



1
00:00:04,710 --> 00:00:03,270
hi everybody josh barley here inside

2
00:00:06,230 --> 00:00:04,720
mission control i'm joined by astronaut

3
00:00:07,829 --> 00:00:06,240
chris cassidy chris has been back for

4
00:00:09,830 --> 00:00:07,839
about six weeks or so now back in

5
00:00:11,270 --> 00:00:09,840
september so chris first of all welcome

6
00:00:13,350 --> 00:00:11,280
back talking about how's gravity

7
00:00:15,350 --> 00:00:13,360
treating you so far you know

8
00:00:17,910 --> 00:00:15,360
the re-adaptation has gone pretty well

9
00:00:20,710 --> 00:00:17,920
in fact uh after my shuttle experience i

10
00:00:22,150 --> 00:00:20,720
had kind of tingly feet two weeks

11
00:00:24,070 --> 00:00:22,160
pretty fast amount of time to be in

12
00:00:25,990 --> 00:00:24,080
space but i didn't exercise much so i

13
00:00:28,390 --> 00:00:26,000

was anticipating that and more coming

14

00:00:30,630 --> 00:00:28,400

back on station and i got back here and

15

00:00:32,950 --> 00:00:30,640

because of the t2 machine and the and

16

00:00:35,110 --> 00:00:32,960

the a red exercise bikes machines that

17

00:00:36,709 --> 00:00:35,120

we have up there i felt fantastic didn't

18

00:00:38,470 --> 00:00:36,719

have any tingly feet was able to walk

19

00:00:40,069 --> 00:00:38,480

and it really felt great

20

00:00:41,510 --> 00:00:40,079

it's amazing how different it is

21

00:00:42,790 --> 00:00:41,520

probably going up there about two weeks

22

00:00:43,990 --> 00:00:42,800

and then you know almost six months up

23

00:00:45,910 --> 00:00:44,000

on board the space station talk about

24

00:00:48,069 --> 00:00:45,920

the differences between those two yeah

25

00:00:50,389 --> 00:00:48,079

so um

26

00:00:52,950 --> 00:00:50,399

well the one thing i didn't expect was

27

00:00:54,790 --> 00:00:52,960

sort of this own feeling of ownership of

28

00:00:56,630 --> 00:00:54,800

like it was my home on the space station

29

00:00:58,790 --> 00:00:56,640

whereas when i went to the space station

30

00:01:00,470 --> 00:00:58,800

on the shuttle i was a shuttle crew

31

00:01:01,750 --> 00:01:00,480

member i ate and slept and went to the

32

00:01:03,990 --> 00:01:01,760

bathroom on the shuttle and went over to

33

00:01:06,149 --> 00:01:04,000

the space station to use the facilities

34

00:01:07,270 --> 00:01:06,159

and go do space walks and robotics and

35

00:01:10,070 --> 00:01:07,280

this sort of thing

36

00:01:12,149 --> 00:01:10,080

but it wasn't my home yeah and then to

37

00:01:13,910 --> 00:01:12,159

be there now for six months it really

38

00:01:16,230 --> 00:01:13,920

truly felt like home if you're in your

39

00:01:17,910 --> 00:01:16,240

own house and you put a new audio visual

40

00:01:19,270 --> 00:01:17,920

equipment in your living room you take

41

00:01:20,630 --> 00:01:19,280

care where you route the cables because

42

00:01:22,149 --> 00:01:20,640

you don't want ugly cables in your

43

00:01:23,510 --> 00:01:22,159

family room and that's the kind of

44

00:01:25,030 --> 00:01:23,520

feeling that we have on you know when

45

00:01:27,030 --> 00:01:25,040

you're there that long you put a new

46

00:01:28,550 --> 00:01:27,040

computer somewhere you you make the

47

00:01:29,749 --> 00:01:28,560

cables perfect so you're not tripping

48

00:01:31,749 --> 00:01:29,759

over the wires and that sort of thing

49

00:01:32,870 --> 00:01:31,759

and really neat feeling

50

00:01:34,310 --> 00:01:32,880

let's talk about the crew that's about

51
00:01:35,830 --> 00:01:34,320
to go up you've got rick and koichi and

