



1
00:00:05,749 --> 00:00:03,270
station this is air force staff sergeant

2
00:00:07,510 --> 00:00:05,759
todd cavallon uh good evening we have

3
00:00:08,790 --> 00:00:07,520
you loud and clear on the international

4
00:00:10,870 --> 00:00:08,800
space station

5
00:00:12,709 --> 00:00:10,880
all right

6
00:00:14,629 --> 00:00:12,719
yeah

7
00:00:16,470 --> 00:00:14,639
well

8
00:00:18,870 --> 00:00:16,480
greetings from earth gentlemen or should

9
00:00:20,550 --> 00:00:18,880
i say uh from beautiful downtown baghdad

10
00:00:21,910 --> 00:00:20,560
um first of all i just want to say thank

11
00:00:23,349 --> 00:00:21,920
you for letting us be a part of this

12
00:00:25,429 --> 00:00:23,359
special event

13
00:00:27,670 --> 00:00:25,439

having two army officers on the

14

00:00:29,990 --> 00:00:27,680

international space station is uh just

15

00:00:31,669 --> 00:00:30,000

great and i'm here with a group of your

16

00:00:33,110 --> 00:00:31,679

fellow soldiers and i know they're

17

00:00:34,870 --> 00:00:33,120

anxious to have to ask you some

18

00:00:36,790 --> 00:00:34,880

questions so we'll just get right down

19

00:00:39,910 --> 00:00:36,800

to it

20

00:00:42,389 --> 00:00:39,920

all right questions sir

21

00:00:43,990 --> 00:00:42,399

captain john sorensen friends with texas

22

00:00:45,750 --> 00:00:44,000

sir what do you like the most about

23

00:00:47,830 --> 00:00:45,760

being an astronaut

24

00:00:50,069 --> 00:00:47,840

we i had a difficult time understanding

25

00:00:52,630 --> 00:00:50,079

the question but we recognize that

26

00:00:54,229 --> 00:00:52,640

you're assembled there in baghdad

27

00:00:56,630 --> 00:00:54,239

we

28

00:00:58,950 --> 00:00:56,640

periodically fly over baghdad i've taken

29

00:01:01,590 --> 00:00:58,960

many uh pictures of it and there's not a

30

00:01:03,670 --> 00:01:01,600

day that goes by when we don't remember

31

00:01:06,149 --> 00:01:03,680

the the service and the sacrifice that

32

00:01:08,870 --> 00:01:06,159

so many of you are making uh over there

33

00:01:10,550 --> 00:01:08,880

in the service to our country um and in

34

00:01:14,149 --> 00:01:10,560

the protection of our freedoms that we

35

00:01:17,270 --> 00:01:16,310

master sergeant schroll from houston

36

00:01:19,109 --> 00:01:17,280

texas

37

00:01:20,789 --> 00:01:19,119

also work at the johnson space center in

38

00:01:22,390 --> 00:01:20,799

houston

39

00:01:24,149 --> 00:01:22,400

how did you fix your

40

00:01:26,630 --> 00:01:24,159

water processing assembly that you had

41

00:01:28,149 --> 00:01:26,640

clogged filters with

42

00:01:29,830 --> 00:01:28,159

we're going to work on the audio here a

43

00:01:32,789 --> 00:01:29,840

little bit i think that you can hear us

44

00:01:34,950 --> 00:01:32,799

just fine as you probably know i arrived

45

00:01:37,510 --> 00:01:34,960

on the space station the first part of

46

00:01:38,950 --> 00:01:37,520

october launched on september 30th from

47

00:01:41,590 --> 00:01:38,960

kazakhstan

48

00:01:43,590 --> 00:01:41,600

not too far from where you are and uh

49

00:01:45,990 --> 00:01:43,600

and colonel kramer here launched about a

50

00:01:47,749 --> 00:01:46,000

week and a half ago also from kazakhstan

51
00:01:50,389 --> 00:01:47,759
both of us came up on russian soyuz

52
00:01:52,310 --> 00:01:50,399
vehicles it takes two days to get here

53
00:01:53,830 --> 00:01:52,320
and we'll be overlapping here on the

54
00:01:56,149 --> 00:01:53,840
space station for

55
00:01:58,230 --> 00:01:56,159
about two and a half to three months uh

56
00:02:01,270 --> 00:01:58,240
colonel creamer will remain on board

57
00:02:02,870 --> 00:02:01,280
after my russian uh crewmate max sarif

58
00:02:06,230 --> 00:02:02,880
and i returned to earth in the middle of

59
00:02:10,150 --> 00:02:08,469
an interesting little tidbit is uh

60
00:02:12,630 --> 00:02:10,160
two or three commander ships down the

61
00:02:15,990 --> 00:02:12,640
line we'll be joined by colonel doug

62
00:02:17,670 --> 00:02:16,000
wheelock and 1982 graduate of west point

63
00:02:19,670 --> 00:02:17,680

which i think is the first time

64

00:02:21,910 --> 00:02:19,680

