



1
00:00:16,710 --> 00:00:10,400
between countries

2
00:00:32,499 --> 00:00:19,750
discovery clears the tower

3
00:00:47,430 --> 00:00:45,510
[Music]

4
00:00:49,510 --> 00:00:47,440
good afternoon and thank you for joining

5
00:00:52,389 --> 00:00:49,520
us at nasa's johnson space center in

6
00:00:54,150 --> 00:00:52,399
houston for the crew one post splashdown

7
00:00:56,150 --> 00:00:54,160
crew news conference

8
00:00:58,389 --> 00:00:56,160
nasa astronauts mike hopkins victor

9
00:01:00,549 --> 00:00:58,399
glover shannon walker and japan

10
00:01:03,029 --> 00:01:00,559
aerospace exploration agency astronaut

11
00:01:05,509 --> 00:01:03,039
suichi naguchi splashed down off the

12
00:01:08,310 --> 00:01:05,519
coast of panama city florida sunday

13
00:01:10,070 --> 00:01:08,320

completing nasa's first commercial crew

14

00:01:12,710 --> 00:01:10,080

long duration mission aboard the

15

00:01:15,109 --> 00:01:12,720

international space station the return

16

00:01:16,950 --> 00:01:15,119

comes nearly six months after the crew

17

00:01:19,590 --> 00:01:16,960

members arrived at the space station and

18

00:01:22,149 --> 00:01:19,600

also marks the longest duration mission

19

00:01:24,390 --> 00:01:22,159

of a crude american spacecraft to date

20

00:01:26,789 --> 00:01:24,400

it was also the first night splashdown

21

00:01:29,510 --> 00:01:26,799

of a u.s crude spacecraft since apollo

22

00:01:31,910 --> 00:01:29,520

8's return in 1968.

