1
00:00:01,696 --> 00:00:02,476
Good morning.

2
00:00:02,476 --> 00:00:04,196
Thank you for joining
us for our coverage

3
00:00:04,196 --> 00:00:07,336
of the International Space
Station's Expedition 34 mission.

4
00:00:08,326 --> 00:00:10,516
Here in the International Space
Station Flight Control Room

5
00:00:10,516 --> 00:00:12,686
at the Johnson Space
Center the Orbit Two Team is

6
00:00:12,686 --> 00:00:15,746
on duty they're being led by
flight director David Korth

7
00:00:15,746 --> 00:00:18,116
who is shown here in the
long-sleeve blue shirt.

8
00:00:18,536 --> 00:00:22,806
He is being supported by Capcoms
Marc Reagan and Kathy Bolt,

9
00:00:22,806 --> 00:00:25,686
both of those serving as
the Capcom for this team

10
00:00:25,686 --> 00:00:27,066
and representing
the crew office.

11

00:00:27,446 --> 00:00:30,006
They are also the voice of the
flight control team as needed

12
00:00:30,006 --> 00:00:31,026
with the on orbit crew.

13
00:00:34,086 --> 00:00:37,486
Today on orbit the crew is
back to their normal schedule.

14
00:00:38,146 --> 00:00:40,626
They had been sleep shifted
the last few days in support

15
00:00:40,626 --> 00:00:42,696
of the Progress launch
and docking activities

16
00:00:42,696 --> 00:00:44,066
that occurred earlier this week.

17
00:00:45,426 --> 00:00:47,436
The crew of Commander
Kevin Ford,

18
00:00:47,926 --> 00:00:49,786
NASA astronaut Tom Marshburn,

19
00:00:49,876 --> 00:00:52,056
Canadian Space Agency
astronaut Chris Hadfield

20
00:00:52,396 --> 00:00:55,676
and cosmonauts Evgeny
Tarelkin, Roman Romanenko

21
00:00:55,936 --> 00:00:59,236
and Oleg Novitskiy are in the
mid-afternoon of their crew day.

22
00:01:00,176 --> 00:01:02,836
They woke at midnight
and had personal time

23
00:01:02,836 --> 00:01:04,186
and hygiene before breakfast

24
00:01:04,186 --> 00:01:06,016
and then started a daily
planning conference

25
00:01:06,016 --> 00:01:08,736
which is a chance to tag up
with all their supporting flight

26
00:01:08,736 --> 00:01:10,006
control teams around the world.

27
00:01:10,936 --> 00:01:14,246
They also had a start of the
day inputs for the Journal study

28
00:01:14,246 --> 00:01:16,786
which is an ongoing study
to understand behavioral

29
00:01:16,786 --> 00:01:19,996
and human issues experienced
during long-duration missions

30
00:01:19,996 --> 00:01:21,746
that can help prepare
support systems

31
00:01:22,216 --> 00:01:24,136
for future missions
beyond low Earth orbit.

32

00:01:28,476 --> 00:01:31,696
To start the day, Commander
Kevin Ford also had a Reaction

33
00:01:31,696 --> 00:01:34,076
self-test which is
another ongoing study

34
00:01:34,076 --> 00:01:35,616
for most crew members onboard.

35
00:01:35,976 --> 00:01:38,756
This is a portable
five-minute reaction time test

36
00:01:39,136 --> 00:01:42,096
that allows crew members to
monitor daily effects of fatigue

37
00:01:42,096 --> 00:01:44,136
on their performance while
onboard the International

38
00:01:44,136 --> 00:01:44,726
Space Station.

39
00:01:46,546 --> 00:01:49,516
He also worked on a
bit of management...

40
00:01:49,746 --> 00:01:52,556
stowage management rather
and also continued work

41
00:01:52,556 --> 00:01:55,516
on the Internal Thermal
Control System refilling some

42
00:01:55,516 --> 00:01:57,676
of the cooling loops in

the Destiny laboratory.

43
00:01:58,896 --> 00:02:01,956
His morning also included
workout activities onboard.

44
00:02:02,016 --> 00:02:04,576
Each crew member of course
scheduled for at least two hours

45
00:02:04,576 --> 00:02:07,716
of exercise each day and
this is to help minimize bone

46
00:02:07,716 --> 00:02:09,846
and muscle loss that's
experienced during

47
00:02:09,846 --> 00:02:10,956
long-duration missions.

48
00:02:16,396 --> 00:02:20,696
His counterpart, NASA
astronaut Tom Marshburn,

49
00:02:20,696 --> 00:02:22,766
also had the Reaction
self-test this morning

50
00:02:23,146 --> 00:02:25,096
and also routine
inspection of the vehicle.

