49,500 --> 00:02:43,269
the day's activities and plan for the

63
00:02:50,910 --> 00:02:49,510

next set of task commander Ford began

64

00:02:53,250 --> 00:02:50,920

his morning working with a science

65

00:02:54,720 --> 00:02:53,260

experiment known as in space 3 that

66

00:02:57,960 --> 00:02:54,730

looks at the changes of physical

67

00:03:00,059 --> 00:02:57,970

properties of choroidal and a fluid in

68

00:03:02,030 --> 00:03:00,069

response to magnetic fields this

69

00:03:04,170 --> 00:03:02,040

research has possible technological

70

00:03:06,660 --> 00:03:04,180

application in structure design here on

71

00:03:08,789 --> 00:03:06,670

earth structures such as bridges and

72

00:03:15,539 --> 00:03:08,799

buildings to better withstand earthquake

73

00:03:18,539 --> 00:03:15,549

forces currently commander Ford and his

74

00:03:21,059 --> 00:03:18,549

crewmates nowitzki Tarakan Romanenko

75

00:03:23,220 --> 00:03:21,069

Hadfield and Marshburn are participating

76
00:03:26,009 --> 00:03:23,230
in an onboard training session to review

77
00:03:28,259 --> 00:03:26,019
a stations emergency hardware the

78
00:03:30,449 --> 00:03:28,269
expedition 34 crew will review the

79
00:03:33,479 --> 00:03:30,459
locations of equipment and positions of

80
00:03:36,030 --> 00:03:33,489
Valve's required in emergencies the crew

81
00:03:37,949 --> 00:03:36,040
then we'll inspect each hatch throughout

82
00:03:40,170 --> 00:03:37,959
the orbiting complex in both the Russian

83
00:03:41,849 --> 00:03:40,180
and the u.s. segments while at ground

84
00:03:46,050 --> 00:03:41,859
teams review the crew interactions and

85
00:03:47,460 --> 00:03:46,060
an emergency after a conference with the

86
00:03:49,470 --> 00:03:47,470
ground following today's crew onboard

87
00:03:51,180 --> 00:03:49,480
training session Ford and flight

88
00:03:52,890 --> 00:03:51,190

engineer Marshburn will spend the

89

00:03:55,680 --> 00:03:52,900

afternoon working with the Lego bricks

90

00:03:58,050 --> 00:03:55,690

study that uses common Lego bricks to

91

00:04:00,330 --> 00:03:58,060

demonstrate simple science concepts and

92

00:04:05,670 --> 00:04:00,340

construction in my in a microgravity

93

00:04:08,009 --> 00:04:05,680

environment earlier this morning flight

94

00:04:10,229 --> 00:04:08,019

engineer Chris Hadfield had deployed

95

00:04:11,970 --> 00:04:10,239

small radiation bubble detectors at

96

00:04:15,270 --> 00:04:11,980

several locations across the station

97

00:04:18,060 --> 00:04:15,280

that may provide important data for

98

00:04:20,219 --> 00:04:18,070

accurate risk assessment of neutron

99

00:04:23,219 --> 00:04:20,229

radiation in space that could lead to

100

00:04:24,460 --> 00:04:23,229

advances to reduce astronauts exposure

101
00:04:29,800 --> 00:04:24,470
to radiation during

102
00:04:32,500 --> 00:04:29,810
future missions and with marsh burns

103
00:04:35,230 --> 00:04:32,510
help Hadfield performed a session of the

104
00:04:37,060 --> 00:04:35,240
neuro spat experiment this is a human

105
00:04:39,190 --> 00:04:37,070
body study that studies the effect of

106
00:04:42,100 --> 00:04:39,200
gravitational context on brain

107
00:04:48,810 --> 00:04:42,110
processing shown here Marsh bone is

108
00:04:51,610 --> 00:04:48,820
assisting a head filled with the EEG cap

109
00:04:53,530 --> 00:04:51,620
through a virtual reality session at

110
00:04:55,690 --> 00:04:53,540
least five cognitive processes are

111
00:04:58,840 --> 00:04:55,700
examined that include perception

112
00:05:05,860 --> 00:04:58,850
attention memorization decision and

113
00:05:07,630 --> 00:05:05,870

action meanwhile on the Russian side of

114

00:05:09,670 --> 00:05:07,640

the house russian flight engineers Oleg

115

00:05:11,890 --> 00:05:09,680

novitskiy Evgeny tarelkin and Roman

116

00:05:14,080 --> 00:05:11,900

Romanenko divided their day between

117

00:05:16,090 --> 00:05:14,090

hardware inventory maintenance and

118

00:05:17,710 --> 00:05:16,100

several science experiments including

119

00:05:19,870 --> 00:05:17,720

matreshka study that looks at the

120

00:05:23,020 --> 00:05:19,880

radiation environment dynamics of the

121

00:05:24,370 --> 00:05:23,030

space station and each of the crew

122

00:05:26,530 --> 00:05:24,380

members will put in their daily two

123

00:05:28,480 --> 00:05:26,540

hours of exercise using the onboard gym

124

00:05:31,180 --> 00:05:28,490

equipment that includes a station

125

00:05:33,100 --> 00:05:31,190

bicycle a treadmill and an advanced

126

00:05:36,460 --> 00:05:33,110

resistive exercise device that simulates

127

00:05:38,350 --> 00:05:36,470

weightlifting here on earth the crew

128

00:05:41,800 --> 00:05:38,360

will then wrap up their day with a final

129

00:05:43,600 --> 00:05:41,810

daily planning conference and is then

130

00:05:47,980 --> 00:05:43,610

scheduled to go to bed at three-thirty