23

00:01:32,950 --> 00:01:31,920

welcome home crew one

24

00:01:36,230 --> 00:01:32,960

thank you

25

00:01:39,190 --> 00:01:36,240

crui astronauts worked on a number of

26
00:01:41,830 --> 00:01:39,200
experiments as part of expedition in 64

27
00:01:43,749 --> 00:01:41,840
and expedition 65 on the space station

28
00:01:46,149 --> 00:01:43,759
including tissue chips that mimic the

29
00:01:48,230 --> 00:01:46,159
structure and function of human organs

30
00:01:50,389 --> 00:01:48,240
to understand the role of microgravity

31
00:01:52,230 --> 00:01:50,399
on human health and diseases and

32
00:01:54,389 --> 00:01:52,240
translate those findings to improve

33
00:01:56,230 --> 00:01:54,399
human health on earth they also grew

34
00:01:58,389 --> 00:01:56,240
radishes and different types of lights

35
00:02:00,950 --> 00:01:58,399
and soils as part of the ongoing efforts

36
00:02:02,709 --> 00:02:00,960
to produce food in space and they tested

37
00:02:03,990 --> 00:02:02,719
a new system to remove heat from

38
00:02:05,749 --> 00:02:04,000

spacesuits

39

00:02:07,510 --> 00:02:05,759

they had significant roles to play in

40

00:02:08,389 --> 00:02:07,520

five space walks outside the space

41

00:02:10,309 --> 00:02:08,399

station

42

00:02:12,790 --> 00:02:10,319

victor completed his first four

43

00:02:15,990 --> 00:02:12,800

spacewalks including three alongside

44

00:02:19,350 --> 00:02:16,000

mike who now has done five space walks

45

00:02:20,790 --> 00:02:19,360

naguchi joined nasa's kate rubins on the

46

00:02:22,790 --> 00:02:20,800

fourth spacewalk of each of their

47

00:02:24,390 --> 00:02:22,800

careers during the spacewalks the

48

00:02:26,630 --> 00:02:24,400

astronauts connected cables on a

49

00:02:28,550 --> 00:02:26,640

recently installed science platform

50

00:02:30,070 --> 00:02:28,560

prepared the station for upcoming solar

51
00:02:31,830 --> 00:02:30,080
array upgrades

52
00:02:34,390 --> 00:02:31,840
serviced the station's cooling system

53
00:02:36,070 --> 00:02:34,400
and completed other maintenance tasks we

54
00:02:38,070 --> 00:02:36,080
are so pleased to be joined by mike

55
00:02:39,350 --> 00:02:38,080
victor shannon and suici today and are

56
00:02:40,869 --> 00:02:39,360
excited to hear more about your

57
00:02:42,309 --> 00:02:40,879
incredible mission

58
00:02:43,910 --> 00:02:42,319
we'll give the crew a chance to make

59
00:02:45,030 --> 00:02:43,920
opening remarks and then we'll take

60
00:02:47,110 --> 00:02:45,040
questions

61
00:02:49,830 --> 00:02:47,120
media on the phone can ask a question by

62
00:02:52,630 --> 00:02:49,840
pressing star 1 or withdraw a question

63
00:02:54,550 --> 00:02:52,640

by pressing star 2. you can also ask

64

00:02:57,030 --> 00:02:54,560

questions on social media by using the

65

00:02:59,350 --> 00:02:57,040

hashtag asknasa

66

00:03:01,110 --> 00:02:59,360

let's go over to you first mike

67

00:03:02,229 --> 00:03:01,120

okay good afternoon megan good afternoon

68

00:03:04,309 --> 00:03:02,239

everyone

69

00:03:06,710 --> 00:03:04,319

you know over six months ago we were

70

00:03:08,869 --> 00:03:06,720

sitting here at uh at a news conference

71

00:03:10,790 --> 00:03:08,879

and i was talking about the amazing

72

00:03:13,190 --> 00:03:10,800

teams at uh nasa

73

00:03:15,190 --> 00:03:13,200

spacex and and in the dod that had

74

00:03:17,830 --> 00:03:15,200

overcome so many challenges

75

00:03:19,670 --> 00:03:17,840

uh including a pandemic to to get us to

76

00:03:21,430 --> 00:03:19,680

the point of being ready for launch to

77

00:03:24,229 --> 00:03:21,440

the international space station in fact

78

00:03:25,750 --> 00:03:24,239

i i mentioned that those teams and the

79

00:03:27,670 --> 00:03:25,760

tens of thousands of people all around

80

00:03:30,229 --> 00:03:27,680

the world that had been working

81

00:03:33,430 --> 00:03:30,239

tirelessly against covet 19 had inspired

82

00:03:34,789 --> 00:03:33,440

the the name of our crew dragon capsule

83

00:03:37,270 --> 00:03:34,799

resilience

84

00:03:39,350 --> 00:03:37,280

and now today we're sitting here again

85

00:03:41,430 --> 00:03:39,360

at a news conference our post uh post

86

00:03:43,990 --> 00:03:41,440

mission news conference and

87

00:03:46,869 --> 00:03:44,000

and i'm even more impressed um in fact

88

00:03:48,869 --> 00:03:46,879

i'm in awe of of those teams because

89

00:03:51,190 --> 00:03:48,879

quite frankly i i don't know how our

90

00:03:53,429 --> 00:03:51,200

mission could have gone any better

91

00:03:55,509 --> 00:03:53,439

from the launch to the rendezvous to the

92

00:03:58,149 --> 00:03:55,519

docking to joining kate and sergey and

93

00:03:59,910 --> 00:03:58,159

sergey as part of expedition 64.

