



1
00:00:06,150 --> 00:00:02,790
station this is houston are you ready

2
00:00:06,160 --> 00:00:09,390
i am ready for the event

3
00:00:13,270 --> 00:00:11,350
nbctoday.com this is mission control

4
00:00:18,470 --> 00:00:13,280
houston please call station for a voice

5
00:00:24,230 --> 00:00:20,950
station this is nbctoday.com how do you

6
00:00:24,240 --> 00:00:32,389
i read you loud and clear how about me

7
00:00:32,399 --> 00:00:37,990
loud and clear thanks for joining us

8
00:00:40,950 --> 00:00:39,350
we know it's my pleasure to be able to

9
00:00:45,590 --> 00:00:40,960
talk with you today

10
00:00:49,830 --> 00:00:47,590
my pleasure as well we'll start with our

11
00:00:52,869 --> 00:00:49,840
first question from our 30 seconds to no

12
00:00:55,029 --> 00:00:52,879
segment here for uh commander copra

13
00:00:59,830 --> 00:00:55,039

what are the house rules on the

14

00:01:03,670 --> 00:01:01,990

we know it's a great question and the

15

00:01:05,350 --> 00:01:03,680

house rules are simple

16

00:01:07,109 --> 00:01:05,360

and uh they're also probably unstated

17

00:01:09,270 --> 00:01:07,119

because they're part of the culture of

18

00:01:11,109 --> 00:01:09,280

the astronaut corps and the cosmonaut

19

00:01:12,710 --> 00:01:11,119

corps and that is

20

00:01:15,190 --> 00:01:12,720

be respectful and courteous to your

21

00:01:17,429 --> 00:01:15,200

crewmates pick up after yourself and

22

00:01:18,789 --> 00:01:17,439

then build a good relationship and

23

00:01:20,630 --> 00:01:18,799

maintain that with all the different

24

00:01:28,870 --> 00:01:20,640

centers around the world that support us

25

00:01:33,350 --> 00:01:30,710

okay great and now we'll bring in uh

26
00:01:36,310 --> 00:01:33,360
flight engineer jeff williams

27
00:01:38,310 --> 00:01:36,320
for our morning routine questions

28
00:01:40,469 --> 00:01:38,320
and uh we'll get started with what time

29
00:01:47,830 --> 00:01:40,479
do you guys wake up and how can you even

30
00:01:51,830 --> 00:01:49,749
the only reason we can tell it's morning

31
00:01:54,149 --> 00:01:51,840
in our work day is because of the the

32
00:01:56,550 --> 00:01:54,159
time it is so we set our alarms to wake

33
00:01:58,310 --> 00:01:56,560
up we work on greenwich meantime

34
00:02:06,630 --> 00:01:58,320
and typically get up at six in the

35
00:02:10,790 --> 00:02:09,109
how do your workouts in space

36
00:02:15,510 --> 00:02:10,800
differ from the workouts that you do

37
00:02:19,510 --> 00:02:17,910
we know one of the differences is that

38
00:02:22,710 --> 00:02:19,520

we are scheduled every day so there's

39

00:02:24,470 --> 00:02:22,720

really no excuse to uh to not work out

40

00:02:27,110 --> 00:02:24,480

one of the main differences i brought my

41

00:02:28,710 --> 00:02:27,120

harness here we have a treadmill and we

42

00:02:30,790 --> 00:02:28,720

have to strap ourselves down to the

43

00:02:32,550 --> 00:02:30,800

treadmill with this harness so that's

44

00:02:34,390 --> 00:02:32,560

one of the biggest differences besides

45

00:02:36,309 --> 00:02:34,400

that lifting weights it feels almost

46

00:02:38,229 --> 00:02:36,319

identical to what we do on the ground

47

00:02:40,390 --> 00:02:38,239

and we have a bicycle here that's

48

00:02:48,949 --> 00:02:40,400

isolated from station but it feels like

49

00:02:53,350 --> 00:02:51,270

okay great i mean

50

00:02:55,270 --> 00:02:53,360

you're away from home for so long you're

51
00:02:57,509 --> 00:02:55,280
away from earth for so long i mean do

52
