



1
00:00:07,269 --> 00:00:04,950
hi i'm nasa astronaut rick mastracchio

2
00:00:09,270 --> 00:00:07,279
and i'm mike hopkins from expedition 38

3
00:00:10,950 --> 00:00:09,280
on the international space station

4
00:00:13,270 --> 00:00:10,960
people often ask us what it is like to

5
00:00:15,110 --> 00:00:13,280
be on board iss for the holidays though

6
00:00:17,029 --> 00:00:15,120
we miss our families it's great to be in

7
00:00:18,550 --> 00:00:17,039
space as astronauts this is what we

8
00:00:19,269 --> 00:00:18,560
train for and this is where we want to

9
00:00:20,790 --> 00:00:19,279
be

10
00:00:22,230 --> 00:00:20,800
opportunities to fly in space are rare

11
00:00:24,710 --> 00:00:22,240
so we have to take advantage of them

12
00:00:26,390 --> 00:00:24,720
whenever they occur

13
00:00:28,230 --> 00:00:26,400

like mike said we are happy to be up

14

00:00:29,589 --> 00:00:28,240

here orbiting above the earth if we

15

00:00:31,029 --> 00:00:29,599

can't be at home with our families

16

00:00:32,549 --> 00:00:31,039

during the holidays then this is the

17

00:00:34,709 --> 00:00:32,559

next best place that any of us would

18

00:00:36,870 --> 00:00:34,719

like to be the six of us up here are

19

00:00:37,830 --> 00:00:36,880

like a family and we we enjoy many meals

20

00:00:39,750 --> 00:00:37,840

together

21

00:00:41,430 --> 00:00:39,760

like most people in the us thanksgiving

22

00:00:43,350 --> 00:00:41,440

means spending time with my family and

23

00:00:45,350 --> 00:00:43,360

enjoying a big meal

24

00:00:46,790 --> 00:00:45,360

and for my family we often travel during

25

00:00:48,869 --> 00:00:46,800

thanksgiving because our relatives are

26
00:00:50,470 --> 00:00:48,879
spread out across the us it gives us a

27
00:00:52,150 --> 00:00:50,480
chance to catch up with loved ones and

28
00:00:53,990 --> 00:00:52,160
relax

29
00:00:55,830 --> 00:00:54,000
and even though thanksgiving is a work

30
00:00:57,670 --> 00:00:55,840
day here on the space station we do plan

31
00:00:58,389 --> 00:00:57,680
on enjoying a big meal after our work is

32
00:01:00,950 --> 00:00:58,399
done

33
00:01:02,310 --> 00:01:00,960
here are a few items we plan to prepare

34
00:01:05,350 --> 00:01:02,320
we have turkey

35
00:01:06,870 --> 00:01:05,360
and stuffed bread dressing

36
00:01:08,710 --> 00:01:06,880
green bean casserole is one of my

37
00:01:10,230 --> 00:01:08,720
favorites but this is dehydrated and we

38
00:01:11,750 --> 00:01:10,240

kind of have to mix it together as we

39

00:01:13,350 --> 00:01:11,760

eat it

40

00:01:17,749 --> 00:01:13,360

and of course we got the dehydrated

41

00:01:21,910 --> 00:01:20,070

a few potatoes

42

00:01:25,109 --> 00:01:21,920

as well as bread but all they have to do

43

00:01:27,510 --> 00:01:25,119

is be heated up in the oven

44

00:01:30,310 --> 00:01:27,520

and of course no good meal is done

45

00:01:32,789 --> 00:01:30,320

without some drinks and a fantastic

46

00:01:34,469 --> 00:01:32,799

dessert

47

00:01:35,830 --> 00:01:34,479

so we're all very grateful to be here

48

00:01:39,510 --> 00:01:35,840

and we are thankful for the ground team

49

00:01:42,630 --> 00:01:41,030

we are grateful to the men and women in

50

00:01:44,149 --> 00:01:42,640

the military especially to those who are

51

00:01:46,389 --> 00:01:44,159

also away from their families on

52

00:01:47,990 --> 00:01:46,399

deployment

53

00:01:49,990 --> 00:01:48,000

from the international space station