



1  
00:00:05,749 --> 00:00:03,190  
station this is houston are you ready

2  
00:00:07,510 --> 00:00:05,759  
for the event houston are you ready for

3  
00:00:09,030 --> 00:00:07,520  
the event

4  
00:00:12,629 --> 00:00:09,040  
houston the international space station

5  
00:00:17,109 --> 00:00:14,789  
ctv studios this is mission control

6  
00:00:20,390 --> 00:00:17,119  
houston please call station for a voice

7  
00:00:27,589 --> 00:00:22,630  
station this is canada am host beverly

8  
00:00:33,350 --> 00:00:29,750  
beverly in canada am i hear you loud and

9  
00:00:37,590 --> 00:00:35,430  
i can hear you very well commander

10  
00:00:41,830 --> 00:00:37,600  
hadfield thank you so much for doing

11  
00:00:45,270 --> 00:00:44,229  
i it's a real pleasure i i've been lucky

12  
00:00:46,869 --> 00:00:45,280  
enough to

13  
00:00:48,790 --> 00:00:46,879

visit with you folks several times and

14

00:00:51,910 --> 00:00:48,800

to be able to talk to you today

15

00:00:55,270 --> 00:00:51,920

from this place doing these things is

16

00:00:58,630 --> 00:00:57,189

well and it's it's so great for us to be

17

00:01:00,069 --> 00:00:58,640

able to catch up with you you know we do

18

00:01:02,150 --> 00:01:00,079

a lot of interviews all over the world

19

00:01:04,549 --> 00:01:02,160

this is our first my first certainly

20

00:01:06,950 --> 00:01:04,559

doing one out of this world i have to

21

00:01:08,710 --> 00:01:06,960

ask you to tell us kind of you know not

22

00:01:10,789 --> 00:01:08,720

where in the world you are but literally

23

00:01:14,870 --> 00:01:10,799

where are you in the international space

24

00:01:19,670 --> 00:01:17,030

the international space station is

25

00:01:21,749 --> 00:01:19,680

enormous i mean it's a lot

26

00:01:23,990 --> 00:01:21,759

a lot bigger than most people think it's

27

00:01:25,350 --> 00:01:24,000

a bunch of laboratories bolted together

28

00:01:26,469 --> 00:01:25,360

i'm currently in one of those

29

00:01:27,270 --> 00:01:26,479

laboratories

30

00:01:29,429 --> 00:01:27,280

uh

31

00:01:31,429 --> 00:01:29,439

that's the universe just out the window

32

00:01:33,990 --> 00:01:31,439

we're inside the japanese laboratory

33

00:01:35,910 --> 00:01:34,000

just behind the camera is the european

34

00:01:37,910 --> 00:01:35,920

laboratory the american laboratory is

35

00:01:40,310 --> 00:01:37,920

over there the russian segment is down

36

00:01:41,109 --> 00:01:40,320

there and then all across it here bigger

37

00:01:43,270 --> 00:01:41,119

than

38

00:01:45,670 --> 00:01:43,280

five hockey rinks is the whole space

39

00:01:47,190 --> 00:01:45,680

station it's it's a big place and we're

40

00:01:51,510 --> 00:01:47,200

just in one little corner of it here

41

00:01:54,389 --> 00:01:53,030

you know and it's just even though we

42

00:01:55,830 --> 00:01:54,399

know you're in weightlessness it's still

43

00:01:57,749 --> 00:01:55,840

pretty funny to see a microphone just

44

00:01:59,910 --> 00:01:57,759

kind of sitting floating around i have

45

00:02:05,670 --> 00:01:59,920

to ask you tell us how you spend your

46

00:02:10,070 --> 00:02:07,670

average day in space uh

47

00:02:11,910 --> 00:02:10,080

you wake up at 6 a.m we live on the

48

00:02:13,670 --> 00:02:11,920

greenwich time they they had to kind of

49

00:02:15,670 --> 00:02:13,680

split the pain between mission control

50

00:02:17,350 --> 00:02:15,680

and moscow and mission control in

51  
00:02:19,670 --> 00:02:17,360  
houston so they chose london england

52  
00:02:20,710 --> 00:02:19,680  
about halfway between so we wake up at 6

53  
00:02:23,190 --> 00:02:20,720  
a.m

54  
00:02:24,309 --> 00:02:23,200  
london time uh you have an hour and a

55  
00:02:26,229 --> 00:02:24,319  
half or so in the morning to get

56  
00:02:27,830 --> 00:02:26,239  
yourself ready just like everybody does

57  
00:02:29,030 --> 00:02:27,840  
clean up uh

58  
00:02:30,630 --> 00:02:29,040  
go to the bathroom which is a little

59  
00:02:32,630 --> 00:02:30,640  
intricate in space make yourself some

60  
00:02:33,910 --> 00:02:32,640  
breakfast read the day's plan and then

61  
00:02:36,070 --> 00:02:33,920  
we have a meeting with all of the

62  
00:02:37,190 --> 00:02:36,080  
mission controls all around the world uh

63  
00:02:38,949 --> 00:02:37,200

where we talk to each of them there's

64

00:02:42,150 --> 00:02:38,959

one in europe there's one in montreal

65

00:02:43,910 --> 00:02:42,160

there's one in houston moscow and japan

66

00:02:45,430 --> 00:02:43,920

and then once everyone's told us the

67

00:02:47,030 --> 00:02:45,440

important stuff for the day then we work

68

00:02:49,430 --> 00:02:47,040

our way through

69

00:02:51,190 --> 00:02:49,440

experiments fixing equipment maintaining