00:02:59,030 --> 00:02:57,519
you have any mental health routines that

53
00:03:04,390 --> 00:02:59,040
you do in the morning to kind of help

54
00:03:07,910 --> 00:03:06,070
oh i don't know if we have any specific

55
00:03:09,990 --> 00:03:07,920
routines in regards to mental health

56
00:03:11,509 --> 00:03:10,000
we're all um we've been checked out

57
00:03:13,910 --> 00:03:11,519
pretty well pretty thoroughly before the

58
00:03:15,830 --> 00:03:13,920
flight anyway uh we're just we're very

59
00:03:17,350 --> 00:03:15,840
busy up here we're very focused on

60
00:03:19,910 --> 00:03:17,360
getting the work done

61
00:03:21,830 --> 00:03:19,920
and also from a personal point of view

62
00:03:23,270 --> 00:03:21,840
there's a lot to enjoy up here that's

63
00:03:24,869 --> 00:03:23,280

very unique

64

00:03:26,630 --> 00:03:24,879

to look out the window and view the

65

00:03:28,550 --> 00:03:26,640

earth to do all the things that you

66

00:03:29,750 --> 00:03:28,560

might imagine you can do in a weightless

67

00:03:31,030 --> 00:03:29,760

environment

68

00:03:32,789 --> 00:03:31,040

so there's no

69

00:03:41,910 --> 00:03:32,799

there's no real issues in terms of

70

00:03:47,509 --> 00:03:44,470

when it comes to some basic things like

71

00:03:49,430 --> 00:03:47,519

cutting your hair or shaving or clipping

72

00:03:51,110 --> 00:03:49,440

your nails i would think that

73

00:03:53,030 --> 00:03:51,120

could be a little bit difficult i mean

74

00:03:57,910 --> 00:03:53,040

how do you guys do basic grooming things

75

00:04:01,190 --> 00:03:59,350

you know it is different and you have to

76
00:04:02,949 --> 00:04:01,200
make adjustments you know so clipping

77
00:04:05,350 --> 00:04:02,959
your nails you probably need to use a

78
00:04:07,110 --> 00:04:05,360
vacuum cleaner or uh do it in your event

79
00:04:09,509 --> 00:04:07,120
then use a piece of tape to collect it

80
00:04:11,990 --> 00:04:09,519
up you know i brought my razor my razor

81
00:04:14,550 --> 00:04:12,000
i use this uh you know a few times a

82
00:04:16,469 --> 00:04:14,560
week probably not every day but you know

83
00:04:18,550 --> 00:04:16,479
all the the whiskers stay in the blade

84
00:04:20,870 --> 00:04:18,560
and we use a new blade every time and

85
00:04:22,870 --> 00:04:20,880
then uh cutting hair we have a vacuum

86
00:04:25,270 --> 00:04:22,880
cleaner sort of like

87
00:04:26,710 --> 00:04:25,280
a floaby sort of device and you cut your

88
00:04:29,030 --> 00:04:26,720

hair and uh you know we're not that

89

00:04:38,950 --> 00:04:29,040

great at barbers as barbers but we do a

90

00:04:42,790 --> 00:04:40,950

what is the most radical adjustment in

91

00:04:50,150 --> 00:04:42,800

your morning routine

92

00:04:54,150 --> 00:04:52,629

uh i don't know if you'd describe it as

93

00:04:57,270 --> 00:04:54,160

a radical but

94

00:05:00,710 --> 00:04:57,280

on earth we get up at home typically

95

00:05:01,990 --> 00:05:00,720

like most people and you do the things

96

00:05:03,029 --> 00:05:02,000

that you do at home before you leave the

97

00:05:04,629 --> 00:05:03,039

house and then you pull out of the

98

00:05:06,950 --> 00:05:04,639

garage and head off to wherever you're

99

00:05:09,189 --> 00:05:06,960

going for the day usually it's to work

100

00:05:10,870 --> 00:05:09,199

your workplace here we get up we come

101

00:05:12,310 --> 00:05:10,880

out of our crew quarters and we're in

102

00:05:15,270 --> 00:05:12,320

our workplace so

103

00:05:17,510 --> 00:05:15,280

we can uh we we look at the what's on