94

00:04:01,589 --> 00:03:59,920

megan you mentioned the spacewalks and

95

00:04:03,750 --> 00:04:01,599

the robotics operation and all of the

96

00:04:06,070 --> 00:04:03,760

science that went on board the uh

97

00:04:08,390 --> 00:04:06,080

relocating resilience from the forward

98

00:04:10,869 --> 00:04:08,400

to the zenith docking port and then last

99

00:04:13,670 --> 00:04:10,879

week the undocking deorbit and

100

00:04:15,190 --> 00:04:13,680

splashdown of resilience

101
00:04:17,430 --> 00:04:15,200
you know more or less i think everything

102
00:04:18,870 --> 00:04:17,440
went like clockwork uh in fact i'm not

103
00:04:20,870 --> 00:04:18,880
aware of any objectives that that

104
00:04:23,430 --> 00:04:20,880
weren't accomplished for for our mission

105
00:04:26,070 --> 00:04:23,440
and so on behalf of crew one we want to

106
00:04:31,110 --> 00:04:26,080
thank all of the folks at uh at nasa at

107
00:04:33,430 --> 00:04:31,120
spacex dod isa uh jaxa csa ross cosmos

108
00:04:35,830 --> 00:04:33,440
and and all of the organizations and

109
00:04:39,030 --> 00:04:35,840
companies and personnel that contributed

110
00:04:40,629 --> 00:04:39,040
to this mission um just a job well done

111
00:04:42,390 --> 00:04:40,639
i also like to thank your families

112
00:04:44,230 --> 00:04:42,400
because i know there were a lot of late

113
00:04:46,230 --> 00:04:44,240

nights there were a lot of weekends that

114

00:04:47,830 --> 00:04:46,240

you spent away from home and so i think

115

00:04:49,430 --> 00:04:47,840

your families deserve some thanks as

116

00:04:51,270 --> 00:04:49,440

well and speaking of families i'd like

117

00:04:52,870 --> 00:04:51,280

to thank our families

118

00:04:54,550 --> 00:04:52,880

i do believe the hardest part of space

119

00:04:55,909 --> 00:04:54,560

flight is on the families there's a lot

120

00:04:58,230 --> 00:04:55,919

of stress a lot of burden that they have

121

00:05:00,469 --> 00:04:58,240

to carry and and our families did it

122

00:05:02,150 --> 00:05:00,479

amazingly well and with a lot of grace

123

00:05:05,029 --> 00:05:02,160

and then finally i'd like to thank my

124

00:05:06,390 --> 00:05:05,039

crewmates uh victor shannon suici

125

00:05:08,870 --> 00:05:06,400

they made being the commander of

126

00:05:11,110 --> 00:05:08,880

resilience extremely easy and it was an

127

00:05:13,430 --> 00:05:11,120

absolute joy uh getting to live and work

128

00:05:15,350 --> 00:05:13,440

with you all uh on on the space station

129

00:05:17,189 --> 00:05:15,360

so thank you very much we're happy to be

130

00:05:18,710 --> 00:05:17,199

here and uh looking forward to your

131

00:05:20,710 --> 00:05:18,720

questions

132

00:05:23,029 --> 00:05:20,720

that's great to hear thanks mike

133

00:05:29,270 --> 00:05:23,039

let's start with bill harwood with cbs

134

00:05:32,710 --> 00:05:30,710

i'm interested in for the three of you

135

00:05:34,950 --> 00:05:32,720

that have experience on a soyuz could

136

00:05:38,469 --> 00:05:34,960

you maybe compare and contrast a little

137

00:05:40,390 --> 00:05:38,479

bit soyuz compared to crew dragon and

138

00:05:42,310 --> 00:05:40,400

maybe even for victor i know this was

139

00:05:44,390 --> 00:05:42,320

your first entry but you know any

140

00:05:46,629 --> 00:05:44,400

thoughts you have as a veteran high

141

00:05:48,310 --> 00:05:46,639

performance aircraft pilot you know any

142

00:05:49,990 --> 00:05:48,320

any insights you have into what it's

143

00:05:53,270 --> 00:05:50,000

like to come home on a crew dragon

144

00:05:57,990 --> 00:05:56,469

um i guess i can start the uh

145

00:05:59,590 --> 00:05:58,000

there are there are some differences

146

00:06:02,550 --> 00:05:59,600

it's not uh

147

00:06:04,790 --> 00:06:02,560

necessarily significant um i would say

148

00:06:06,870 --> 00:06:04,800

the g loading profile that we see is

149

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

different for each one uh neither one's

150

00:06:10,469 --> 00:06:08,479

better or worse but they're just

151
00:06:13,350 --> 00:06:10,479
different and then coming home it's the

152
00:06:15,110 --> 00:06:13,360