70

00:02:54,229 --> 00:02:51,200

the vehicle all the various things you

71

00:02:55,830 --> 00:02:54,239

might do a couple breaks for for meals

72

00:02:57,990 --> 00:02:55,840

it's evening time during the day we

73

00:02:59,350 --> 00:02:58,000

exercise two hours as well because uh

74

00:03:00,869 --> 00:02:59,360

without fighting gravity you could be

75

00:03:03,270 --> 00:03:00,879

really lazy so

76

00:03:05,910 --> 00:03:03,280

even my microphone floats as you say so

77

00:03:07,270 --> 00:03:05,920

uh so we exercise two hours a day

78

00:03:09,589 --> 00:03:07,280

uh have dinner

79

00:03:10,790 --> 00:03:09,599

and uh and then you have about an hour

80

00:03:13,350 --> 00:03:10,800

and a half in the evening to try and

81

00:03:14,869 --> 00:03:13,360

catch up on personal things maybe uh

82

00:03:17,190 --> 00:03:14,879

look out the window take some pictures

83

00:03:19,670 --> 00:03:17,200

play a little guitar talk to family

84

00:03:21,270 --> 00:03:19,680

and then go to bed get to six or seven

85

00:03:22,710 --> 00:03:21,280

hours sleep and repeat and we pretty

86

00:03:25,270 --> 00:03:22,720

much do that every day for the whole six

87

00:03:26,949 --> 00:03:25,280

months we're here

88

00:03:28,949 --> 00:03:26,959

and commander how are you feeling now

89

00:03:31,110 --> 00:03:28,959

that you've been up there as long as you

90

00:03:32,470 --> 00:03:31,120

have already and you've got you know

91

00:03:38,470 --> 00:03:32,480

the rest of your time there for your six

92

00:03:43,830 --> 00:03:41,589

i i completely feel adapted i feel like

93

00:03:45,350 --> 00:03:43,840

a spaceling

94

00:03:47,110 --> 00:03:45,360

it sounds weird it's not a very common

95

00:03:49,990 --> 00:03:47,120

word but i don't feel like an earthling

96

00:03:51,910 --> 00:03:50,000

i mean i can i can fly and float and and

97

00:03:54,630 --> 00:03:51,920

turn upside down i don't need to touch

98

00:03:57,830 --> 00:03:54,640

the floor it's it's a whole new

99

00:04:00,070 --> 00:03:57,840

uh way to be and at first it feels very

100

00:04:02,149 --> 00:04:00,080

strange but now you don't even think

101

00:04:03,589 --> 00:04:02,159

about it you're just if you want to put

102

00:04:06,470 --> 00:04:03,599

something somewhere you just let go of

103

00:04:09,509 --> 00:04:06,480

it and and uh you become

104

00:04:12,869 --> 00:04:09,519

graceful and elegant in weightlessness

105

00:04:13,910 --> 00:04:12,879

maybe like a a a porpoise in the water

106

00:04:16,069 --> 00:04:13,920

or or

107

00:04:17,990 --> 00:04:16,079

a swallow in the air and at first you're

108

00:04:20,390 --> 00:04:18,000

clumsy bump into things but after a

109

00:04:22,629 --> 00:04:20,400

while it really feels natural in fact

110

00:04:25,350 --> 00:04:22,639

it's a big improvement on gravity uh

111

00:04:28,070 --> 00:04:25,360

nothing sags on your body so uh so it's

112

00:04:31,430 --> 00:04:28,080

gratifying when you're in your 50s and

113

00:04:34,150 --> 00:04:31,440

and it's uh it's a it's a wonderful way

114

00:04:36,469 --> 00:04:34,160

to be to be able to fly and float

115

00:04:38,310 --> 00:04:36,479

and uh and take advantage of this really

116

00:04:41,350 --> 00:04:38,320

rare experience and that's just the

117

00:04:44,469 --> 00:04:43,030

there's so many interesting things that

118

00:04:46,230 --> 00:04:44,479

you've been sharing with us not the

119

00:04:48,310 --> 00:04:46,240

least of us we saw you making a peanut

120

00:04:49,189 --> 00:04:48,320

butter sandwich tell me about some of

121

00:04:54,150 --> 00:04:49,199

the

122

00:04:59,030 --> 00:04:54,160

to be careful about with regard to

123

00:05:03,110 --> 00:05:01,110

you know try eating a lunch sometime

124

00:05:05,670 --> 00:05:03,120

where you lie on your back and you make

125

00:05:07,510 --> 00:05:05,680

your whole lunch uh holding the food up

126

00:05:09,350 --> 00:05:07,520

in front of you above you

127

00:05:12,070 --> 00:05:09,360

you know opening up a can opening up

128

00:05:13,909 --> 00:05:12,080

anything trying to use utensils where

129

00:05:15,749 --> 00:05:13,919

you can't set anything down and

130

00:05:17,590 --> 00:05:15,759

everything that you open there's nothing

131

00:05:19,990 --> 00:05:17,600

to keep it in the container that's sort

132

00:05:20,710 --> 00:05:20,000

of what it's like i just brought a can

133

00:05:23,909 --> 00:05:20,720

of

134

00:05:27,430 --> 00:05:23,919

typical food that we eat here this is um

135

00:05:28,870 --> 00:05:27,440

this is a white bean puree and it's uh

136

00:05:30,710 --> 00:05:28,880

you know it's got a pull top but of

137

00:05:31,909 --> 00:05:30,720

course if it's a liquid inside as soon

138