104

00:05:19,510 --> 00:05:17,520

the plan for the day as soon as we get

105

00:05:21,029 --> 00:05:19,520

up uh of course we have breakfast and

106

00:05:22,469 --> 00:05:21,039

that kind of thing but we're really we

107

00:05:32,469 --> 00:05:22,479

never leave our workplace so that's

108

00:05:36,390 --> 00:05:34,310

are there parts of your morning routine

109

00:05:37,909 --> 00:05:36,400

on earth that you keep the same out

110

00:05:42,070 --> 00:05:37,919

there up there in space to kind of

111

00:05:45,990 --> 00:05:44,150

you know i'm not sure that uh i keep any

112

00:05:47,590 --> 00:05:46,000

parts of my routine the same to remind

113

00:05:48,390 --> 00:05:47,600

me of home but there are some things

114

00:05:52,710 --> 00:05:48,400

that

115

00:05:54,469 --> 00:05:52,720

of coffee in the morning you know maybe

116

00:05:56,550 --> 00:05:54,479

reading the emails see if you got some

117

00:05:59,189 --> 00:05:56,560

messages from overnight from friends and

118

00:06:00,710 --> 00:05:59,199

family and those are pretty consistent

119

00:06:03,189 --> 00:06:00,720

and you know really

120

00:06:05,270 --> 00:06:03,199

life is very very similar to the earth

121

00:06:08,150 --> 00:06:05,280

in terms of the pace of work we have a

122

00:06:09,350 --> 00:06:08,160

long work day as jeff mentioned uh but

123

00:06:10,790 --> 00:06:09,360

of course there's things that are

124

00:06:12,870 --> 00:06:10,800

radically different the fact we're in

125

00:06:20,150 --> 00:06:12,880

zero gravity and and when we do have

126
00:06:26,870 --> 00:06:22,230
what time do you actually eat breakfast

127
00:06:29,670 --> 00:06:28,790
well that depends upon the individual

128
00:06:31,350 --> 00:06:29,680
like

129
00:06:33,189 --> 00:06:31,360
i'm

130
00:06:35,270 --> 00:06:33,199
not inclined so much to eat breakfast

131
00:06:36,710 --> 00:06:35,280
i'll have coffee as tim mentioned coffee

132
00:06:39,270 --> 00:06:36,720
is very important

133
00:06:40,950 --> 00:06:39,280
for most of us so i'll have have that

134
00:06:42,550 --> 00:06:40,960
typically it's a few minutes after six

135
00:06:44,710 --> 00:06:42,560
o'clock or oftentimes i'll wake up a

136
00:06:46,870 --> 00:06:44,720
little bit early i mean

137
00:06:49,749 --> 00:06:46,880
i have that habit on the ground as well

138
00:06:51,189 --> 00:06:49,759

maybe get up at between 5 and 5 30 have

139

00:06:53,350 --> 00:06:51,199

coffee

140

00:06:55,110 --> 00:06:53,360

kind of get my thoughts together for the

141

00:06:57,510 --> 00:06:55,120

day and then and then maybe graze a

142

00:06:59,189 --> 00:06:57,520

little bit for breakfast or graze

143

00:07:07,430 --> 00:06:59,199

through the morning whenever you get a

144

00:07:10,550 --> 00:07:09,029

and i know part of your work day up

145

00:07:12,309 --> 00:07:10,560

there is you know doing different

146

00:07:14,710 --> 00:07:12,319

experiments and tests and things like

147

00:07:20,390 --> 00:07:14,720

that i mean is there a favorite

148

00:07:24,710 --> 00:07:23,670

our routine is uh is varied and so every

149

00:07:26,309 --> 00:07:24,720

week is going to be a little bit

150

00:07:28,150 --> 00:07:26,319

different sometimes it's very

151

00:07:29,830 --> 00:07:28,160

maintenance oriented and we're fixing

152

00:07:31,830 --> 00:07:29,840

things that are broken or routine

153

00:07:33,909 --> 00:07:31,840

maintenance other times it's a brand new

154

00:07:35,909 --> 00:07:33,919

experiment and so uh

155

00:07:38,629 --> 00:07:35,919