same thing the g profile is different

153
00:06:17,189 --> 00:06:15,120
when the parachutes come out is a bit

154
00:06:19,270 --> 00:06:17,199
different and so you spend less time

155
00:06:21,510 --> 00:06:19,280
under a parachute on the dragon than you

156
00:06:23,110 --> 00:06:21,520
do under the soyuz uh landing in the

157
00:06:25,189 --> 00:06:23,120
water was interesting because none of us

158
00:06:27,029 --> 00:06:25,199
really knew what to expect but i would

159
00:06:30,469 --> 00:06:27,039
say from my standpoint it felt a little

160
00:06:32,950 --> 00:06:30,479
bit softer than landing on land

161
00:06:34,390 --> 00:06:32,960
and then having the rocking motion after

162
00:06:35,670 --> 00:06:34,400
you land in the water

163
00:06:37,430 --> 00:06:35,680

i think we got very lucky with sea

164

00:06:39,189 --> 00:06:37,440

states it could have been a lot more

165

00:06:41,990 --> 00:06:39,199

dramatic than it was so

166

00:06:47,510 --> 00:06:42,000

some subtle differences but a lot of

167

00:06:53,670 --> 00:06:49,430

okay we'll take the next question from

168

00:06:57,909 --> 00:06:56,230

hi thanks uh maybe a question for mike

169

00:06:59,749 --> 00:06:57,919

since you set up camping

170

00:07:02,309 --> 00:06:59,759

in dragon but

171

00:07:04,150 --> 00:07:02,319

for any of you the next crude launch on

172

00:07:05,510 --> 00:07:04,160

dragon on your dragon

173

00:07:08,150 --> 00:07:05,520

won't be going to the space station

174

00:07:10,469 --> 00:07:08,160

they'll be sending spending a few days

175

00:07:12,550 --> 00:07:10,479

uh inside um

176

00:07:14,390 --> 00:07:12,560

is there any concern or would you have

177

00:07:15,510 --> 00:07:14,400

any concerns about spending more time in

178

00:07:18,150 --> 00:07:15,520

the dragon

179

00:07:20,710 --> 00:07:18,160

um on orbit without having a destination

180

00:07:22,550 --> 00:07:20,720

to go and are there any pinch points or

181

00:07:23,909 --> 00:07:22,560

anything that you think that you would

182

00:07:25,830 --> 00:07:23,919

want to have changed if you were going

183

00:07:26,790 --> 00:07:25,840

to spend all your time inside the

184

00:07:29,110 --> 00:07:26,800

capsule

185

00:07:30,629 --> 00:07:29,120

thanks yeah that's absolutely a great

186

00:07:32,950 --> 00:07:30,639

question and and i think all of us are

187

00:07:34,870 --> 00:07:32,960

very excited about the the upcoming

188

00:07:38,070 --> 00:07:34,880

mission that resilience is going to have

189

00:07:40,950 --> 00:07:38,080

uh potentially later this year um it you

190

00:07:42,950 --> 00:07:40,960

know the vehicle is made to uh to go in

191

00:07:45,189 --> 00:07:42,960

for what we call free flight for you

192

00:07:47,350 --> 00:07:45,199

know around five days or so and so i

193

00:07:49,350 --> 00:07:47,360

think uh in terms of having any concerns

194

00:07:51,589 --> 00:07:49,360

with being in the vehicle uh for that

195

00:07:53,189 --> 00:07:51,599

amount of time no i i think uh the one

196

00:07:55,189 --> 00:07:53,199

thing you have to do though is be very

197

00:07:57,430 --> 00:07:55,199

prepared and and have a plan for how

198

00:07:59,830 --> 00:07:57,440

you're going to handle um just all of

199

00:08:01,110 --> 00:07:59,840

the logistics if you will in terms of

200

00:08:02,390 --> 00:08:01,120

what you're going to unpack and when

201
00:08:03,510 --> 00:08:02,400
you're going to pack it how you're going

202
00:08:05,270 --> 00:08:03,520
to pack it i guess actually that's

203
00:08:07,510 --> 00:08:05,280
probably the first thing to try and do

204
00:08:10,150 --> 00:08:07,520
that in a smart way

205
00:08:11,749 --> 00:08:10,160
because the space is small and so you do

206
00:08:14,950 --> 00:08:11,759
need to take those kind of things into

207
00:08:16,869 --> 00:08:14,960
consideration um but at the same time

208
00:08:18,150 --> 00:08:16,879
there there is you know there's enough

209
00:08:20,950 --> 00:08:18,160
room in there for the four of us i think

210
00:08:22,469 --> 00:08:20,960
we were we're certainly comfortable and

211
00:08:24,710 --> 00:08:22,479
again if you're if you're going into it