that we'll actually have an active duty

65

00:02:25,910 --> 00:02:21,920

uh army commander on board and taking

66

00:02:29,510 --> 00:02:27,430

well sir lieutenant

67

00:02:31,750 --> 00:02:29,520

32nd infantry brigade combat team

68

00:02:33,350 --> 00:02:31,760

wisconsin national guard uh just looking

69

00:02:35,030 --> 00:02:33,360

to see if either of you have experienced

70

00:02:36,470 --> 00:02:35,040

extra vehicular activity and if we can

71

00:02:38,390 --> 00:02:36,480

get some first-hand accounts of what

72

00:02:40,390 --> 00:02:38,400

that's like

73

00:02:44,150 --> 00:02:40,400

i'm really uh sorry unfortunately the

74

00:02:49,350 --> 00:02:46,790

so i know that houston is working on it

75

00:02:54,390 --> 00:02:51,509

we uh let me tell you a little bit about

76
00:02:55,509 --> 00:02:54,400
the crew right now we're a crew of five

77
00:02:57,589 --> 00:02:55,519
uh

78
00:02:59,589 --> 00:02:57,599
when with the arrival of colonel creamer

79
00:03:01,190 --> 00:02:59,599
and his soyuz crewmates we became a crew

80
00:03:03,589 --> 00:03:01,200
of five we were a crew of two for a few

81
00:03:06,710 --> 00:03:03,599
weeks prior to that a crew of six the

82
00:03:09,750 --> 00:03:06,720
station crew grew to a crew of six back

83
00:03:12,149 --> 00:03:09,760
last summer in june

84
00:03:13,589 --> 00:03:12,159
by maintaining two soyuz here on board

85
00:03:16,070 --> 00:03:13,599
each of them have three seats that

86
00:03:19,110 --> 00:03:16,080
serves as our lifeboat an escape vehicle

87
00:03:21,509 --> 00:03:19,120
in case we have to to leave

88
00:03:24,390 --> 00:03:21,519

in an emergency situation

89

00:03:26,229 --> 00:03:24,400

and we're getting close to the the final

90

00:03:29,589 --> 00:03:26,239

assembly of the space station we will

91

00:03:30,390 --> 00:03:29,599

complete its assembly in 2010

92

00:03:32,869 --> 00:03:30,400

and

93

00:03:34,630 --> 00:03:32,879

transition to full utilization

94

00:03:37,509 --> 00:03:34,640

in this international partnership made

95

00:03:39,910 --> 00:03:37,519

up of the russians the u.s japanese

96

00:03:45,030 --> 00:03:39,920

european space agency and the canadian

97

00:03:48,229 --> 00:03:46,630

all right sir can you tell us a little

98

00:03:49,509 --> 00:03:48,239

bit about uh

99

00:03:53,110 --> 00:03:49,519

your holidays

100

00:03:55,670 --> 00:03:53,120

uh got that question how have the

101
00:03:57,990 --> 00:03:55,680
holidays been the holidays been great

102
00:04:00,149 --> 00:03:58,000
actually uh for max and i we've been

103
00:04:02,149 --> 00:04:00,159
here a while we're halfway through they

104
00:04:03,190 --> 00:04:02,159
were a nice relaxing break to the pace

105
00:04:04,630 --> 00:04:03,200
that we

106
00:04:06,949 --> 00:04:04,640
have been

107
00:04:09,190 --> 00:04:06,959
experiencing since we came on board

108
00:04:10,229 --> 00:04:09,200
these guys docked two days before

109
00:04:12,390 --> 00:04:10,239
christmas

110
00:04:13,910 --> 00:04:12,400
they brought or they they arrived

111
00:04:15,509 --> 00:04:13,920
bearing gifts

112
00:04:17,189 --> 00:04:15,519
it was great to see them of course we

113
00:04:19,909 --> 00:04:17,199

anticipated their arrival for a long

114

00:04:21,990 --> 00:04:19,919

time and we've had a relaxing schedule

115

00:04:23,110 --> 00:04:22,000

pretty much between christmas and new

116

00:04:24,870 --> 00:04:23,120

year's

117

00:04:26,150 --> 00:04:24,880

and one of the things that we can can

118

00:04:27,990 --> 00:04:26,160

share with you is

119

00:04:30,790 --> 00:04:28,000

being away from family and friends at

120

00:04:32,950 --> 00:04:30,800

this time of year is is unique for us of

121

00:04:34,230 --> 00:04:32,960

course uh specifically being on the

122

00:04:35,749 --> 00:04:34,240

space station

123

00:04:37,270 --> 00:04:35,759

but thinking about you guys we

124

00:04:39,430 --> 00:04:37,280

understand that you are also away from

125

00:04:41,189 --> 00:04:39,440

your family and friends and our bonding

126

00:04:43,749 --> 00:04:41,199

with the troops that you you are living

127

00:04:45,590 --> 00:04:43,759

with much like what we do here this is

