



Welcome to Cygnus



1  
00:00:05,190 --> 00:00:03,750  
hello from the expedition 50 crew we'd

2  
00:00:07,110 --> 00:00:05,200  
like to share with you today a little

3  
00:00:09,589 --> 00:00:07,120  
bit about what christmas means to us in

4  
00:00:12,789 --> 00:00:09,599  
this time of this time of year for me

5  
00:00:14,950 --> 00:00:12,799  
it's a lot about family we always travel

6  
00:00:16,150 --> 00:00:14,960  
typically to meet up with our family

7  
00:00:17,109 --> 00:00:16,160  
because we're dispersed all over the

8  
00:00:18,950 --> 00:00:17,119  
country

9  
00:00:21,109 --> 00:00:18,960  
we go home to georgia quite a bit or

10  
00:00:22,870 --> 00:00:21,119  
florida or sometimes colorado to meet up

11  
00:00:25,509 --> 00:00:22,880  
with all of our

12  
00:00:27,189 --> 00:00:25,519  
immediate and distant family members

13  
00:00:29,029 --> 00:00:27,199

always a great time just to get together

14

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

and share with each other

15

00:00:32,709 --> 00:00:30,800

this season is typically

16

00:00:34,630 --> 00:00:32,719

thought of as all about getting things

17

00:00:36,470 --> 00:00:34,640

around christmas but we in our family

18

00:00:37,670 --> 00:00:36,480

try to to think of it as the giving

19

00:00:39,510 --> 00:00:37,680

aspect

20

00:00:41,590 --> 00:00:39,520

giving of our many talents and of our

21

00:00:43,190 --> 00:00:41,600

resources and of our time to others less

22

00:00:45,670 --> 00:00:43,200

fortunate

23

00:00:47,350 --> 00:00:45,680

it's also a season that i love i just

24

00:00:48,869 --> 00:00:47,360

love kind of the christmas season and

25

00:00:50,869 --> 00:00:48,879

all the lights and the music and

26

00:00:52,630 --> 00:00:50,879

everything that kind of leads up to it

27

00:00:53,510 --> 00:00:52,640

and my family i think shares the same

28

00:00:57,110 --> 00:00:53,520

thing

29

00:01:00,150 --> 00:00:57,120

i'll now pass off to peggy whitson

30

00:01:01,750 --> 00:01:00,160

hi well i think being on board the iss

31

00:01:03,510 --> 00:01:01,760

gives us a slightly different

32

00:01:05,030 --> 00:01:03,520

perspective of christmas obviously

33

00:01:05,910 --> 00:01:05,040

friends and family are important to all

34

00:01:07,830 --> 00:01:05,920

of us

35

00:01:10,230 --> 00:01:07,840

uh but besides

36

00:01:12,390 --> 00:01:10,240

funny hats

37

00:01:14,710 --> 00:01:12,400

there is another very important aspect

38

00:01:16,230 --> 00:01:14,720

of being on iss and that's seeing the

39

00:01:18,789 --> 00:01:16,240

planet as a whole

40

00:01:20,789 --> 00:01:18,799

and it actually reinforces i think that

41

00:01:23,830 --> 00:01:20,799

the fact that we should

42

00:01:27,270 --> 00:01:23,840

live uh as one people and strive for

43

00:01:31,670 --> 00:01:29,190

and i can only second what what's been

44

00:01:34,230 --> 00:01:31,680

said before i remember growing up i was

45

00:01:36,550 --> 00:01:34,240

uh i was born in a very big family i had

46

00:01:38,789 --> 00:01:36,560

25 cousins and

47

00:01:40,630 --> 00:01:38,799

for most of them the only time we could

48

00:01:43,109 --> 00:01:40,640

catch up was around christmas time so i

49

00:01:45,109 --> 00:01:43,119

was very much looking forward to that

50

00:01:47,109 --> 00:01:45,119

this year i won't be able to be there of

51  
00:01:49,590 --> 00:01:47,119  
course but i'll uh i'll think i'll think

52  
00:01:52,230 --> 00:01:49,600  
of them i'll try to give them a call

53  
00:01:54,389 --> 00:01:52,240  
catch up as much as i can and make the

54  
00:01:55,350 --> 00:01:54,399  
most of this opportunity to look at the

55  
00:01:58,630 --> 00:01:55,360  
earth

56  
00:02:01,030 --> 00:01:58,640  
reflect about what christmas means uh to

57  
00:02:03,270 --> 00:02:01,040  
us as individuals to to the world in

58  
00:02:04,709 --> 00:02:03,280  
general and uh and i think we'll uh

59  
00:02:06,709 --> 00:02:04,719  
we'll have a we'll have a good time on

60  
00:02:08,949 --> 00:02:06,719  
board the iss and share a christmas meal

