



Welcome to Cygnus



1  
00:00:04,710 --> 00:00:03,350  
hello from the expedition 50 crew we'd

2  
00:00:06,630 --> 00:00:04,720  
like to share with you today a little

3  
00:00:08,790 --> 00:00:06,640  
bit about what christmas means to us in

4  
00:00:11,430 --> 00:00:08,800  
this time of this time of year

5  
00:00:14,150 --> 00:00:11,440  
for me it's a lot about family we always

6  
00:00:15,669 --> 00:00:14,160  
travel typically to meet up with our

7  
00:00:16,710 --> 00:00:15,679  
family because we're dispersed all over

8  
00:00:18,470 --> 00:00:16,720  
the country

9  
00:00:20,630 --> 00:00:18,480  
we go home to georgia quite a bit or

10  
00:00:22,470 --> 00:00:20,640  
florida or sometimes colorado to meet up

11  
00:00:25,029 --> 00:00:22,480  
with all of our

12  
00:00:26,710 --> 00:00:25,039  
immediate and distant family members

13  
00:00:28,630 --> 00:00:26,720

always a great time just to get together

14

00:00:31,109 --> 00:00:28,640

and share with each other

15

00:00:32,549 --> 00:00:31,119

this season is typically thought of as

16

00:00:34,790 --> 00:00:32,559

all about getting things around

17

00:00:37,190 --> 00:00:34,800

christmas but we in our family try to to

18

00:00:39,030 --> 00:00:37,200

think of it as the giving aspect um

19

00:00:41,190 --> 00:00:39,040

giving of our many talents and of our

20

00:00:42,709 --> 00:00:41,200

resources and of our time to others less

21

00:00:45,270 --> 00:00:42,719

fortunate

22

00:00:46,869 --> 00:00:45,280

it's also a season uh that i love i just

23

00:00:48,389 --> 00:00:46,879

love kind of the christmas season and

24

00:00:50,389 --> 00:00:48,399

all the lights and the music and

25

00:00:52,229 --> 00:00:50,399

everything that kind of leads up to it

26  
00:00:53,029 --> 00:00:52,239  
and my family i think shares the same

27  
00:00:56,709 --> 00:00:53,039  
thing

28  
00:00:59,670 --> 00:00:56,719  
i'll now pass off to peggy whitson

29  
00:01:01,349 --> 00:00:59,680  
hi well i think being on board the iss

30  
00:01:03,029 --> 00:01:01,359  
gives us a a slightly different

31  
00:01:04,549 --> 00:01:03,039  
perspective of christmas obviously

32  
00:01:05,429 --> 00:01:04,559  
friends and family are important to all

33  
00:01:07,429 --> 00:01:05,439  
of us

34  
00:01:09,750 --> 00:01:07,439  
uh but besides uh

35  
00:01:11,910 --> 00:01:09,760  
funny hats

36  
00:01:14,310 --> 00:01:11,920  
there is another very important aspect

37  
00:01:15,830 --> 00:01:14,320  
of being on iss and that's seeing the

38  
00:01:18,310 --> 00:01:15,840

planet as a whole

39

00:01:20,310 --> 00:01:18,320

and it actually reinforces i think that

40

00:01:21,350 --> 00:01:20,320

the fact that we should

41

00:01:26,870 --> 00:01:21,360

live

42

00:01:31,190 --> 00:01:28,789

and i can only second what what's been

43

00:01:33,830 --> 00:01:31,200

said before i remember growing up i was

44

00:01:36,149 --> 00:01:33,840

uh i was born in a very big family i had

45

00:01:38,069 --> 00:01:36,159

25 cousins and

46

00:01:39,590 --> 00:01:38,079

for most of them the only time

47

00:01:41,429 --> 00:01:39,600

we could catch up was around christmas

48

00:01:44,149 --> 00:01:41,439

time so i was very much looking forward

49

00:01:45,749 --> 00:01:44,159

to that uh this year i won't be able to

50

00:01:47,830 --> 00:01:45,759

be there of course but i'll uh i'll

51  
00:01:49,190 --> 00:01:47,840  
thicken i'll think of them i'll try to

52  
00:01:51,749 --> 00:01:49,200  
give them a call

53  
00:01:53,910 --> 00:01:51,759  
catch up as much as i can and make the

54  
00:01:56,630 --> 00:01:53,920  
most of this opportunity to look at the

55  
00:02:00,069 --> 00:01:56,640  
earth uh reflect about what christmas

56  
00:02:02,709 --> 00:02:00,079  
means uh to us as individuals to to the

57  
00:02:04,149 --> 00:02:02,719  
world in general and and i think we'll

58  
00:02:05,990 --> 00:02:04,159  
uh we'll have a we'll have a good time

59  
00:02:08,469 --> 00:02:06,000  