128

00:04:48,230 --> 00:04:45,600

our our home away from home

129

00:04:50,070 --> 00:04:48,240

um you guys of course are elbow elbow

130

00:04:51,670 --> 00:04:50,080

with your compadres there and i think

131

00:04:53,189 --> 00:04:51,680

that is just absolutely wonderful

132

00:04:56,710 --> 00:04:53,199

because that enables us to do what we

133

00:04:57,990 --> 00:04:56,720

can do up here too

134

00:04:59,270 --> 00:04:58,000

thank you sir uh we'll go back to the

135

00:05:01,189 --> 00:04:59,280

massachusetts question i think the

136

00:05:02,870 --> 00:05:01,199

audio's working now

137

00:05:04,310 --> 00:05:02,880

match sergeant troll from houston texas

138

00:05:05,830 --> 00:05:04,320

i also work with the johnson space

139

00:05:06,629 --> 00:05:05,840

center in houston

140

00:05:08,710 --> 00:05:06,639

uh

141

00:05:10,469 --> 00:05:08,720

how did you fix the cloud filter for the

142

00:05:17,270 --> 00:05:10,479

water processing assembly up in the

143

00:05:20,790 --> 00:05:19,029

let's see the water processing assembly

144

00:05:22,550 --> 00:05:20,800

how did we fix i think you're talking

145

00:05:24,629 --> 00:05:22,560

about the urine processing assembly

146

00:05:25,430 --> 00:05:24,639

right if we fix that we have not fixed

147

00:05:27,430 --> 00:05:25,440

that

148

00:05:29,909 --> 00:05:27,440

so we're currently collecting urine and

149

00:05:31,430 --> 00:05:29,919

storing it as far away from us as we can

150

00:05:33,749 --> 00:05:31,440

and now we're having to take the water

151
00:05:35,590 --> 00:05:33,759
that we have stored on board and reserve

152
00:05:38,390 --> 00:05:35,600
and process that through the water

153
00:05:40,550 --> 00:05:38,400
processing facility to drink on board

154
00:05:42,790 --> 00:05:40,560
it's a it's an actually very interesting

155
00:05:44,310 --> 00:05:42,800
aspect of life here not a whole lot

156
00:05:47,029 --> 00:05:44,320
unlike

157
00:05:48,710 --> 00:05:47,039
the field experience that you have there

158
00:05:51,830 --> 00:05:48,720
where you have to improvise a little bit

159
00:05:55,029 --> 00:05:51,840
and make do with what you have and also

160
00:05:56,070 --> 00:05:55,039
get by and operate and live

161
00:05:58,790 --> 00:05:56,080
with

162
00:06:00,710 --> 00:05:58,800
less than what you otherwise would

163
00:06:02,629 --> 00:06:00,720

one thing jeff did not mention is we

164

00:06:04,870 --> 00:06:02,639

only have five people on board right now

165

00:06:06,230 --> 00:06:04,880

and we have six sleep stations

166

00:06:08,870 --> 00:06:06,240

and one of the storage places for the

167

00:06:10,469 --> 00:06:08,880

extra urine is in that six sleep station

168

00:06:13,270 --> 00:06:10,479

we just won't tell the next inhabitant

169

00:06:16,550 --> 00:06:14,550

and by the way thank you for your

170

00:06:18,550 --> 00:06:16,560

service and two counts uh

171

00:06:20,790 --> 00:06:18,560

both in the military as well as in the

172

00:06:23,510 --> 00:06:20,800

space program

173

00:06:25,510 --> 00:06:23,520

i am tim dalvin from the 32nd brigade of

174

00:06:28,230 --> 00:06:25,520

the wisconsin national guard wisconsin

175

00:06:30,629 --> 00:06:28,240

the home of deke slayton jim lovell and

176

00:06:32,629 --> 00:06:30,639

mark lee among others i'm i'm wondering

177

00:06:34,790 --> 00:06:32,639

if the earth will ever be the same to

178

00:06:38,710 --> 00:06:34,800

you after you after you've seen it from

179

00:06:40,390 --> 00:06:38,720

that uh incredible vantage point

180

00:06:42,070 --> 00:06:40,400

i think for anybody who's seen the earth

181

00:06:43,590 --> 00:06:42,080

from this incredible vantage point as

182

00:06:45,189 --> 00:06:43,600

you describe it we'll never see the

183

00:06:47,670 --> 00:06:45,199

earth in the same way you know when

184

00:06:50,550 --> 00:06:47,680

we're on the earth we see obviously very

185

00:06:53,350 --> 00:06:50,560

limited in some places we see

186

00:06:54,550 --> 00:06:53,360

just a tiny little

187

00:06:57,029 --> 00:06:54,560

area that

188

00:06:58,950 --> 00:06:57,039

that we can observe at any given time

189

00:07:01,189 --> 00:06:58,960