51
00:02:25,516 --> 00:02:26,596
He's also been working

52
00:02:26,596 --> 00:02:31,126
on the Combustion Integration
Rack performing some inspections

53
00:02:31,126 --> 00:02:33,636
as well as hardware
removal and reconfigurations

54
00:02:33,636 --> 00:02:34,616
and temperature checks.

55
00:02:35,066 --> 00:02:38,976
His morning also included
exercise on the CEVIS

56
00:02:38,976 --> 00:02:42,216
which is the onboard
cycle as was the ARED,

57
00:02:42,216 --> 00:02:44,266
or the Advanced Resistive
Exercise Device,

58
00:02:44,456 --> 00:02:46,376
which replicates
lifting weights in space.

59
00:02:47,446 --> 00:02:49,626
Their fellow cosmonauts
also had a busy day.

60
00:02:49,946 --> 00:02:51,966
While also primarily focused

61
00:02:51,966 --> 00:02:56,166
on hardware maintenance they
also completed a relocation

62
00:02:56,166 --> 00:02:59,946
of a control panel for the ATV,
or Automated Transfer Vehicle,

63
00:03:00,466 --> 00:03:03,406

as well as inspection of the
vehicle, computer reboots

64
00:03:03,736 --> 00:03:05,966
and also a panel test
in the service module.

65
00:03:06,506 --> 00:03:08,606
They also spent a significant
portion of their morning

66
00:03:08,606 --> 00:03:11,746
on the transfer of supplies
and equipment that did arrive

67
00:03:11,746 --> 00:03:12,686
in the Progress vehicle.

68
00:03:13,016 --> 00:03:14,596
That will continue
throughout the week.

69
00:03:18,796 --> 00:03:21,346
After their midday meal,
the work continued onboard.

70
00:03:21,476 --> 00:03:26,906
Commander Kevin Ford had
two routine private medical

71
00:03:26,906 --> 00:03:31,556
conferences and then Ford was
joined by Marshburn and Hadfield

72
00:03:31,556 --> 00:03:33,806
to begin a series of
onboard training sessions.

73
00:03:34,226 --> 00:03:37,426
This is part of a series leading

up to the SpaceX-2 mission.

74
00:03:38,216 --> 00:03:41,006
They had a rendezvous and
robotics training reviews

75
00:03:41,006 --> 00:03:43,346
and will also have a conference
with their training team today

76
00:03:43,346 --> 00:03:45,666
as they ready for
the arrival of Dragon

77
00:03:45,666 --> 00:03:47,126
which is scheduled
for early March.

78
00:03:52,916 --> 00:03:56,346
Flight Engineer Chris
Hadfield also continued work

79
00:03:56,346 --> 00:03:58,046
on the InSpace-3 experiment

80
00:03:58,356 --> 00:04:00,626
which is investigating the
structure of aggregates

81
00:04:00,626 --> 00:04:02,616
from colloidal emulsions.

82
00:04:03,016 --> 00:04:04,946
This particular experiment
obtains data

83
00:04:04,946 --> 00:04:07,726
on fluids containing
unique shaped particles

84
00:04:08,156 --> 00:04:10,236
and changes the physical
properties of the fluids

85
00:04:10,236 --> 00:04:11,816
in response to magnetic fields.

86
00:04:17,466 --> 00:04:19,066
While he worked on that again,

87
00:04:19,136 --> 00:04:22,186
Flight Engineer Tom
Marshburn worked on prepack

88
00:04:22,186 --> 00:04:24,166
for the Dragon spacecraft

89
00:04:24,166 --> 00:04:26,666
and their cosmonaut
colleagues continued

90
00:04:26,666 --> 00:04:28,436
with Progress unloading as well

91
00:04:28,436 --> 00:04:32,516
as some other scientific
experiment work including work

92
00:04:32,516 --> 00:04:34,736
on the Seiner ocean
observation study.

93
00:04:36,496 --> 00:04:39,656
Again the crew's in the
mid-afternoon of their crew day.

94
00:04:39,656 --> 00:04:41,886
They'll continue with their work
for the next couple of hours.

95
00:04:42,216 --> 00:04:44,276
They're scheduled for their
end-of-day daily planning

96
00:04:44,276 --> 00:04:46,856
conference just before
1 p.m. central time.

97
00:04:47,246 --> 00:04:49,096
They they'll have their
shared evening meal

98
00:04:49,096 --> 00:04:53,356
and some off-duty time to have
a few final experiment tasks

99
00:04:53,356 --> 00:04:56,796
before they retire, that
includes observations

100
00:04:56,796 --> 00:04:59,826
and photographs of some of
the Earth observation studies

101
00:04:59,826 --> 00:05:00,806
that are being done on board.