00:05:33,990 --> 00:05:31,919

as you open this you're going to have a

139

00:05:36,310 --> 00:05:34,000

big ball of white bean puree floating

140

00:05:37,670 --> 00:05:36,320

around so hopefully the manufacturer has

141

00:05:41,029 --> 00:05:37,680

thought to make everything sticky in

142

00:05:44,390 --> 00:05:41,039

there and and uh your your fork if you

143

00:05:46,230 --> 00:05:44,400

turn around your spoon is gone uh

144

00:05:47,430 --> 00:05:46,240

we can't really heat our food very well

145

00:05:50,070 --> 00:05:47,440

everything just comes like this

146

00:05:51,670 --> 00:05:50,080

pre-pre-made and pre-packaged so we just

147

00:05:53,270 --> 00:05:51,680

have sort of a little uh

148

00:05:54,550 --> 00:05:53,280

you know easy bake oven that we warm

149

00:05:56,790 --> 00:05:54,560

things up in

150

00:05:59,029 --> 00:05:56,800

uh there's no real chiller for the water

151

00:06:00,710 --> 00:05:59,039

the food isn't really cold and you can't

152

00:06:03,110 --> 00:06:00,720

make anything fresh of course because

153

00:06:04,950 --> 00:06:03,120

ever it's like being on a long

154

00:06:06,070 --> 00:06:04,960

voyage anywhere a long sailing voyage

155

00:06:08,150 --> 00:06:06,080

where everything has to have a long

156

00:06:10,629 --> 00:06:08,160

shelf life but

157

00:06:12,469 --> 00:06:10,639

we have dietitians and

158

00:06:14,390 --> 00:06:12,479

health specialists on earth in in

159

00:06:16,070 --> 00:06:14,400

montreal with the canadian space agency

160

00:06:17,350 --> 00:06:16,080

and at nasa and in russia and they

161

00:06:19,749 --> 00:06:17,360

really take good care of us there's a

162

00:06:21,350 --> 00:06:19,759

big variety of food it tastes good and

163

00:06:23,029 --> 00:06:21,360

it's keeping us healthy so even though

164

00:06:25,990 --> 00:06:23,039

it's a little tricky eating up here as

165

00:06:27,590 --> 00:06:26,000

you saw in the peanut butter video um

166

00:06:29,749 --> 00:06:27,600

it's uh it's quite pleasant it's

167

00:06:31,430 --> 00:06:29,759

something we look forward to both

168

00:06:33,990 --> 00:06:31,440

just for the food but also as a social

169

00:06:36,070 --> 00:06:34,000

get together

170

00:06:37,990 --> 00:06:36,080

there's so much that is so fascinating

171

00:06:40,230 --> 00:06:38,000

about this mission and you've been able

172

00:06:42,309 --> 00:06:40,240

to share all of it with us through

173

00:06:44,629 --> 00:06:42,319

social media through taking pictures

174

00:06:47,590 --> 00:06:44,639

just yesterday we saw a picture of the

175

00:06:50,469 --> 00:06:47,600

youtube of mount etna some of these

176

00:06:52,070 --> 00:06:50,479

images are just stunning i i don't know

177

00:06:53,670 --> 00:06:52,080

how you have time to do it but you do do

178

00:06:55,510 --> 00:06:53,680

it you've got so many followers tell me

179

00:07:00,790 --> 00:06:55,520

when you first saw this picture of aetna

180

00:07:04,469 --> 00:07:02,550

well i get tremendous support from the

181

00:07:05,749 --> 00:07:04,479

ground the canadian space agency has a

182

00:07:07,430 --> 00:07:05,759

team of people that have been working on

183

00:07:10,550 --> 00:07:07,440

this flight for a couple years and

184

00:07:12,950 --> 00:07:10,560

they're doing a great job um my children

185

00:07:15,589 --> 00:07:12,960

as well especially my son evan has been

186

00:07:17,909 --> 00:07:15,599

helping me uh an old guy like me

187

00:07:19,830 --> 00:07:17,919

understands social media and be with

188

00:07:21,830 --> 00:07:19,840

that whole team uh

189

00:07:23,749 --> 00:07:21,840

uh we've really had a chance to include

190

00:07:25,749 --> 00:07:23,759

a lot of people in this and so they send

191

00:07:28,309 --> 00:07:25,759

me information i i got a note saying

192

00:07:30,629 --> 00:07:28,319

that mount etna was erupting and uh and

193

00:07:31,990 --> 00:07:30,639

then the people at nasa also said hey

194

00:07:34,469 --> 00:07:32,000

here's a particular pass where the

195

00:07:37,029 --> 00:07:34,479

lighting might be good and so i set the

196

00:07:39,029 --> 00:07:37,039

the alarm on my watch here and um

197

00:07:40,309 --> 00:07:39,039

and uh went over to the window at the

198

00:07:43,510 --> 00:07:40,319

right time and grabbed the camera and

199

00:07:44,790 --> 00:07:43,520

tried to take some pictures and and it's

200

00:07:46,950 --> 00:07:44,800

beverly it's it's

201  
00:07:48,550 --> 00:07:46,960  
sort of like almost a miracle when

202  
00:07:51,189 --> 00:07:48,560  
you're working away in what looks sort

203  
00:07:53,430 --> 00:07:51,199  
of like a building and you float over to

204  
00:07:54,950 --> 00:07:53,440  
the window like that one there

205  