for example i grew up in wisconsin on a

190

00:07:03,749 --> 00:07:01,199

small farm and i didn't

191

00:07:06,070 --> 00:07:03,759

have a whole lot of exposure outside of

192

00:07:07,350 --> 00:07:06,080

that especially in urban environments

193

00:07:09,029 --> 00:07:07,360

and of course then you get on your first

194

00:07:10,150 --> 00:07:09,039

airplane ride and your whole world

195

00:07:11,189 --> 00:07:10,160

changes

196

00:07:12,870 --> 00:07:11,199

and when you get on your first

197

00:07:15,029 --> 00:07:12,880

spacecraft and you go to orbit of course

198

00:07:17,110 --> 00:07:15,039

it changes again to be able to view the

199

00:07:18,629 --> 00:07:17,120

entire globe

200

00:07:20,870 --> 00:07:18,639

looking out the window to orbit the

201
00:07:22,790 --> 00:07:20,880
earth every 90 minutes to spend weeks

202
00:07:24,309 --> 00:07:22,800
and months here and see the earth go

203
00:07:27,189 --> 00:07:24,319
through its seasons

204
00:07:29,749 --> 00:07:27,199
it's a it's an incredible place it's

205
00:07:31,110 --> 00:07:29,759
it's just a fascinating experience to be

206
00:07:33,510 --> 00:07:31,120
able to see god's creation from this

207
00:07:35,189 --> 00:07:33,520
vantage point

208
00:07:36,390 --> 00:07:35,199
i i can't say it any better than what

209
00:07:38,150 --> 00:07:36,400
jeff just

210
00:07:39,990 --> 00:07:38,160
shared with you but

211
00:07:41,670 --> 00:07:40,000
as we go through our working day one of

212
00:07:43,270 --> 00:07:41,680
the treats is to be able to build up

213
00:07:45,029 --> 00:07:43,280

enough time ahead of the schedule that

214

00:07:46,790 --> 00:07:45,039

they planned for us so we can just

215

00:07:47,909 --> 00:07:46,800

simply go and look out the window and

216

00:07:50,309 --> 00:07:47,919

take pictures

217

00:07:51,830 --> 00:07:50,319

it is that beautiful

218

00:07:54,070 --> 00:07:51,840

we were broadcasting the event over the

219

00:07:54,869 --> 00:07:54,080

radio and one of our listeners wanted to

220

00:07:57,430 --> 00:07:54,879

know

221

00:07:58,869 --> 00:07:57,440

what it is like for pt for you guys

222

00:08:01,110 --> 00:07:58,879

that far up there in a weightless

223

00:08:03,430 --> 00:08:01,120

environment

224

00:08:05,029 --> 00:08:03,440

one of the nice things being in the

225

00:08:07,110 --> 00:08:05,039

in orbit is that we can lift a lot of

226

00:08:09,110 --> 00:08:07,120

weight i mean we can push around tons of

227

00:08:10,390 --> 00:08:09,120

weight up here so that's kind of

228

00:08:12,390 --> 00:08:10,400

cheating so how do you how do you

229

00:08:14,390 --> 00:08:12,400

actually lift weights how do you

230

00:08:15,830 --> 00:08:14,400

actually run and so we have to use other

231

00:08:17,350 --> 00:08:15,840

forces

232

00:08:19,350 --> 00:08:17,360

other than gravity to help us for

233

00:08:21,350 --> 00:08:19,360

instance when we're lifting weights on

234

00:08:23,350 --> 00:08:21,360

our on our weightlifting machine it's

235

00:08:25,749 --> 00:08:23,360

called the advanced resistive exercise

236

00:08:28,230 --> 00:08:25,759

device we're actually pushing against or

237

00:08:30,710 --> 00:08:28,240

pulling against a vacuum that we

238

00:08:32,709 --> 00:08:30,720

actually build up in big cylinders

239

00:08:35,190 --> 00:08:32,719

and we can we can do some serious weight

240

00:08:36,709 --> 00:08:35,200

lifting on that device and running

241

00:08:37,750 --> 00:08:36,719

we have a treadmill

242

00:08:39,589 --> 00:08:37,760

and

243

00:08:42,149 --> 00:08:39,599

it's just like any old other treadmill

244

00:08:43,990 --> 00:08:42,159

except we've got these long bungee cords

245

00:08:45,590 --> 00:08:44,000

that weigh us down allow us to make

246

00:08:48,389 --> 00:08:45,600

contact and not float away off of the

247

00:08:50,470 --> 00:08:48,399

treadmill and we also have a bicycle so

248

00:08:51,350 --> 00:08:50,480

each day we we're we're supposed to be

249

00:08:54,389 --> 00:08:51,360

doing

250

00:08:55,750 --> 00:08:54,399

two hours or more of exercise and and

251

00:08:57,350 --> 00:08:55,760

the exercise is not only for our own