52
00:01:37,350 --> 00:01:35,840
mikhail get about about to head up here

53
00:01:38,710 --> 00:01:37,360
just a few short days november 6th

54
00:01:39,990 --> 00:01:38,720
they're going to launch you guys were

55
00:01:41,590 --> 00:01:40,000
the first crew to actually go up there

56
00:01:42,789 --> 00:01:41,600
in one day right it usually takes about

57
00:01:45,350 --> 00:01:42,799
two days to get up to the space station

58
00:01:47,109 --> 00:01:45,360
you guys did it pretty pretty fast um is

59
00:01:48,789 --> 00:01:47,119
it was there a difference i mean did did

60
00:01:51,190 --> 00:01:48,799
it feel weird going up there within six

61
00:01:52,230 --> 00:01:51,200
hours or what um you know you know i

62
00:01:55,030 --> 00:01:52,240
never

63
00:01:57,510 --> 00:01:55,040

did a a soyuz mission before the

64

00:01:59,830 --> 00:01:57,520

previous way so my what i knew is what

65

00:02:02,709 --> 00:01:59,840

happened what it was and uh it was very

66

00:02:04,870 --> 00:02:02,719

comfortable i i enjoyed having my first

67

00:02:06,870 --> 00:02:04,880

night on space station be in a real bed

68

00:02:09,669 --> 00:02:06,880

you know so to speak

69

00:02:12,150 --> 00:02:09,679

a real toilet a real selection of food

70

00:02:13,910 --> 00:02:12,160

yeah uh that was that was a really nice

71

00:02:15,910 --> 00:02:13,920

feeling to have all that those creature

72

00:02:17,830 --> 00:02:15,920

comforts on that first night

73

00:02:19,750 --> 00:02:17,840

and uh the soyuz is a really small

74

00:02:21,910 --> 00:02:19,760

little vehicle and we were in it for six

75

00:02:23,270 --> 00:02:21,920

hours but it went by so fast because

76

00:02:25,190 --> 00:02:23,280

there's a lot of activities that you

77

00:02:26,630 --> 00:02:25,200

have to do preparing for different

78

00:02:29,430 --> 00:02:26,640

maneuvers and things as you lead up to

79

00:02:30,630 --> 00:02:29,440

the rendezvous so it went by in a split

80

00:02:31,750 --> 00:02:30,640

second so talk about what they're doing

81

00:02:33,509 --> 00:02:31,760

right now down in baikonur they went

82

00:02:34,949 --> 00:02:33,519

down i guess a few days ago and that

83

00:02:37,270 --> 00:02:34,959

really is kind of it for them they're

84

00:02:38,550 --> 00:02:37,280

about to go through the final preps for

85

00:02:39,430 --> 00:02:38,560

launch and head out to the rocket and

86

00:02:41,110 --> 00:02:39,440

they're going to be on their way so

87

00:02:42,390 --> 00:02:41,120

what's it like mentally to finally kind

88

00:02:43,990 --> 00:02:42,400

of get down to the launch site and get

89

00:02:45,990 --> 00:02:44,000

ready to go so

90

00:02:48,390 --> 00:02:46,000

there's a lot of pre-flight

91

00:02:49,990 --> 00:02:48,400

exams and hoopla that happens in star

92

00:02:51,910 --> 00:02:50,000

city and you get that past you and you

93

00:02:53,430 --> 00:02:51,920

get on the plane you go to baikonur and

94

00:02:54,710 --> 00:02:53,440

it's a very calm

95

00:02:56,550 --> 00:02:54,720

feeling

96

00:02:57,990 --> 00:02:56,560

it's a slow pace you're there for two

97

00:02:59,750 --> 00:02:58,000

weeks

98

00:03:01,750 --> 00:02:59,760

in the beginning

99

00:03:03,750 --> 00:03:01,760

there's not much it's wake up a little

100

00:03:05,670 --> 00:03:03,760

bit of groundhog day every day you wake

101
00:03:07,589 --> 00:03:05,680
up you work out you eat you work out

102
00:03:09,430 --> 00:03:07,599
again if you want to read books and do

103
00:03:12,149 --> 00:03:09,440
some some a few classes here and there