on board the iss and share a christmas

60  
00:02:10,150 --> 00:02:08,479  
meal together

61  
00:02:12,070 --> 00:02:10,160  
thanks tomon speaking of a meal we'd

62  
00:02:13,350 --> 00:02:12,080  
like to share with you some of the items

63  
00:02:16,710 --> 00:02:13,360

we're going to have up here for

64

00:02:20,150 --> 00:02:18,710

tamar has some special european food

65

00:02:23,990 --> 00:02:20,160

i'll let him show you that and talk

66

00:02:28,390 --> 00:02:26,550

so i'm lucky enough to have recipes

67

00:02:30,949 --> 00:02:28,400

that's been that have been prepared for

68

00:02:33,509 --> 00:02:30,959

me by french chefs and they're all based

69

00:02:35,430 --> 00:02:33,519

on ingredients that i used to to love

70

00:02:36,710 --> 00:02:35,440

when i was a kid that my grandmother

71

00:02:38,390 --> 00:02:36,720

used to cook

72

00:02:40,229 --> 00:02:38,400

for the big family dinners that we had

73

00:02:42,630 --> 00:02:40,239

around christmas time so

74

00:02:46,390 --> 00:02:42,640

as a maine i'll have a chicken supreme

75

00:02:47,990 --> 00:02:46,400

uh with morals which is a delicacy

76

00:02:49,750 --> 00:02:48,000

that we'll share together and have

77

00:02:51,910 --> 00:02:49,760

enough not just one can but enough for

78

00:02:54,470 --> 00:02:51,920

everybody in the crew

79

00:02:56,710 --> 00:02:54,480

as dessert we have gingerbread

80

00:02:58,630 --> 00:02:56,720

which is also a special special one that

81

00:03:00,710 --> 00:02:58,640

i remember from way back when that's

82

00:03:02,550 --> 00:03:00,720

going to make me travel down memory lane

83

00:03:04,390 --> 00:03:02,560

and i hope you guys will like it

84

00:03:06,710 --> 00:03:04,400

and as a starter because we don't do

85

00:03:10,070 --> 00:03:06,720

things in the in order on the iss we'll

86

00:03:11,910 --> 00:03:10,080

have uh ox tong which is also typical of

87

00:03:14,390 --> 00:03:11,920

the region i was uh i was born in the

88

00:03:19,670 --> 00:03:14,400

region i'm from and i hope everybody's

89

00:03:23,910 --> 00:03:21,270

and to go along we'll have some

90

00:03:26,070 --> 00:03:23,920

beverages i've got some um

91

00:03:29,350 --> 00:03:26,080

packaged uh cider

92

00:03:31,350 --> 00:03:29,360

and um cocoa hot cocoa is one of my

93

00:03:34,630 --> 00:03:31,360

favorites especially growing up in iowa

94

00:03:38,789 --> 00:03:36,949

and for some of the traditional us meals

95

00:03:40,390 --> 00:03:38,799

we're going to have turkey

96

00:03:42,710 --> 00:03:40,400

it comes in a pouch up here but we'll

97

00:03:44,550 --> 00:03:42,720

have turkey for us to eat along with

98

00:03:46,309 --> 00:03:44,560

fruit salad

99

00:03:49,110 --> 00:03:46,319

and what else do we have i know we've

100

00:03:51,589 --> 00:03:49,120

got some green beans and potatoes and

101  
00:03:53,429 --> 00:03:51,599  
some mashed potatoes

102  
00:03:55,910 --> 00:03:53,439  
which are coming out they're dehydrated

103  
00:03:57,750 --> 00:03:55,920  
and some cornbread stuffing

104  
00:03:59,429 --> 00:03:57,760  
and we have plenty of desserts to go

105  
00:04:01,110 --> 00:03:59,439  
along with these things as well we have

106  
00:04:02,309 --> 00:04:01,120  
cran apple dessert which is like a

107  
00:04:04,390 --> 00:04:02,319  
cobbler

108  
00:04:06,229 --> 00:04:04,400  
as well as some chocolate cake

109  
00:04:08,309 --> 00:04:06,239  
so we're going to eat very well up here

110  
00:04:09,750 --> 00:04:08,319  
at christmas

111  
00:04:11,270 --> 00:04:09,760  
and of course we're all going to miss

112  
00:04:12,229 --> 00:04:11,280  
our family members and wish we could be

113  
00:04:14,470 --> 00:04:12,239

with them but we're going to have a

114

00:04:16,150 --> 00:04:14,480

great time up here and like tomas said

115

00:04:17,830 --> 00:04:16,160

earlier we're going to reflect on what

116

00:04:20,390 --> 00:04:17,840

this whole season means to us and our

117

00:04:21,990 --> 00:04:20,400

families so from the expedition 50 crew