252

00:08:59,910 --> 00:08:57,360

general fitness but it's also a counter

253

00:09:01,190 --> 00:08:59,920

measure to to the atrophy that we suffer

254

00:09:03,110 --> 00:09:01,200

when we're up here as well as the bone

255

00:09:05,190 --> 00:09:03,120

loss that we suffer up here specialist

256

00:09:07,829 --> 00:09:05,200

furler from the 550th airspport medical

257

00:09:09,110 --> 00:09:07,839

company at fort bragg uh my question is

258

00:09:11,030 --> 00:09:09,120

do you guys ever get the chance to call

259

00:09:12,470 --> 00:09:11,040

home to your families that's a great

260

00:09:14,470 --> 00:09:12,480

question and i know it's a subject

261

00:09:15,750 --> 00:09:14,480

that's near to dear to your all's hearts

262

00:09:18,470 --> 00:09:15,760

as well because you want to stay in

263

00:09:19,990 --> 00:09:18,480

contact with the family and obviously in

264

00:09:22,070 --> 00:09:20,000

the situation that you're in you're

265

00:09:23,750 --> 00:09:22,080

limited to be able to do that we

266

00:09:26,230 --> 00:09:23,760

actually have pretty good resources on

267

00:09:27,030 --> 00:09:26,240

board to do that we have the equivalent

268

00:09:32,230 --> 00:09:27,040

of a

269

00:09:33,829 --> 00:09:32,240

go obviously goes to the communication

270

00:09:35,750 --> 00:09:33,839

system we here have here on the space

271

00:09:38,070 --> 00:09:35,760

station but we can call

272

00:09:41,110 --> 00:09:38,080

anywhere on earth and we typically call

273

00:09:43,750 --> 00:09:41,120

our family every day once a week or so

274

00:09:45,509 --> 00:09:43,760

we usually on the weekend on a sunday we

275

00:09:47,829 --> 00:09:45,519

have a video teleconference with our

276

00:09:49,750 --> 00:09:47,839

family back home we also have email

277

00:09:50,949 --> 00:09:49,760

capability where we can

278

00:09:53,190 --> 00:09:50,959

it's not

279

00:09:55,190 --> 00:09:53,200

as quick as it is on the earth but we

280

00:09:57,269 --> 00:09:55,200

synchronize the email about three times

281

00:09:58,550 --> 00:09:57,279

a day so we're able to stay in contact

282

00:09:59,990 --> 00:09:58,560

that way and then people send us

283

00:10:02,069 --> 00:10:00,000

electronic uh

284

00:10:04,470 --> 00:10:02,079

greetings through video and other means

285

00:10:06,230 --> 00:10:04,480

as well that we get periodically so

286

00:10:07,670 --> 00:10:06,240

overall we're able to stay in pretty

287

00:10:08,630 --> 00:10:07,680

close contact with our friends and

288

00:10:10,949 --> 00:10:08,640

family

289

00:10:12,470 --> 00:10:10,959

lieutenant mersinger from houston texas

290

00:10:14,069 --> 00:10:12,480

i notice both of y'all are wearing two

291

00:10:16,949 --> 00:10:14,079

wrist watches could you please explain

292

00:10:19,030 --> 00:10:16,959

what the second device is for

293

00:10:20,710 --> 00:10:19,040

that's a great question we um you know

294

00:10:23,110 --> 00:10:20,720

the old saying is a man with two watches

295

00:10:24,870 --> 00:10:23,120

never knows what what time it really is

296

00:10:26,870 --> 00:10:24,880

uh we actually have a real live watch

297

00:10:29,670 --> 00:10:26,880

that we use that's synchronized to the

298

00:10:31,509 --> 00:10:29,680

gmt time and then we're living on on

299

00:10:33,990 --> 00:10:31,519

greenwich mean time but the other black

300

00:10:34,870 --> 00:10:34,000

device that we have is an activity watch

301

00:10:39,430 --> 00:10:34,880

it's a

302

00:10:42,389 --> 00:10:39,440

little mini accelerometer and some of

303

00:10:44,150 --> 00:10:42,399

the researchers are are taking a look at

304

00:10:46,550 --> 00:10:44,160

our activity during the day and how

305

00:10:49,110 --> 00:10:46,560

active we are versus

306

00:10:51,350 --> 00:10:49,120

how restful our sleep is and they watch

307

00:10:53,990 --> 00:10:51,360

the the light and activity cycles to see

308

00:10:55,910 --> 00:10:54,000

if we're getting a proper amount of rest

309

00:10:58,069 --> 00:10:55,920

if we get disturbed at night

310

00:11:00,230 --> 00:10:58,079

um so they're just they're tracking our

311

00:11:02,870 --> 00:11:00,240