104
00:03:13,350 --> 00:03:12,159
but it's pretty slow paced and then you

105
00:03:15,990 --> 00:03:13,360
get to

106
00:03:16,790 --> 00:03:16,000
this event called the second fit check

107
00:03:18,149 --> 00:03:16,800
where

108
00:03:19,910 --> 00:03:18,159
it's about i don't know three or four

109
00:03:21,270 --> 00:03:19,920
days from launch

110
00:03:23,110 --> 00:03:21,280
and uh

111
00:03:26,070 --> 00:03:23,120
and after that the ball starts rolling

112
00:03:27,830 --> 00:03:26,080
really quickly you have uh you can see

113
00:03:29,350 --> 00:03:27,840

you feel the excitement as launch is

114

00:03:31,110 --> 00:03:29,360

only a handful of days away your family

115

00:03:33,190 --> 00:03:31,120

your friends come into town and you see

116

00:03:35,270 --> 00:03:33,200

them and the excitement really builds

117

00:03:38,229 --> 00:03:35,280

and i think that's about the point where

118

00:03:41,990 --> 00:03:40,149

leading up to that

119

00:03:44,309 --> 00:03:42,000

people are coming to visit them and i

120

00:03:46,630 --> 00:03:44,319

remember that same feeling for me

121

00:03:48,630 --> 00:03:46,640

really ratcheting up the excitement uh

122

00:03:49,750 --> 00:03:48,640

and and and seeing the light at the end

123

00:03:51,030 --> 00:03:49,760

of the tunnel like this is really going

124

00:03:51,750 --> 00:03:51,040

to happen we're really really going to

125

00:03:53,030 --> 00:03:51,760

go

126

00:03:55,350 --> 00:03:53,040

and uh

127

00:03:57,030 --> 00:03:55,360

yeah it's a neat feeling so let's talk

128

00:03:58,470 --> 00:03:57,040

about the other crew karen

129

00:03:59,910 --> 00:03:58,480

and luca and fyodor they're getting

130

00:04:00,949 --> 00:03:59,920

ready to come home so what is it like at

131

00:04:02,070 --> 00:04:00,959

the end of all that to kind of realize

132

00:04:03,990 --> 00:04:02,080

oh my gosh this is actually kind of

133

00:04:06,630 --> 00:04:04,000

coming to an end i'm about to wrap this

134

00:04:09,190 --> 00:04:06,640

up yeah it's a strange feeling um

135

00:04:10,550 --> 00:04:09,200

it's one you you think about going home

136

00:04:13,270 --> 00:04:10,560

because you want to see your friends and

137

00:04:14,470 --> 00:04:13,280

family but yet it's a really cool place

138

00:04:15,670 --> 00:04:14,480

to be and you never know if it's your

139

00:04:17,189 --> 00:04:15,680

last time you're ever going to have that

140

00:04:18,629 --> 00:04:17,199

opportunity to be up there so there's a

141

00:04:21,349 --> 00:04:18,639

kind of mixed feelings and mixed

142

00:04:24,230 --> 00:04:21,359

emotions of of how you want to proceed

143

00:04:26,469 --> 00:04:24,240

in those last few weeks and

144

00:04:29,510 --> 00:04:26,479

but in a nutshell you're just doing your

145

00:04:31,830 --> 00:04:29,520

daily tasks and and preparing things

146

00:04:33,510 --> 00:04:31,840

like for instance i

147

00:04:34,629 --> 00:04:33,520

was making sure that mike hopkins was

148

00:04:36,790 --> 00:04:34,639

going to have

149

00:04:38,629 --> 00:04:36,800

everything that that i thought oh well i

150

00:04:39,990 --> 00:04:38,639

had a belt as does hopkins have a belt

151
00:04:42,070 --> 00:04:40,000
i'm going to leave him my belt no stupid

152
00:04:43,830 --> 00:04:42,080
thing little things like that that uh

153
00:04:46,550 --> 00:04:43,840
kind of prepare you and then i i also

154
00:04:48,710 --> 00:04:46,560
remember this sounds pretty trivial but

155
00:04:51,350 --> 00:04:48,720
the excess clothing that i had socks

156
