
РОССИЯ
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1
00:00:01,450 --> 00:00:04,070
Good morning and welcome
to mission control Houston

2
00:00:04,070 --> 00:00:06,680
and the International
Space Station update hour.

3
00:00:06,680 --> 00:00:09,390
We are here with International
Space Station flight control

4
00:00:09,390 --> 00:00:11,980
team inside the space
station flight control room

5
00:00:11,980 --> 00:00:14,590
where Flight Director Royce
Renfrew is leading the team

6
00:00:14,590 --> 00:00:18,760
today with Jeremy
Hansen serving as Capcom.

7
00:00:20,480 --> 00:00:23,310
For one day only this week
Expedition 35 crew members are

8
00:00:23,310 --> 00:00:24,960
back on a regular schedule.

9
00:00:24,960 --> 00:00:28,280
Commander Chris Hadfield of
the Canadian space agency,

10
00:00:28,280 --> 00:00:30,350
NASA flight engineer
Tom Marshburn,

11

00:00:30,350 --> 00:00:33,620
and Russian flight engineer
Roman Romanenko all got there

12
00:00:33,620 --> 00:00:36,860
wakeup call at the regular
one a.m. central time today

13
00:00:36,860 --> 00:00:39,260
and are now more than
halfway through their day.

14
00:00:39,260 --> 00:00:41,880
They are currently
orbiting 256 miles

15
00:00:41,880 --> 00:00:45,490
above Singapore heading
northeast

16
00:00:45,490 --> 00:00:49,200
over Indonesia toward
the coast of China.

17
00:00:49,200 --> 00:00:51,670
Marshburn, Hadfield
and Romanenko launched

18
00:00:51,670 --> 00:00:53,590
to the space station
on December nineteenth

19
00:00:53,590 --> 00:00:57,140
on their Soyuz TMA-07M,
which they then docked

20
00:00:57,140 --> 00:01:01,050
to the station's Rassvet
module on December 21.

21

00:01:01,050 --> 00:01:03,580
That puts them on
their 99th day in space

22
00:01:03,580 --> 00:01:06,350
and their 96th day
on the space station.

23
00:01:06,350 --> 00:01:09,640
The three have been alone the
station since March fifteenth

24
00:01:09,640 --> 00:01:12,930
when their previous three
crewmates, Kevin Ford,

25
00:01:12,930 --> 00:01:15,720
Evgeny Tarelkin and
Oleg Novitskiy wrapped

26
00:01:15,720 --> 00:01:19,910
up their 143 day stay in
space and returned home.

27
00:01:19,910 --> 00:01:22,920
They are now looking
forward being join tomorrow

28
00:01:22,920 --> 00:01:26,030
by three new crew
members Chris Cassidy

29
00:01:26,030 --> 00:01:29,770
and Russian cosmonauts
Pavel Vinogradov

30
00:01:29,770 --> 00:01:32,970
and Alexander Misurkin.

31
00:01:32,970 --> 00:01:38,010

Their Soyuz TMA-08M is
scheduled to not only launch

32
00:01:38,010 --> 00:01:40,850
at 3:43 p.m. central
time tomorrow

33
00:01:40,850 --> 00:01:42,140
from the Baikonur Cosmodrome,

34
00:01:42,140 --> 00:01:44,560
but it will also
dock the same day

35
00:01:44,560 --> 00:01:46,150
to the station's Poisk module

36
00:01:46,150 --> 00:01:50,130
at 9:32 p.m. It will be the
first single day journey

37
00:01:50,130 --> 00:01:52,530
to the space station
for crewed vehicle.

38
00:01:52,530 --> 00:01:54,700
The Russians have
successfully tested the plan

39
00:01:54,700 --> 00:01:58,850
with Progress cargo
vehicles in the past.

40
00:01:58,850 --> 00:02:00,470
NASA TV coverage of
the they will begin

41
00:02:00,470 --> 00:02:03,830
at 2:30 p.m. central tomorrow
and you can see how the

42
00:02:03,830 --> 00:02:06,600
at other events line up here.

43
00:02:06,600 --> 00:02:10,190
Coverage of the docking will
begin at 8:30 p.m. central time

44
00:02:10,190 --> 00:02:14,460
and final section
of our coverage

45
00:02:14,460 --> 00:02:17,090
of for the Hatch
opening which scheduled

46
00:02:17,090 --> 00:02:22,590
for 11:10 p.m. will begin
at 10:30 p.m. central time.

47
00:02:24,360 --> 00:02:28,360
After seeing off the SpaceX
Dragon cargo ship yesterday,

48
00:02:28,360 --> 00:02:30,690
which spashed down safely
in the Pacific Ocean

49
00:02:30,690 --> 00:02:32,970
at 11:36 p.m. central time.

50
00:02:32,970 --> 00:02:37,310
You can see a photo of that
vehicle in the ocean here.