behavior basically

312

00:11:04,630 --> 00:11:02,880

uh lieutenant caylich with uh 32nd

313

00:11:06,710 --> 00:11:04,640

infantry brigade combat team wisconsin

314

00:11:08,630 --> 00:11:06,720

army national guard i was just asking if

315

00:11:09,750 --> 00:11:08,640

either of you two have experienced eva

316

00:11:12,829 --> 00:11:09,760

and if we could get some first-hand

317

00:11:17,910 --> 00:11:15,910

like uh yeah i've been outside three

318

00:11:19,750 --> 00:11:17,920

times uh not during this day on the

319

00:11:21,509 --> 00:11:19,760

space station but the last time i was up

320

00:11:24,069 --> 00:11:21,519

here three and a half years ago i went

321

00:11:26,470 --> 00:11:24,079

out once in a russian space suit and

322

00:11:28,550 --> 00:11:26,480

once in the u.s space suit uh and then

323

00:11:31,350 --> 00:11:28,560

back in 2000 i went out once on a

324

00:11:33,030 --> 00:11:31,360

shuttle flight in the u.s space suit

325

00:11:35,110 --> 00:11:33,040

it's an incredible experience it's one

326

00:11:36,790 --> 00:11:35,120

thing uh to be able to look out the

327

00:11:38,230 --> 00:11:36,800

window here and see the earth and

328

00:11:40,790 --> 00:11:38,240

whatnot it's another thing to actually

329

00:11:43,750 --> 00:11:40,800

go outside and you yourself in this in

330

00:11:45,350 --> 00:11:43,760

in a spacesuit are a spacecraft in

331

00:11:47,190 --> 00:11:45,360

itself it's complete with life support

332

00:11:50,470 --> 00:11:47,200

systems power systems

333

00:11:53,190 --> 00:11:50,480

comp systems etc to keep you alive

334

00:11:55,269 --> 00:11:53,200

and functional outside the work outside

335

00:11:57,829 --> 00:11:55,279

is incredibly challenging

336

00:11:59,750 --> 00:11:57,839

not unlike a lot of what you do

337

00:12:01,829 --> 00:11:59,760

it's a lot of heavy lifting you're

338

00:12:03,990 --> 00:12:01,839

outside for quite a while usually six

339

00:12:06,550 --> 00:12:04,000

and a half hours or more you're in the

340

00:12:07,670 --> 00:12:06,560

suit about eight and a half or nine

341

00:12:09,430 --> 00:12:07,680

hours

342

00:12:11,110 --> 00:12:09,440

so it's a long day but it's a it's a

343

00:12:13,670 --> 00:12:11,120

highlight of the of the entire

344

00:12:15,670 --> 00:12:13,680

experience

345

00:12:18,389 --> 00:12:15,680

hey there sergeant ron wedeberg 318

346

00:12:20,150 --> 00:12:18,399

public affairs office operations center

347

00:12:22,470 --> 00:12:20,160

um i noticed you guys kind of look like

348

00:12:24,629 --> 00:12:22,480

you're upside down how does your bodies

349

00:12:26,310 --> 00:12:24,639

react to that uh like your

350

00:12:28,150 --> 00:12:26,320

cardiovascular like do you guys does the

351

00:12:30,389 --> 00:12:28,160

blood rise to your feet or does it rise

352

00:12:33,509 --> 00:12:30,399

to your head

353

00:12:37,350 --> 00:12:35,269

that's that's a great question the truth

354

00:12:40,310 --> 00:12:37,360

is that there really is no up and down

355

00:12:42,790 --> 00:12:40,320

up here because everything's weightless

356

00:12:45,030 --> 00:12:42,800

when we first launch

357

00:12:47,430 --> 00:12:45,040

on the russian spacecraft and you go

358

00:12:49,910 --> 00:12:47,440

weightless there's tends to be a shift

359

00:12:51,030 --> 00:12:49,920

of fluids from the lower legs up into

360

00:12:53,030 --> 00:12:51,040

the chest

361

00:12:54,710 --> 00:12:53,040

and and head area and you tend to see

362

00:12:56,790 --> 00:12:54,720

people with moon faces and they get

363

00:12:58,470 --> 00:12:56,800

puffy and all the fluid tends to go in

364

00:12:59,509 --> 00:12:58,480

that direction but but now once we've

365

00:13:02,150 --> 00:12:59,519

adjusted

366

00:13:04,790 --> 00:13:02,160

um up and down don't matter to us and it

367

00:13:08,389 --> 00:13:04,800

really doesn't have the blood blood flow

368

00:13:11,750 --> 00:13:09,509

hey how are you doing i'm captain

369

00:13:13,110 --> 00:13:11,760

sherman first id military transition

370

00:13:14,629 --> 00:13:13,120

team

371

00:13:16,710 --> 00:13:14,639

we communicate a lot with our military

372