00:07:56,309 --> 00:07:54,960  
and uh

206  
00:07:59,270 --> 00:07:56,319  
and you look outside and you're

207  
00:08:01,270 --> 00:07:59,280  
transported it's uh you suddenly there's

208  
00:08:03,110 --> 00:08:01,280  
the whole world in all of its curvature

209  
00:08:05,430 --> 00:08:03,120  
in front of you and there's a volcano

210  
00:08:08,550 --> 00:08:05,440  
out of the world that is spewing ash and

211  
00:08:10,550 --> 00:08:08,560  
smoke and steam and and you float the

212  
00:08:13,189 --> 00:08:10,560  
big lens up in front of you and zoom in

213  
00:08:15,670 --> 00:08:13,199

on it and you can see how the the energy

214

00:08:18,230 --> 00:08:15,680

from that volcano from this great big

215

00:08:19,589 --> 00:08:18,240

earth that we live on is is spewing the

216

00:08:21,510 --> 00:08:19,599

energy of the earth up into the high

217

00:08:23,110 --> 00:08:21,520

atmosphere where it's being picked up by

218

00:08:25,189 --> 00:08:23,120

the jet stream and carried out over the

219

00:08:27,589 --> 00:08:25,199

mediterranean and we're going eight

220

00:08:28,869 --> 00:08:27,599

kilometers a second so we come up you

221

00:08:30,710 --> 00:08:28,879

start getting your camera ready over

222

00:08:32,149 --> 00:08:30,720

africa and then you come across the

223

00:08:34,389 --> 00:08:32,159

horizon and there's mount etna and you

224

00:08:35,909 --> 00:08:34,399

take pictures as it rolls by in front of

225

00:08:38,149 --> 00:08:35,919

you and then the next thing you know

226

00:08:42,149 --> 00:08:38,159

you're over the black sea and and up and

227

00:08:43,909 --> 00:08:42,159

over kazakhstan and gone so it's it's uh

228

00:08:45,269 --> 00:08:43,919

it's phenomenal and as you say i'm

229

00:08:47,110 --> 00:08:45,279

working all day and all the science

230

00:08:49,430 --> 00:08:47,120

we're doing here but at the same time

231

00:08:50,550 --> 00:08:49,440

the the distraction of of what's out

232

00:08:53,190 --> 00:08:50,560

these windows

233

00:08:54,949 --> 00:08:53,200

and the the lure of the magnificence of

234

00:08:58,150 --> 00:08:54,959

our own planet is a magnet that that

235

00:09:00,550 --> 00:08:58,160

constantly pulls you away

236

00:09:01,990 --> 00:09:00,560

and as such alert for everybody on here

237

00:09:04,150 --> 00:09:02,000

on earth and we've been watching with

238

00:09:06,790 --> 00:09:04,160

interest you've been speaking to so many

239

00:09:09,509 --> 00:09:06,800

students and classes they ask you great

240

00:09:10,870 --> 00:09:09,519

questions it must be wonderful for you

241

00:09:13,269 --> 00:09:10,880

to be able to share and see the

242

00:09:17,750 --> 00:09:13,279

excitement that these kids share in your

243

00:09:21,670 --> 00:09:19,750

yeah when i was a kid growing up it was

244

00:09:23,670 --> 00:09:21,680

the very start of space exploration back

245

00:09:25,750 --> 00:09:23,680

in the 60s and early 70s

246

00:09:27,670 --> 00:09:25,760

and i was fascinated by it i thought of

247

00:09:29,829 --> 00:09:27,680

all the things that are going on with

248

00:09:31,509 --> 00:09:29,839

our species and our history right now

249

00:09:34,070 --> 00:09:31,519

this is something really new in the

250

00:09:36,790 --> 00:09:34,080

human experience to to be leaving our

251  
00:09:38,310 --> 00:09:36,800  
planet and so i was really excited about

252  
00:09:40,150 --> 00:09:38,320  
it as a kid

253  
00:09:42,550 --> 00:09:40,160  
and whenever somebody's taught me i've

254  
00:09:44,710 --> 00:09:42,560  
always sort of felt that well now i i

255  
00:09:46,389 --> 00:09:44,720  
have an obligation to try and share the

256  
00:09:48,389 --> 00:09:46,399  
privilege of things that i've learned

257  
00:09:49,670 --> 00:09:48,399  
with with other young people

258  
00:09:50,470 --> 00:09:49,680  
same as people did with me when i was

259  
00:09:52,550 --> 00:09:50,480  
little

260  
00:09:54,790 --> 00:09:52,560  
and so i really over the last 20 years

261  
00:09:57,350 --> 00:09:54,800  
as an astronaut i have spoken right

262  
00:09:59,750 --> 00:09:57,360  
across canada and up in the arctic and

263  
00:10:01,670 --> 00:09:59,760

um trying to let people know the

264

00:10:03,430 --> 00:10:01,680

opportunities that are there

265

00:10:04,949 --> 00:10:03,440

this is something that canadians do

266

00:10:07,030 --> 00:10:04,959

there's canadian hardware on here the

267

00:10:08,949 --> 00:10:07,040

canadarm built this place it's just in

268

00:10:11,670 --> 00:10:08,959

the outside there's a canadian science

269

00:10:13,430 --> 00:10:11,680

experiment looking at how um

270

00:10:14,870 --> 00:10:13,440

tiny nanoparticles react doing

271

00:10:15,910 --> 00:10:14,880

fundamental research right over here