00:04:52,870 --> 00:04:51,360
underwear t-shirts that i knew i

157
00:04:54,830 --> 00:04:52,880
wouldn't need once i got

158
00:04:57,909 --> 00:04:54,840
with with inside uh

159
00:04:59,350 --> 00:04:57,919
a couple of days five days from from

160
00:05:01,670 --> 00:04:59,360
going home i knew i wouldn't need all

161
00:05:03,909 --> 00:05:01,680
that stuff so i threw it away and that

162
00:05:05,909 --> 00:05:03,919
simple act sort of shifted my focus of

163
00:05:08,390 --> 00:05:05,919

okay i'm on space station too all right

164

00:05:10,710 --> 00:05:08,400

i'm really going home now and uh

165

00:05:12,150 --> 00:05:10,720

and i got kind of excited to go home i

166

00:05:13,909 --> 00:05:12,160

was sad to leave you know i really

167

00:05:15,590 --> 00:05:13,919

enjoyed my time with karen and luca and

168

00:05:17,909 --> 00:05:15,600

and being on space station but it was it

169

00:05:19,670 --> 00:05:17,919

was a neat time uh neat exciting feeling

170

00:05:20,870 --> 00:05:19,680

to get hit at home yeah last question

171

00:05:23,430 --> 00:05:20,880

what was kind of the biggest surprise

172

00:05:24,629 --> 00:05:23,440

that you didn't really anticipate

173

00:05:27,270 --> 00:05:24,639

um that you got up there and you're kind

174

00:05:29,350 --> 00:05:27,280

of like well i didn't really expect this

175

00:05:31,350 --> 00:05:29,360

yeah that i'm not asked that often and

176

00:05:33,430 --> 00:05:31,360

it's tough question to answer because

177

00:05:34,310 --> 00:05:33,440

there's so dif so many different ways

178

00:05:35,990 --> 00:05:34,320

uh

179

00:05:37,590 --> 00:05:36,000

you know i touched on that sense of

180

00:05:40,070 --> 00:05:37,600

pride of ownership of the space station

181

00:05:41,270 --> 00:05:40,080

that was one little unexpected aspect of

182

00:05:42,230 --> 00:05:41,280

it

183

00:05:44,230 --> 00:05:42,240

but

184

00:05:45,830 --> 00:05:44,240

i'd seen the earth before from from the

185

00:05:47,909 --> 00:05:45,840

space shuttle and the space station but

186

00:05:49,189 --> 00:05:47,919

i never had seen the cupola yeah and i

187

00:05:50,629 --> 00:05:49,199

think that was probably one of the most

188

00:05:52,870 --> 00:05:50,639

surprising things is just how

189

00:05:55,430 --> 00:05:52,880

magnificent the cupola views are and you

190

00:05:57,110 --> 00:05:55,440

can just get lost up there for hours and

191

00:05:58,629 --> 00:05:57,120

sit there and look out the window and

192

00:06:00,469 --> 00:05:58,639

really take in the beauty of the planet

193

00:06:02,230 --> 00:06:00,479

as it goes by underneath us so that's

194

00:06:04,309 --> 00:06:02,240

probably the biggest thing was just the

195

00:06:05,909 --> 00:06:04,319

magnificent beauty of the cupola i

196

00:06:06,950 --> 00:06:05,919

appreciate it chris yeah if you'd like

197

00:06:08,309 --> 00:06:06,960

to learn more about all of our

198

00:06:09,510 --> 00:06:08,319

programming that's ahead as we bring you

199

00:06:10,710 --> 00:06:09,520

live coverage of this launch and this

200

00:06:11,830 --> 00:06:10,720

landing we're kind of doing backwards

201

00:06:13,029 --> 00:06:11,840

order typically we have a landing and

202

00:06:14,390 --> 00:06:13,039

then a launch

203

00:06:15,670 --> 00:06:14,400

but this is going to be a busy few weeks

204

00:06:16,950 --> 00:06:15,680

for the crew on board the space station

205

00:06:19,029 --> 00:06:16,960

but to find out when we're going to be

206

00:06:20,629 --> 00:06:19,039

covering it here on nasa tv just log on