



1  
00:00:00,500 --> 00:00:05,110  
[ Music ]

2  
00:00:05,110 --> 00:00:05,630  
>> Good morning.

3  
00:00:05,630 --> 00:00:07,060  
This is Mission Control Houston.

4  
00:00:07,060 --> 00:00:09,220  
Welcome and thank you for  
joining us for today's edition

5  
00:00:09,220 --> 00:00:12,860  
for Space Station Live  
this Monday, June 10th.

6  
00:00:12,860 --> 00:00:15,280  
A busy day aboard the  
Space Station today.

7  
00:00:15,280 --> 00:00:18,510  
Flight engineers Misurkin and  
Parmitano are participating

8  
00:00:18,510 --> 00:00:20,820  
in an onboard training  
drill with specialist

9  
00:00:20,820 --> 00:00:23,690  
on the ground today to review  
the upcoming rendezvous

10  
00:00:23,690 --> 00:00:27,960  
and docking of the European  
Space Agency's Albert Einstein

11  
00:00:27,960 --> 00:00:30,700  
Automated Transfer

Vehicle 4 cargo ship.

12

00:00:30,700 --> 00:00:32,410

That is scheduled to  
dock to the airport

13

00:00:32,410 --> 00:00:36,260

of the Zvezda Service Module  
this Saturday on June 15th.

14

00:00:36,260 --> 00:00:37,910

Also, today after five days

15

00:00:37,910 --> 00:00:41,130

of passive flight following off  
launch last Wednesday the cargo

16

00:00:41,130 --> 00:00:44,370

ship will be initiated with  
a pair of engine firings.

17

00:00:44,370 --> 00:00:48,100

That will fine tune it's  
path for Saturday's docking.

18

00:00:48,100 --> 00:00:50,510

Rendezvous maneuvers will  
continue throughout this week

19

00:00:50,510 --> 00:00:53,630

to enable the ATV 4 to hone  
in on the Space Station

20

00:00:53,630 --> 00:00:55,430

for this weekend's link up.

21

00:00:55,430 --> 00:00:59,100

Parmitano and flight engineer  
Karen Nyberg will be collecting

22

00:00:59,100 --> 00:01:01,700

and storing their urine  
and blood samples as part

23

00:01:01,700 --> 00:01:04,680

of ongoing human  
research to understand

24

00:01:04,680 --> 00:01:06,350

and help mitigate  
the negative effects

25

00:01:06,350 --> 00:01:08,680

of microgravity on  
the human body.

26

00:01:08,680 --> 00:01:12,760

One of these studies under  
investigation is known as ProK.

27

00:01:12,760 --> 00:01:15,880

ProK seeks a dietary  
counter measure for bone loss

28

00:01:15,880 --> 00:01:19,140

by increasing protein  
in a crew member's diet.

29

00:01:19,140 --> 00:01:22,380

Commander Vinogradov and  
Yurchikhin are working together

30

00:01:22,380 --> 00:01:24,610

in the Russian segment  
of the Space Station.

31

00:01:24,610 --> 00:01:26,780

They were working earlier  
to close the hatches

32

00:01:26,780 --> 00:01:30,060  
at the Progress 51 and also  
perform a final leak check

33

00:01:30,060 --> 00:01:33,080  
in preparation for tomorrow's  
undocking of the cargo craft

34

00:01:33,080 --> 00:01:36,400  
that delivered about 3 tons  
of fuel, food, and supplies

35

00:01:36,400 --> 00:01:39,160  
to the Station back  
in late April.

36

00:01:39,160 --> 00:01:41,360  
It's now filled with  
trash and unneeded items

37

00:01:41,360 --> 00:01:45,120  
that will be discarded sometime  
after it's scheduled undocking.

38

00:01:45,120 --> 00:01:47,450  
Again, that undocking  
is tomorrow morning.

39

00:01:47,450 --> 00:01:49,590  
Undocking of Progress  
51 is scheduled to occur

40

00:01:49,590 --> 00:01:51,990  
at 8:59 a.m. Central Time.

41

00:01:51,990 --> 00:01:54,670  
We will begin live coverage of  
the vehicle's undocking here

42

00:01:54,670 --> 00:01:58,370  
on NASA Television at  
8:30 a.m. Central Time.

43  
00:01:58,370 --> 00:02:00,320  
Yurchikhin and Misurkin  
will also begin

44  
00:02:00,320 --> 00:02:01,880  
to prepare their  
Orlan space suits

45  
00:02:01,880 --> 00:02:03,430  
for the next Russian space walk.

46  
00:02:03,430 --> 00:02:05,880  
That is scheduled to take  
place two weeks from today.

47  
00:02:05,880 --> 00:02:08,790  
The planned six hour excursion  
is currently scheduled

48  
00:02:08,790 --> 00:02:11,870  
to replace a fluid  
flow valve on Zarya,

49  
00:02:11,870 --> 00:02:14,900  
deploy and retrieve experiments  
from the Russian Segment Module,

50  
00:02:14,900 --> 00:02:19,180  
and string power cables along  
Zarya for the eventual arrival

51  
00:02:19,180 --> 00:02:21,600  
of the new multipurpose  
laboratory module

52  
00:02:21,600 --> 00:02:23,850

that is scheduled to launch  
at the end of the year

53

00:02:23,850 --> 00:02:25,890  
on a Russian proton rocket.

54

00:02:25,890 --> 00:02:27,960  
All six crew members  
had participated

55

00:02:27,960 --> 00:02:31,370  
in a periodic emergency  
drill today on the Station

56

00:02:31,370 --> 00:02:37,140  
to help crew members stay sharp  
on contingency procedures.

57

00:02:37,140 --> 00:02:39,350  
Meanwhile, each of the  
crew members will put

58

00:02:39,350 --> 00:02:40,330  
in their daily two hours

59

00:02:40,330 --> 00:02:42,630  
of exercise using  
onboard gym equipment.

60

00:02:42,630 --> 00:02:45,180  
That includes the station  
bicycle, a treadmill,

61

00:02:45,180 --> 00:02:48,050  
and an advanced resistive  
exercise device

62

00:02:48,050 --> 00:02:50,570  
that simulates weight  
lifting here on Earth.

63

00:02:50,570 --> 00:02:52,310

The crew will again  
wrap up their day

64

00:02:52,310 --> 00:02:54,240

with a final daily  
planning conference

65

00:02:54,240 --> 00:02:57,290

with the ground before  
entering their sleep period