272

00:10:17,750 --> 00:10:15,920

behind me

273

00:10:19,750 --> 00:10:17,760

and all of this is going on it's an

274

00:10:22,470 --> 00:10:19,760

opportunity for canadians canadian

275

00:10:24,550 --> 00:10:22,480

universities canadian businesses and so

276

00:10:27,030 --> 00:10:24,560

i'm the lucky guy who gets to be here

277

00:10:29,110 --> 00:10:27,040

but i really consider it a vital part of

278

00:10:31,269 --> 00:10:29,120

my job not to keep this experience to

279

00:10:33,829 --> 00:10:31,279

myself but to use every means that i can

280

00:10:36,230 --> 00:10:33,839

think of to try and share it to try and

281

00:10:37,990 --> 00:10:36,240

let people see what we're doing up here

282

00:10:39,509 --> 00:10:38,000

and the fact that we are starting to

283

00:10:41,030 --> 00:10:39,519

leave our planet

284

00:10:43,430 --> 00:10:41,040

permanently for the first time in

285

00:10:45,110 --> 00:10:43,440

history it's a pretty interesting stage

286

00:10:47,750 --> 00:10:45,120

and now with the technology that's

287

00:10:50,310 --> 00:10:47,760

available to be able to immediately

288

00:10:52,389 --> 00:10:50,320

share a picture of mount etna or

289

00:10:53,910 --> 00:10:52,399

some random thought or some emotion

290

00:10:55,829 --> 00:10:53,920

that's going through

291

00:10:58,230 --> 00:10:55,839

it really even makes it more accessible

292

00:11:00,150 --> 00:10:58,240

and for me more rewarding to be able to

293

00:11:01,190 --> 00:11:00,160

not just keep it to myself but to be

294

00:11:04,870 --> 00:11:01,200

able to let

295

00:11:08,630 --> 00:11:07,030

and i guess we can add canadian music to

296

00:11:10,550 --> 00:11:08,640

that because of your song and and the

297

00:11:11,990 --> 00:11:10,560

bare naked ladies and the fact that

298

00:11:14,870 --> 00:11:12,000

students are going to be singing this

299

00:11:19,670 --> 00:11:14,880

song your song on music monday

300

00:11:22,630 --> 00:11:21,990

i think it's tremendous i i went through

301  
00:11:26,949 --> 00:11:22,640  
the

302  
00:11:29,190 --> 00:11:26,959  
had music teachers in elementary school

303  
00:11:31,110 --> 00:11:29,200  
and high school miss soren who taught me

304  
00:11:32,310 --> 00:11:31,120  
in in high school taught me how to read

305  
00:11:34,310 --> 00:11:32,320  
music and how to play musical

306  
00:11:35,350 --> 00:11:34,320  
instruments

307  
00:11:37,430 --> 00:11:35,360  
and

308  
00:11:39,590 --> 00:11:37,440  
when we looked at this coalition for

309  
00:11:41,030 --> 00:11:39,600  
music education right across canada they

310  
00:11:43,509 --> 00:11:41,040  
have a great program with canadian

311  
00:11:45,110 --> 00:11:43,519  
schools and um

312  
00:11:46,870 --> 00:11:45,120  
and we thought why not participate in

313  
00:11:48,870 --> 00:11:46,880

that invited ed robertson who i'd known

314

00:11:51,110 --> 00:11:48,880

for years the two of us wrote a song

315

00:11:53,350 --> 00:11:51,120

together joined with the choir the the

316

00:11:55,190 --> 00:11:53,360

gleeks from wexford and and sang this

317

00:11:56,389 --> 00:11:55,200

song and it really came off nicely it's

318

00:11:58,310 --> 00:11:56,399

a song about

319

00:11:59,910 --> 00:11:58,320

exploration about starting to leave the

320

00:12:01,910 --> 00:11:59,920

earth about putting all that into

321

00:12:04,550 --> 00:12:01,920

personal perspective and what it means

322

00:12:07,269 --> 00:12:04,560

to us and ed and i really like the song

323

00:12:09,670 --> 00:12:07,279

that we wrote and it's going to be sung

324

00:12:11,829 --> 00:12:09,680

by schools i mean i invite all canadians

325

00:12:13,509 --> 00:12:11,839

to listen to this song it's you can see

326

00:12:15,509 --> 00:12:13,519

it through the canadian space agency

327

00:12:17,590 --> 00:12:15,519

website and through music mondays and

328

00:12:19,350 --> 00:12:17,600

coalition for music education

329

00:12:21,269 --> 00:12:19,360

um and it's going to be in schools

330

00:12:23,190 --> 00:12:21,279

across canada the first monday in may

331

00:12:24,470 --> 00:12:23,200

music mondays i think it's the 6th of

332

00:12:27,509 --> 00:12:24,480

may

333

00:12:29,750 --> 00:12:27,519

a song called somebody singing iss

334

00:12:31,430 --> 00:12:29,760

international space station and

335

00:12:34,629 --> 00:12:31,440

for me

336

00:12:35,509 --> 00:12:34,639

music is is fundamental to humanity they

337

00:12:37,829 --> 00:12:35,519

found

338

00:12:39,910 --> 00:12:37,839

musical instruments in when we lived in

339

00:12:41,590 --> 00:12:39,920

caves 40 000 years ago

340

00:12:42,710 --> 00:12:41,600

of the few artifacts the things that

341

00:12:44,550 --> 00:12:42,720

people made

342