00:13:17,829 --> 00:13:16,720

partners on the iraqi side pretty much

373

00:13:19,670 --> 00:13:17,839

every day

374

00:13:22,069 --> 00:13:19,680

what is it like working with the russian

375

00:13:23,509 --> 00:13:22,079

partners on the space station every day

376

00:13:24,470 --> 00:13:23,519

what are the challenges any funny things

377

00:13:26,629 --> 00:13:24,480

happen

378

00:13:28,150 --> 00:13:26,639

well the actually that's one of the most

379

00:13:30,069 --> 00:13:28,160

rewarding aspects of the entire

380

00:13:32,550 --> 00:13:30,079

experience as well both colonel creamer

381

00:13:33,430 --> 00:13:32,560

and i have worked with the russians now

382

00:13:35,910 --> 00:13:33,440

for

383

00:13:37,430 --> 00:13:35,920

uh over 10 years

384

00:13:39,189 --> 00:13:37,440

or so we've spent a lot of time in

385

00:13:41,189 --> 00:13:39,199

russia the biggest challenge of course

386

00:13:42,389 --> 00:13:41,199

is learning the language each other's

387

00:13:45,590 --> 00:13:42,399

language

388

00:13:49,269 --> 00:13:45,600

so that you can as you know very well

389

00:13:50,069 --> 00:13:49,279

develop a relationship of trust

390

00:13:51,590 --> 00:13:50,079

but

391

00:13:53,750 --> 00:13:51,600

we've become

392

00:13:54,790 --> 00:13:53,760

close friends with many of our russian

393

00:13:57,189 --> 00:13:54,800

colleagues

394

00:13:58,870 --> 00:13:57,199

particularly our crewmates we do trust

395

00:13:59,990 --> 00:13:58,880

each other

396

00:14:03,990 --> 00:14:00,000

the

397

00:14:06,629 --> 00:14:04,000

you've

398

00:14:09,030 --> 00:14:06,639

got some level of uh

399

00:14:10,710 --> 00:14:09,040

ability at the language it just opens uh

400

00:14:12,389 --> 00:14:10,720

the doors wide open

401
00:14:13,590 --> 00:14:12,399
for those relationships so we've had a

402
00:14:15,670 --> 00:14:13,600
great experience working with the

403
00:14:18,470 --> 00:14:15,680
russians overall both on an individual

404
00:14:20,629 --> 00:14:18,480
level as well as a corporate level

405
00:14:21,430 --> 00:14:20,639
the other thing i'd like to emphasize is

406
00:14:23,990 --> 00:14:21,440
that

407
00:14:26,870 --> 00:14:24,000
our russian compadres here on station i

408
00:14:28,470 --> 00:14:26,880
can easily count among my best friends

409
00:14:31,110 --> 00:14:28,480
the humor is really good in both

410
00:14:33,829 --> 00:14:31,120
languages the care the self-care and the

411
00:14:37,189 --> 00:14:33,839
caring for your body is also extremely

412
00:14:39,670 --> 00:14:37,199
good um i and i have absolutely total

413
00:14:41,430 --> 00:14:39,680

faith in everything we're doing the the

414

00:14:43,750 --> 00:14:41,440

interesting background is you know i got

415

00:14:45,670 --> 00:14:43,760

commissioned in 82 and at that time we

416

00:14:47,750 --> 00:14:45,680

were still in the cold war pre-wall

417

00:14:49,269 --> 00:14:47,760

coming down and whoever thought that we

418

00:14:51,030 --> 00:14:49,279

would actually be flying on a on a

419

00:14:52,949 --> 00:14:51,040

russian vehicle together as you know

420

00:14:55,910 --> 00:14:52,959

equal partners

421

00:14:58,230 --> 00:14:55,920

with their extreme experience in space

422

00:15:00,069 --> 00:14:58,240

and and to some degree their extreme

423

00:15:02,310 --> 00:15:00,079

experience on heavy lifting to space

424

00:15:03,829 --> 00:15:02,320

stations in space has been wonderful

425

00:15:06,550 --> 00:15:03,839

working with these guys they're really

426

00:15:08,710 --> 00:15:06,560

really super folks

427

00:15:09,829 --> 00:15:08,720

major mcrae florence south carolina two

428

00:15:11,829 --> 00:15:09,839

of the military police command fort

429

00:15:13,269 --> 00:15:11,839

mcmurray and the 318th public affairs

430

00:15:15,189 --> 00:15:13,279

operations center

431

00:15:16,470 --> 00:15:15,199

my question is how did your many years

432

00:15:17,670 --> 00:15:16,480

of experience including military

433

00:15:20,310 --> 00:15:17,680

experience prepared you for what you're

434

00:15:23,670 --> 00:15:20,320

currently experiencing in space

435

00:15:25,509 --> 00:15:23,680