sometimes those only run for a few days

156

00:07:40,950 --> 00:07:38,639

or maybe a few weeks i had an experiment

157

00:07:42,469 --> 00:07:40,960

in a glove box here in which it was a

158

00:07:45,110 --> 00:07:42,479

combustion experiment and there were

159

00:07:46,550 --> 00:07:45,120

flames here inside this confined area so

160

00:07:48,469 --> 00:07:46,560

that was pretty entertaining to be able

161

00:07:58,070 --> 00:07:48,479

to burn things in space that's probably

162

00:08:01,909 --> 00:08:00,070

what type of food do you guys eat for

163

00:08:10,950 --> 00:08:01,919

breakfast and i guess do you have any

164

00:08:15,110 --> 00:08:12,790

well we have a different uh variety of

165

00:08:16,869 --> 00:08:15,120

food i guess you could say we uh we have

166

00:08:19,110 --> 00:08:16,879

some food that's ready to eat where we

167

00:08:21,270 --> 00:08:19,120

just put it in the oven heat it up and

168

00:08:23,029 --> 00:08:21,280

then open up a package most of the food

169

00:08:25,029 --> 00:08:23,039

comes in packages like this this is

170

00:08:27,189 --> 00:08:25,039

actually a drink container uh our

171

00:08:29,350 --> 00:08:27,199

coffees for example are a container like

172

00:08:31,350 --> 00:08:29,360

this and we add hot water

173

00:08:32,949 --> 00:08:31,360

shake it up a little bit and then drink

174

00:08:35,829 --> 00:08:32,959

it through a straw

175

00:08:38,070 --> 00:08:35,839

other food we have is dehydrated and

176

00:08:40,389 --> 00:08:38,080

we'll inject hot water in it let it sit

177

00:08:43,269 --> 00:08:40,399

for 10 minutes or so and then cut it

178

00:08:44,149 --> 00:08:43,279

open with a pair of scissors and

179

00:08:45,350 --> 00:08:44,159

and

180

00:08:46,710 --> 00:08:45,360

eat it it's

181

00:08:53,750 --> 00:08:46,720

other than that it's pretty much the

182

00:08:57,430 --> 00:08:55,430

a lot of people will wake up early to

183

00:08:59,190 --> 00:08:57,440

see the sunrise what's the view like for

184

00:09:03,509 --> 00:08:59,200

you guys when you wake up early and look

185

00:09:09,030 --> 00:09:05,990

you know it varies in fact uh you know

186

00:09:10,790 --> 00:09:09,040

you talked about routines i really enjoy

187

00:09:13,269 --> 00:09:10,800

getting up in the morning and if i want

188

00:09:14,949 --> 00:09:13,279

to really start going i'll look at at

189

00:09:17,190 --> 00:09:14,959

world map it's a program we have that

190

00:09:19,030 --> 00:09:17,200

shows us where we are on the planet and

191

00:09:21,269 --> 00:09:19,040

it's very easy to get excited about that

192

00:09:22,949 --> 00:09:21,279

next photograph that you can get and so

193

00:09:24,870 --> 00:09:22,959

uh that's probably one of the things

194

00:09:27,190 --> 00:09:24,880

that i enjoy doing when you first get up

195

00:09:28,949 --> 00:09:27,200

in the morning and you can look out

196

00:09:30,790 --> 00:09:28,959

the window and it's always going to be a

197

00:09:32,790 --> 00:09:30,800

little bit different because our orbit

198

00:09:34,389 --> 00:09:32,800

is changing orbit's staying the same

199

00:09:40,949 --> 00:09:34,399

actually but our view and our place on

200

00:09:48,630 --> 00:09:43,110

all right thank you so much to commander

201

00:09:48,640 --> 00:09:54,070

our pleasure nice to chat with you

202

00:10:00,949 --> 00:09:57,190

station this is houston acr thank you

203

00:10:03,829 --> 00:10:01,790

thank you

204

00:10:05,509 --> 00:10:03,839

nbctoday.com station please stand by