00:12:46,949 --> 00:12:44,560

they made musical instruments back then

343

00:12:49,509 --> 00:12:46,959

before written history it it's an

344

00:12:52,790 --> 00:12:49,519

ancient necessity for humanity and to be

345

00:12:55,750 --> 00:12:52,800

able to uh have a guitar up here to be

346

00:12:57,350 --> 00:12:55,760

able to write and play music up here to

347

00:13:00,310 --> 00:12:57,360

be able to then share it and have

348

00:13:02,710 --> 00:13:00,320

canadians join in voice and song

349

00:13:04,710 --> 00:13:02,720

is just another wonderful way to try and

350

00:13:06,550 --> 00:13:04,720

help communicate not just the science

351

00:13:08,870 --> 00:13:06,560

which is important but also the art and

352

00:13:10,870 --> 00:13:08,880

the humanity of this experience and and

353

00:13:12,550 --> 00:13:10,880

i'm really hope lots of canadians will

354

00:13:13,430 --> 00:13:12,560

will have a chance to to join in in the

355

00:13:15,910 --> 00:13:13,440

music

356

00:13:18,949 --> 00:13:17,509

it's just it's really great to see you

357

00:13:20,870 --> 00:13:18,959

holding that guitar and with the

358

00:13:25,670 --> 00:13:20,880

weightlessness when you play that guitar

359

00:13:30,069 --> 00:13:27,829

well it sure does it's the guitar just

360

00:13:31,910 --> 00:13:30,079

kind of like this microphone the guitar

361

00:13:34,150 --> 00:13:31,920

just floats in front of you so you don't

362

00:13:35,829 --> 00:13:34,160

need a strap but it is a little weird to

363

00:13:37,829 --> 00:13:35,839

fret up the neck because

364

00:13:39,910 --> 00:13:37,839

because your arm doesn't weigh anything

365

00:13:43,430 --> 00:13:39,920

so so you kind of have to

366

00:13:46,389 --> 00:13:44,710

when you're playing up and down the neck

367

00:13:47,910 --> 00:13:46,399

you need to you need to really think

368

00:13:49,430 --> 00:13:47,920

about where your hands going but

369

00:13:51,750 --> 00:13:49,440

fortunately there's a canadian guitar on

370

00:13:53,509 --> 00:13:51,760

board made out in vancouver and that was

371

00:13:55,670 --> 00:13:53,519

just a lucky coincidence to have a

372

00:13:57,430 --> 00:13:55,680

canadian on board with a canadian guitar

373

00:13:59,910 --> 00:13:57,440

and i've in my spare time i've been

374

00:14:02,710 --> 00:13:59,920

playing lots of canadian folk songs stan

375

00:14:05,590 --> 00:14:02,720

rogers and gordon lightfoot and and m

376

00:14:07,110 --> 00:14:05,600

grinder and a bunch of music and and uh

377

00:14:09,350 --> 00:14:07,120

and having a chance to play some songs

378

00:14:11,269 --> 00:14:09,360

that i've been writing and record uh

379

00:14:13,350 --> 00:14:11,279

music it's just you know it's not the

380

00:14:15,750 --> 00:14:13,360

main purpose of what we're here for but

381

00:14:18,710 --> 00:14:15,760

uh having that as something to do in my

382

00:14:22,550 --> 00:14:18,720

spare time is is something i do on earth

383

00:14:26,069 --> 00:14:22,560

and it's a wonderful facet of the of

384

00:14:28,310 --> 00:14:26,079

actually living in space

385

00:14:29,910 --> 00:14:28,320

yeah i just love it and you know given

386

00:14:31,910 --> 00:14:29,920

the the the amount of space that you

387

00:14:33,269 --> 00:14:31,920

have for personality what other kinds of

388

00:14:35,269 --> 00:14:33,279

personal things did you bring with you i

389

00:14:36,870 --> 00:14:35,279

mean obviously you've got a guitar what

390

00:14:42,150 --> 00:14:36,880

are the kinds of things were important

391

00:14:46,710 --> 00:14:44,629

well i looked at this of course as as

392

00:14:48,949 --> 00:14:46,720

sort of a very significant event within

393

00:14:51,750 --> 00:14:48,959

my life within my family my extended

394

00:14:53,670 --> 00:14:51,760

family's life and so i invited of course

395

00:14:55,990 --> 00:14:53,680

each of my family members brothers

396

00:14:58,069 --> 00:14:56,000

sisters children my wife and and parents

397

00:14:59,670 --> 00:14:58,079

of course and ask them if they would

398

00:15:01,829 --> 00:14:59,680

like me to bring something up for them

399

00:15:03,910 --> 00:15:01,839

and we're very very space limited i came

400

00:15:06,470 --> 00:15:03,920

up and i helped in fact i was like the

401

00:15:07,990 --> 00:15:06,480

pilot of the soyuz the russian

402

00:15:09,829 --> 00:15:08,000

rocket ship spaceship that we flew up

403

00:15:11,509 --> 00:15:09,839

here so in fact everything i could bring

404

00:15:13,509 --> 00:15:11,519

had to fit in a package about as big as

405

00:15:14,949 --> 00:15:13,519

a one of those little loaves of bread

406

00:15:17,829 --> 00:15:14,959

and couldn't weigh more than a kilo and

407

00:15:20,389 --> 00:15:17,839

a half so just small things but almost