that's a great question i think that

436

00:15:26,870 --> 00:15:25,519

our military experience prepared us for

437

00:15:28,470 --> 00:15:26,880

what we're doing in space in the same

438

00:15:30,069 --> 00:15:28,480

way that your military experience is

439

00:15:31,430 --> 00:15:30,079

preparing you to meet the challenges

440

00:15:33,350 --> 00:15:31,440

that you have every day and the

441

00:15:35,030 --> 00:15:33,360

challenges that you're going to have in

442

00:15:36,949 --> 00:15:35,040

the future

443

00:15:38,870 --> 00:15:36,959

i think all of the

444

00:15:41,670 --> 00:15:38,880

the things that you

445

00:15:43,509 --> 00:15:41,680

appropriate from being in the military

446

00:15:48,389 --> 00:15:43,519

are

447

00:15:51,110 --> 00:15:48,399

what we're doing too the the uh

448

00:15:53,189 --> 00:15:51,120

teamwork the dedication to mission

449

00:15:56,310 --> 00:15:53,199

the whole concept of duty

450

00:16:00,069 --> 00:15:56,320

of trustworthiness

451
00:16:02,470 --> 00:16:00,079
of honor of serving and service all of

452
00:16:04,069 --> 00:16:02,480
those things are instilled in

453
00:16:06,230 --> 00:16:04,079
those that

454
00:16:08,069 --> 00:16:06,240
spend time in the military and all of

455
00:16:09,590 --> 00:16:08,079
those things have a direct application

456
00:16:11,990 --> 00:16:09,600
to other aspects of life and they

457
00:16:13,430 --> 00:16:12,000
certainly have a direct application to

458
00:16:15,829 --> 00:16:13,440
what we're doing here

459
00:16:19,189 --> 00:16:15,839
perseverance and

460
00:16:24,150 --> 00:16:21,749
one other aspect i think is pretty key

461
00:16:25,590 --> 00:16:24,160
is that as you go through your your

462
00:16:27,030 --> 00:16:25,600
learning curve for the military one of

463
00:16:27,910 --> 00:16:27,040

the things that you become acutely aware

464

00:16:30,069 --> 00:16:27,920

of is

465

00:16:31,269 --> 00:16:30,079

subjugating the your personal self for

466

00:16:33,110 --> 00:16:31,279

the greater

467

00:16:34,870 --> 00:16:33,120

contribution to the team and i think

468

00:16:36,069 --> 00:16:34,880

that's one of the biggest things we

469

00:16:38,389 --> 00:16:36,079

happen to be on the pointy end of the

470

00:16:40,949 --> 00:16:38,399

bayonet by flying on space station but

471

00:16:43,269 --> 00:16:40,959

there's a huge team behind us

472

00:16:45,030 --> 00:16:43,279

and for us to be here is both an honor

473

00:16:46,230 --> 00:16:45,040

but it's also a duty to serve the people

474

00:16:47,670 --> 00:16:46,240

who are really operating the space

475

00:16:49,430 --> 00:16:47,680

station which are the ground folks and

476

00:16:51,430 --> 00:16:49,440

the researchers that subjugation is

477

00:16:53,030 --> 00:16:51,440

something that is is really key with

478

00:16:55,350 --> 00:16:53,040

my military background and i would say

479

00:16:56,949 --> 00:16:55,360

most people's

480

00:16:59,749 --> 00:16:56,959

all right gentlemen i believe our time

481

00:17:01,990 --> 00:16:59,759

has expired so um on behalf of myself

482

00:17:07,029 --> 00:17:02,000

the american forces network here in iraq

483

00:17:13,429 --> 00:17:08,309

we just want to say

484

00:17:16,390 --> 00:17:15,029

thank you very much it was an honor to

485

00:17:18,630 --> 00:17:16,400

have you on board the international

486

00:17:20,789 --> 00:17:18,640

space station today we thank you for

487

00:17:22,630 --> 00:17:20,799

your service and again for the

488

00:17:24,949 --> 00:17:22,640

sacrifices that you're making in the

489

00:17:26,789 --> 00:17:24,959

protection of our freedoms uh that we're

490

00:17:28,470 --> 00:17:26,799

able to enjoy

491

00:17:30,710 --> 00:17:28,480

and you are in our thoughts we

492

00:17:32,870 --> 00:17:30,720

appreciate what you were doing for for

493

00:17:35,430 --> 00:17:32,880

our families our country

494

00:17:36,870 --> 00:17:35,440

by all means stay safe and

495

00:17:38,230 --> 00:17:36,880

and and can't wait for you guys to get

496

00:17:39,590 --> 00:17:38,240

back to your families too

497

00:17:40,909 --> 00:17:39,600

godspeed all

498

00:17:52,470 --> 00:17:40,919

godspeed