



**THANKSGIVING MESSAGE  
FROM THE INTERNATIONAL SPACE STATION**

1  
00:00:00,230 --> 00:00:06,070

[Music]

2  
00:00:10,150 --> 00:00:07,909

for me thanksgiving has always been

3  
00:00:12,789 --> 00:00:10,160

about spending time with people i love

4  
00:00:14,549 --> 00:00:12,799

the most kind of just focusing on family

5  
00:00:16,870 --> 00:00:14,559

and friends and and being together and

6  
00:00:18,390 --> 00:00:16,880

what we're grateful for and for my

7  
00:00:19,510 --> 00:00:18,400

family it was really all about getting

8  
00:00:21,750 --> 00:00:19,520

people to come from wherever we're

9  
00:00:22,870 --> 00:00:21,760

living in different places come together

10  
00:00:24,950 --> 00:00:22,880

in houston

11  
00:00:27,509 --> 00:00:24,960

thanksgiving is so warm

12  
00:00:29,029 --> 00:00:27,519

that we every every thanksgiving in

13  
00:00:30,790 --> 00:00:29,039

houston we take our dining room table

14

00:00:33,350 --> 00:00:30,800

and we move it onto the driveway and we

15

00:00:35,270 --> 00:00:33,360

eat outside and i just want my family to

16

00:00:36,389 --> 00:00:35,280

know how much i appreciate their love

17

00:00:37,910 --> 00:00:36,399

and support

18

00:00:39,590 --> 00:00:37,920

even though i'm going to be far away

19

00:00:41,430 --> 00:00:39,600

moving really fast

20

00:00:43,590 --> 00:00:41,440

my heart is definitely with them and one

21

00:00:45,590 --> 00:00:43,600

of the the themes of our expedition is

22

00:00:47,270 --> 00:00:45,600

those things that bring us all together

23

00:00:48,950 --> 00:00:47,280

obviously there are people our families

24

00:00:52,310 --> 00:00:48,960

do and thanksgiving is all about that

25

00:00:53,990 --> 00:00:52,320

but also food for us at the food is a

26

00:00:55,910 --> 00:00:54,000

big part of it both

27

00:00:58,310 --> 00:00:55,920

being thankful for the fact that we we

28

00:00:59,910 --> 00:00:58,320

have it and we can enjoy it so typically

29

00:01:01,349 --> 00:00:59,920

in our family thanksgiving we'll do a

30

00:01:02,950 --> 00:01:01,359

thing where we go around the table and

31

00:01:04,950 --> 00:01:02,960

say what we're what we're thankful or

32

00:01:10,789 --> 00:01:04,960

grateful for so i'll probably call in

33

00:01:15,510 --> 00:01:12,870

i think we'll be working but also

34

00:01:17,910 --> 00:01:15,520

looking forward to an awesome meal

35

00:01:19,990 --> 00:01:17,920

together i'm sure we'll invite our

36

00:01:22,789 --> 00:01:20,000

cosmonaut colleagues to join us it'll be

37

00:01:24,789 --> 00:01:22,799

a very international thanksgiving

38

00:01:26,710 --> 00:01:24,799

and luckily it doesn't take as long as

39

00:01:30,390 --> 00:01:26,720

to cook food in space because most of

40

00:01:34,390 --> 00:01:32,069

my family would be very happy that i'm

41

00:01:36,069 --> 00:01:34,400

not preparing a thanksgiving meal for

42

00:01:38,789 --> 00:01:36,079

the crew it's already been prepared all

43

00:01:41,190 --> 00:01:38,799

i have to do is add hot water or just

44

00:01:43,350 --> 00:01:41,200

open it up and uh the food is actually

45

00:01:44,789 --> 00:01:43,360

fantastic up here and we're very much

46

00:01:46,950 --> 00:01:44,799

looking forward to some special things

47

00:01:48,789 --> 00:01:46,960

have been said for us sometimes people

48

00:01:50,789 --> 00:01:48,799

do a turkey trot on thanksgiving up here

49

00:01:52,710 --> 00:01:50,799

we have a treadmill so i've got some

50

00:01:54,789 --> 00:01:52,720

special surprise colored headbands for

51  
00:01:56,550 --> 00:01:54,799  
the crew to wear while we run it off on

52  
00:01:58,630 --> 00:01:56,560  
our treadmill and i'm just going to do

53  
00:02:00,630 --> 00:01:58,640  
whatever i can to show how thankful i am

54  
00:02:02,630 --> 00:02:00,640  
for my crewmates it's wonderful having

55  
00:02:04,310 --> 00:02:02,640  
all these folks up here and we haven't

56  
00:02:14,070 --> 00:02:04,320  
been up here together that long but wow

57  
00:02:17,670 --> 00:02:15,510  
i've got some

58  
00:02:18,869 --> 00:02:17,680  
crab bisque here so that looks looking

59  
00:02:21,030 --> 00:02:18,879  
pretty good

60  
00:02:23,030 --> 00:02:21,040  
got the the best case here though the

61  
00:02:24,949 --> 00:02:23,040  
best one everyone's after the roasted

62  
00:02:26,229 --> 00:02:24,959  
turkey that'll taste delicious when we

63  
00:02:27,110 --> 00:02:26,239

add some water

64

00:02:29,110 --> 00:02:27,120

plus

65

00:02:32,630 --> 00:02:29,120

potatoes and groton we also have candy

66

00:02:34,150 --> 00:02:32,640

dams holiday another holiday treat yeah

67

00:02:36,949 --> 00:02:34,160

i found a dessert

68

00:02:38,949 --> 00:02:36,959

cherry blueberry cobbler my dessert

69

00:02:45,330 --> 00:02:38,959

thank you for being part of expedition

70

00:02:45,340 --> 00:02:58,149

[Music]