408

00:15:22,150 --> 00:15:20,399

everybody has some small little

409

00:15:24,310 --> 00:15:22,160

maybe something that's historic to them

410

00:15:25,910 --> 00:15:24,320

or personal to them or important and so

411

00:15:28,710 --> 00:15:25,920

i collected those from all my family

412

00:15:30,790 --> 00:15:28,720

little you know jewelry or or uh maybe

413

00:15:31,910 --> 00:15:30,800

something from a grandparent something

414

00:15:34,069 --> 00:15:31,920

that's been passed down through the

415

00:15:35,829 --> 00:15:34,079

generations little things like that my

416

00:15:37,189 --> 00:15:35,839

brother wrote a song you know that that

417

00:15:39,670 --> 00:15:37,199

i brought up the sheet music for that

418

00:15:40,470 --> 00:15:39,680

type of stuff and and now i have that up

419

00:15:41,990 --> 00:15:40,480

here

420

00:15:43,670 --> 00:15:42,000

and it's really nice actually to go

421

00:15:45,509 --> 00:15:43,680

through them one by one of course i want

422

00:15:47,030 --> 00:15:45,519

to photograph with them but to take them

423

00:15:49,990 --> 00:15:47,040

out and think about

424

00:15:52,230 --> 00:15:50,000

how this is the embodiment of a friend

425

00:15:54,069 --> 00:15:52,240

or or a history or a whole story each

426

00:15:55,509 --> 00:15:54,079

one of them and to float it weightless

427

00:15:56,949 --> 00:15:55,519

next to myself

428

00:15:58,790 --> 00:15:56,959

snap the camera with the world in the

429

00:16:00,150 --> 00:15:58,800

background

430

00:16:02,389 --> 00:16:00,160

not just knowing that this is an

431

00:16:05,189 --> 00:16:02,399

interesting photograph but this is an

432

00:16:06,629 --> 00:16:05,199

encapsulation of humanity and time

433

00:16:08,550 --> 00:16:06,639

looking at it putting it back in the

434

00:16:09,350 --> 00:16:08,560

package and taking on another one it's

435

00:16:15,670 --> 00:16:09,360

uh

436

00:16:18,790 --> 00:16:15,680

joining moment with everybody that's

437

00:16:21,670 --> 00:16:20,550

wow and you know you're so busy up there

438

00:16:23,749 --> 00:16:21,680

with the experiments that you've

439

00:16:25,829 --> 00:16:23,759

mentioned and such a full day you are

440

00:16:27,590 --> 00:16:25,839

about to take over command of the

441

00:16:29,110 --> 00:16:27,600

international space station are you

442

00:16:30,629 --> 00:16:29,120

still going to have time to do your

443

00:16:35,509 --> 00:16:30,639

tweets and your photographs and all of

444

00:16:39,189 --> 00:16:37,189

you just can't deny it and i mean i

445

00:16:41,189 --> 00:16:39,199

could sleep longer i guess but

446

00:16:43,749 --> 00:16:41,199

that would be a waste um

447

00:16:45,509 --> 00:16:43,759

i mean we have a very regimented life we

448

00:16:47,189 --> 00:16:45,519

in fact have a schedule on a computer

449

00:16:48,629 --> 00:16:47,199

that moves in one minute increment our

450

00:16:50,870 --> 00:16:48,639

life is scheduled to five-minute

451  
00:16:52,150 --> 00:16:50,880  
increments for the whole five months but

452  
00:16:53,430 --> 00:16:52,160  
there's a little bit of gray space at

453  
00:16:55,910 --> 00:16:53,440  
the start of the day and the end of the

454  
00:16:58,230 --> 00:16:55,920  
day and and there's also a block where

455  
00:17:01,110 --> 00:16:58,240  
you're supposed to be asleep and

456  
00:17:03,189 --> 00:17:01,120  
and yes i do i take over to command

457  
00:17:05,029 --> 00:17:03,199  
what is in effect the world spaceship uh

458  
00:17:08,309 --> 00:17:05,039  
here in a couple weeks

459  
00:17:09,990 --> 00:17:08,319  
uh which is just amazing uh for me to

460  
00:17:12,150 --> 00:17:10,000  
even contemplate that

461  
00:17:14,710 --> 00:17:12,160  
i can accept the reality of it but but

462  
00:17:17,350 --> 00:17:14,720  
in my heart it just still is uh is kind

463  
00:17:18,630 --> 00:17:17,360

of uh daunting and

464

00:17:20,390 --> 00:17:18,640

and uh

465

00:17:21,669 --> 00:17:20,400

surreal but

466

00:17:24,069 --> 00:17:21,679

uh

467

00:17:26,470 --> 00:17:24,079

i'm definitely need to address that role

468

00:17:28,230 --> 00:17:26,480

uh of course my regular working day here

469

00:17:30,310 --> 00:17:28,240

but at the same time i'm not gonna spend

470

00:17:32,710 --> 00:17:30,320

my evenings and spare time you know

471

00:17:34,710 --> 00:17:32,720

watching movies or um or not being

472

00:17:36,150 --> 00:17:34,720

productive that's not what people put me

473

00:17:37,110 --> 00:17:36,160

here for it's definitely not what i want

474

00:17:39,909 --> 00:17:37,120

to do

475

00:17:42,470 --> 00:17:39,919

and i'm in such a rare position on

476

00:17:44,870 --> 00:17:42,480

behalf of so many canadians so many of

477