61  
00:02:10,550 --> 00:02:08,959  
together

62  
00:02:12,550 --> 00:02:10,560  
thanks tomon speaking of a meal we'd

63  
00:02:13,750 --> 00:02:12,560

like to share with you some of the items

64

00:02:17,110 --> 00:02:13,760

we're going to have up here for

65

00:02:20,630 --> 00:02:19,110

tamar has some special european food

66

00:02:24,390 --> 00:02:20,640

i'll let him show you that and talk

67

00:02:28,869 --> 00:02:26,949

so i'm lucky enough to have recipes

68

00:02:31,430 --> 00:02:28,879

that's been that have been prepared for

69

00:02:33,910 --> 00:02:31,440

me by french chefs and they're all based

70

00:02:35,910 --> 00:02:33,920

on ingredients that i used to to love

71

00:02:37,190 --> 00:02:35,920

when i was a kid that my grandmother

72

00:02:38,869 --> 00:02:37,200

used to cook

73

00:02:40,710 --> 00:02:38,879

for the big family dinners that we had

74

00:02:43,110 --> 00:02:40,720

around christmas time so

75

00:02:46,869 --> 00:02:43,120

as a maine i'll have a chicken supreme

76

00:02:48,470 --> 00:02:46,879

uh with morals which is a delicacy

77

00:02:50,229 --> 00:02:48,480

that we'll share together and have

78

00:02:52,309 --> 00:02:50,239

enough not just one can but enough for

79

00:02:54,949 --> 00:02:52,319

everybody in the crew

80

00:02:57,190 --> 00:02:54,959

as dessert we have gingerbread

81

00:02:59,110 --> 00:02:57,200

which is also a special special one that

82

00:03:01,190 --> 00:02:59,120

i remember from way back when and that's

83

00:03:02,949 --> 00:03:01,200

going to make me travel down memory lane

84

00:03:04,869 --> 00:03:02,959

and i hope you guys will like it

85

00:03:07,110 --> 00:03:04,879

and as a starter because we don't do

86

00:03:10,550 --> 00:03:07,120

things in the in order on the iss we'll

87

00:03:12,309 --> 00:03:10,560

have uh ox tong which is also typical of

88

00:03:14,790 --> 00:03:12,319

the region i was uh i was born in the

89

00:03:20,149 --> 00:03:14,800

region i'm from and i hope everybody's

90

00:03:24,390 --> 00:03:21,670

and to go along we'll have some

91

00:03:26,470 --> 00:03:24,400

beverages i've got some

92

00:03:27,910 --> 00:03:26,480

packaged uh cider

93

00:03:30,309 --> 00:03:27,920

and

94

00:03:32,070 --> 00:03:30,319

cocoa hot cocoa is one of my favorites

95

00:03:35,030 --> 00:03:32,080

especially growing up in iowa when you

96

00:03:37,030 --> 00:03:35,040

wanted to stay warm

97

00:03:39,270 --> 00:03:37,040

and for some of the traditional u.s

98

00:03:40,789 --> 00:03:39,280

meals we're going to have turkey

99

00:03:43,190 --> 00:03:40,799

it comes in a pouch up here but we'll

100

00:03:45,030 --> 00:03:43,200

have turkey for us to eat along with

101  
00:03:46,710 --> 00:03:45,040  
fruit salad

102  
00:03:49,589 --> 00:03:46,720  
and what else do we have i know we've

103  
00:03:52,070 --> 00:03:49,599  
got some green beans and potatoes and

104  
00:03:53,830 --> 00:03:52,080  
some mashed potatoes

105  
00:03:56,390 --> 00:03:53,840  
which are coming out they're dehydrated

106  
00:03:58,149 --> 00:03:56,400  
and some cornbread stuffing

107  
00:03:59,910 --> 00:03:58,159  
and we have plenty of desserts to go

108  
00:04:01,509 --> 00:03:59,920  
along with these things as well we have

109  
00:04:02,710 --> 00:04:01,519  
cranapple dessert which is like a

110  
00:04:04,789 --> 00:04:02,720  
cobbler

111  
00:04:06,710 --> 00:04:04,799  
as well as some chocolate cake

112  
00:04:08,710 --> 00:04:06,720  
so we're going to eat very well up here

113  
00:04:10,229 --> 00:04:08,720

at christmas

114

00:04:11,750 --> 00:04:10,239

and of course we're all going to miss

115

00:04:12,710 --> 00:04:11,760

our family members and wish we could be

116

00:04:14,949 --> 00:04:12,720

with them but we're going to have a

117

00:04:16,629 --> 00:04:14,959

great time up here and like tomas said

118

00:04:18,229 --> 00:04:16,639

earlier we're going to reflect on what

119

00:04:20,789 --> 00:04:18,239

this whole season means to us and our

120

00:04:22,469 --> 00:04:20,799

families so from the expedition 50 crew