51
00:02:37,310 --> 00:02:40,600
The crew is now back to
primarily science experiments

52

00:02:40,600 --> 00:02:43,980
and preparations for their
new crew members today.

53
00:02:43,980 --> 00:02:46,220
Chris Hadfield spent some
time this morning working

54
00:02:46,220 --> 00:02:49,410
with the new ISERVE
experiment that stands

55
00:02:49,410 --> 00:02:53,490
for ISS server environmental
research and is

56
00:02:53,490 --> 00:02:55,380
and visualization system.

57
00:02:55,380 --> 00:02:58,220
That is an automated system
designed to acquire images

58
00:02:58,220 --> 00:03:01,240
of the Earth's surface, from
space station, both as a way

59
00:03:01,240 --> 00:03:04,080
to gain experience and expertise
in automated photography

60
00:03:04,080 --> 00:03:06,740
from the station and also
to provide useful images

61
00:03:06,740 --> 00:03:09,390
for disaster monitoring
and assessment as well

62
00:03:09,390 --> 00:03:10,950

as environmental
decision making.

63
00:03:10,950 --> 00:03:12,490
We are going to be hearing more

64
00:03:12,490 --> 00:03:16,890
about that experiment a
little later in the hour.

65
00:03:16,890 --> 00:03:19,280
Tom Marshburn is spending
most of his time today

66
00:03:19,280 --> 00:03:21,010
on the energy experiment,
which is aimed

67
00:03:21,010 --> 00:03:23,040
at measuring how
much food if needed

68
00:03:23,040 --> 00:03:26,050
for astronauts during
long-term space missions.

69
00:03:26,050 --> 00:03:29,860
To do so, the science team
will measure every component

70
00:03:29,860 --> 00:03:34,820
or variable of the astronauts
energy expenditures reflecting

71
00:03:34,820 --> 00:03:36,870
his or her energy needs.

72
00:03:36,870 --> 00:03:40,160
So Marshburn today, followed a
prescribed, yesterday rather,

73
00:03:40,160 --> 00:03:43,450
followed a prescribed
menu and he will continue

74
00:03:43,450 --> 00:03:45,890
that plan for breakfast today.

75
00:03:45,890 --> 00:03:48,700
Then he'll be logging very
carefully all this other meals

76
00:03:48,700 --> 00:03:51,940
today and providing urine
samples as well as spending

77
00:03:51,940 --> 00:03:56,860
for 45 to 80 minutes sessions,
monitoring his oxygen intake

78
00:03:56,860 --> 00:04:00,470
through a mask while relaxing
by either by listening

79
00:04:00,470 --> 00:04:03,090
to music or watching a movie.

80
00:04:03,090 --> 00:04:06,220
In addition, Marshburn and
Hadfield both performed sessions

81
00:04:06,220 --> 00:04:09,760
of the reaction self test
experiment again today.

82
00:04:09,760 --> 00:04:12,370
In all they have aimed
to perform 215 runs

83

00:04:12,370 --> 00:04:16,050
with that experiment by the end
their stay at the space station.

84
00:04:16,050 --> 00:04:19,950
Reaction self test is a
five-minute reaction time task

85
00:04:19,950 --> 00:04:22,680
that allows crew members to
monitor the daily effects

86
00:04:22,680 --> 00:04:26,160
of fatigue on their performance,
particularly at times like these

87
00:04:26,160 --> 00:04:28,220
when their sleep
schedule is that disrupted

88
00:04:28,220 --> 00:04:30,110
through sleep shifting.

89
00:04:31,870 --> 00:04:34,700
Hadfield and Marshburn
have each been taking part

90
00:04:34,700 --> 00:04:37,290
in the test right before
their sleep period begins,

91
00:04:37,290 --> 00:04:38,450
all week long.

92
00:04:38,450 --> 00:04:41,970
However today, Marshburn
also performed the tests

93
00:04:41,970 --> 00:04:45,100
as soon as he woken up.

94
00:04:46,310 --> 00:04:47,590
Tomorrow, the crew
will be sleeping

95
00:04:47,590 --> 00:04:50,300
in the midst 2:30 a.m.
central time in preparation

96
00:04:50,300 --> 00:04:53,230
for the arrival of their
crewmates, later in the day.

97
00:04:53,230 --> 00:04:55,530
Because it will be
such a long day,

98
00:04:55,530 --> 00:05:01,600
they're also scheduled take one
four hour long nap at 10 a.m.

99
00:05:01,600 --> 00:05:05,480
and then the backup at 2 p.m.
for the launch and docking

100
00:05:05,480 --> 00:05:09,960
after which they will go to
sleep begin until 3:30 a.m.

101
00:05:09,960 --> 00:05:11,860
So a long day for
the crew tomorrow

102
00:05:11,860 --> 00:05:13,740
and they've got a busy
day ahead of them today.