00:17:47,110 --> 00:17:44,880

my co-workers so many people that i want

478

00:17:48,310 --> 00:17:47,120

to live this experience just as fully as

479

00:17:51,110 --> 00:17:48,320

i can

480

00:17:53,590 --> 00:17:51,120

share it with earth real time but also

481

00:17:54,470 --> 00:17:53,600

absorb it as completely as i can so that

482

00:17:56,789 --> 00:17:54,480

i can

483

00:17:59,029 --> 00:17:56,799

reflect it back and reflect on it and

484

00:18:00,950 --> 00:17:59,039

and let people know what it means to all

485

00:18:03,190 --> 00:18:00,960

of us uh you know for the rest of my

486

00:18:06,310 --> 00:18:03,200

life so yeah i'll be busy but uh this is

487

00:18:07,909 --> 00:18:06,320

a good place to be busy

488

00:18:08,950 --> 00:18:07,919

i know there's going to be a lot of

489

00:18:10,310 --> 00:18:08,960

things you're going to want to do not

490

00:18:12,150 --> 00:18:10,320

the least which is hug your family when

491

00:18:13,990 --> 00:18:12,160

you get back but what would you look

492

00:18:19,590 --> 00:18:14,000

forward to being able to do once you're

493

00:18:22,710 --> 00:18:21,190

it's a very

494

00:18:24,710 --> 00:18:22,720

quiet

495

00:18:28,549 --> 00:18:24,720

austere environment here

496

00:18:30,470 --> 00:18:28,559

great people super competent undemanding

497

00:18:32,070 --> 00:18:30,480

self-starting group of six humans that

498

00:18:33,590 --> 00:18:32,080

i'm up here with from all around the

499

00:18:34,870 --> 00:18:33,600

world

500

00:18:36,310 --> 00:18:34,880

it's interesting we grew up speaking

501  
00:18:37,350 --> 00:18:36,320  
different languages very different

502  
00:18:38,789 --> 00:18:37,360  
cultures

503  
00:18:41,830 --> 00:18:38,799  
people from

504  
00:18:45,029 --> 00:18:41,840  
belarus and russia and different places

505  
00:18:46,150 --> 00:18:45,039  
in the united states and me from canada

506  
00:18:48,789 --> 00:18:46,160  
and yet

507  
00:18:50,150 --> 00:18:48,799  
this little microcosm we have a a

508  
00:18:53,590 --> 00:18:50,160  
wonderful time working here but it's

509  
00:18:55,110 --> 00:18:53,600  
also you know somewhat um monastic and

510  
00:18:57,029 --> 00:18:55,120  
i'm very much looking forward just to

511  
00:18:58,789 --> 00:18:57,039  
the contact of being back on earth the

512  
00:19:00,870 --> 00:18:58,799  
the noise and the tumult and the wind in

513  
00:19:02,710 --> 00:19:00,880

your face and being able to give someone

514

00:19:05,510 --> 00:19:02,720

a hug and and

515

00:19:07,510 --> 00:19:05,520

just the regular messiness of life

516

00:19:09,190 --> 00:19:07,520

i'm looking forward to that i'm looking

517

00:19:10,630 --> 00:19:09,200

forward to

518

00:19:11,909 --> 00:19:10,640

of course we have all the compulsory

519

00:19:14,549 --> 00:19:11,919

things but

520

00:19:16,710 --> 00:19:14,559

to relaxing to getting back to uh

521

00:19:17,990 --> 00:19:16,720

cottage in canada and spending the time

522

00:19:20,870 --> 00:19:18,000

with my uh

523

00:19:22,789 --> 00:19:20,880

with my feet up trying to uh put all

524

00:19:25,750 --> 00:19:22,799

this together and figure out

525

00:19:27,190 --> 00:19:25,760

you know what it really means and

526

00:19:29,029 --> 00:19:27,200

and

527

00:19:29,750 --> 00:19:29,039

somehow fit it into the rest of my life

528

00:19:33,909 --> 00:19:29,760

and

529

00:19:37,190 --> 00:19:33,919

context of everything else that's going

530

00:19:38,870 --> 00:19:37,200

on so i think the debriefs the rush of

531

00:19:41,350 --> 00:19:38,880

humanity and then a chance to really

532

00:19:42,789 --> 00:19:41,360

reflect on it there's all the trivial

533

00:19:43,990 --> 00:19:42,799

stuff of you know food that i want to

534

00:19:45,750 --> 00:19:44,000

eat or

535

00:19:47,750 --> 00:19:45,760

something but but in truth it's the

536

00:19:49,350 --> 00:19:47,760

opportunity to to really make the most

537

00:19:53,029 --> 00:19:49,360

of it that i'm looking forward to when

538

00:19:54,870 --> 00:19:53,039

the pace slows again

539

00:19:56,470 --> 00:19:54,880

commander hadfield this has been such an

540

00:19:58,150 --> 00:19:56,480

incredible opportunity to speak with you

541

00:19:59,029 --> 00:19:58,160

you've been such an inspiration continue

542

00:20:01,909 --> 00:19:59,039

to be

543

00:20:05,190 --> 00:20:01,919

best of luck and uh safe travels for the

544

00:20:08,870 --> 00:20:06,310

thank you

545

00:20:10,310 --> 00:20:08,880

pleasure to talk to you thanks for

546

00:20:11,669 --> 00:20:10,320

having me on

547

00:20:13,510 --> 00:20:11,679

bye

548

00:20:19,430 --> 00:20:13,520

the station this is houston acr that

549

00:20:23,830 --> 00:20:21,990

thank you ctb studios station we are now