212
00:08:26,710 --> 00:08:24,720
with that with that knowledge you can

213
00:08:28,950 --> 00:08:26,720

you can find ways to work around the the

214

00:08:31,830 --> 00:08:28,960

constraints that you that you do have uh

215

00:08:33,829 --> 00:08:31,840

given the space and so again i i think

216

00:08:36,070 --> 00:08:33,839

uh the mission is going to be extremely

217

00:08:38,389 --> 00:08:36,080

exciting i think they are going to

218

00:08:40,230 --> 00:08:38,399

find ways to make it work and uh we're

219

00:08:41,829 --> 00:08:40,240

hoping that maybe we'll have a chance to

220

00:08:43,350 --> 00:08:41,839

actually chat with them a little bit

221

00:08:45,110 --> 00:08:43,360

beforehand as well and maybe we can just

222

00:08:48,949 --> 00:08:45,120

pass along some some ideas or

223

00:08:54,870 --> 00:08:50,870

okay let's take a question from

224

00:08:56,389 --> 00:08:54,880

stellenbarber with low profile

225

00:08:58,230 --> 00:08:56,399

thank you for taking my question

226

00:09:00,070 --> 00:08:58,240

congratulations on your successful

227

00:09:02,470 --> 00:09:00,080

admission

228

00:09:05,269 --> 00:09:02,480

mike as commander of resilience which

229

00:09:08,790 --> 00:09:05,279

collaborative activities are you most

230

00:09:10,389 --> 00:09:08,800

proud of during your time and why thank

231

00:09:12,550 --> 00:09:10,399

you so much

232

00:09:14,949 --> 00:09:12,560

yeah celine that's that's a wonderful

233

00:09:16,710 --> 00:09:14,959

question and and i think

234

00:09:18,070 --> 00:09:16,720

well first of all i think collaborative

235

00:09:20,710 --> 00:09:18,080

activities the fact that we're here

236

00:09:22,949 --> 00:09:20,720

sitting uh uh with you today is is

237

00:09:24,470 --> 00:09:22,959

probably what i'm most proud about is is

238

00:09:26,710 --> 00:09:24,480

the fact that we pulled it off and made

239

00:09:29,350 --> 00:09:26,720

it work but i really it kind of goes

240

00:09:31,829 --> 00:09:29,360

back to um when we were in training you

241

00:09:34,470 --> 00:09:31,839

know ike victor and i have been uh we

242

00:09:37,590 --> 00:09:34,480

had been assigned um last i guess august

243

00:09:40,470 --> 00:09:37,600

18 2018. so we had been working quite a

244

00:09:42,230 --> 00:09:40,480

while together um in our training in the

245

00:09:44,710 --> 00:09:42,240

development of the crew dragon and then

246

00:09:46,949 --> 00:09:44,720

shannon and suici joined uh quite a bit

247

00:09:47,829 --> 00:09:46,959

later actually pretty late in a training

248

00:09:49,910 --> 00:09:47,839

flow

249

00:09:52,230 --> 00:09:49,920

and there was one point in our training

250

00:09:53,670 --> 00:09:52,240

flow where we were uh coming we were

251

00:09:56,710 --> 00:09:53,680

practicing docking

252

00:09:58,389 --> 00:09:56,720

and uh of course as as most sims have

253

00:09:59,430 --> 00:09:58,399

there's things that don't go quite right

254

00:10:04,550 --> 00:09:59,440

and

255

00:10:06,150 --> 00:10:04,560

something that wasn't uh was going

256

00:10:07,509 --> 00:10:06,160

wasn't going as planned

257

00:10:12,550 --> 00:10:07,519

and

258

00:10:14,310 --> 00:10:12,560

something to contribute to coming up

259

00:10:17,190 --> 00:10:14,320

with what the solution was

260

00:10:19,110 --> 00:10:17,200

and after after we successfully docked

261

00:10:20,310 --> 00:10:19,120

in that sim and and we got to go home we

262

00:10:21,829 --> 00:10:20,320

were sitting around the table having

263

00:10:24,870 --> 00:10:21,839

dinner that night and and all of us were

264

00:10:27,670 --> 00:10:24,880

just beaming um at that how well that

265

00:10:29,190 --> 00:10:27,680

day had gone and and uh in hindsight now

266

00:10:30,550 --> 00:10:29,200

i think that was a good precursor for

267

00:10:31,430 --> 00:10:30,560

what the mission was going to be like

268

00:10:35,509 --> 00:10:31,440

because

269

00:10:41,110 --> 00:10:37,829

all right let's go to amy thompson with

270

00:10:45,350 --> 00:10:43,670

hi thank you for taking my question

271

00:10:46,790 --> 00:10:45,360

my question is for mike and i was

272

00:10:48,069 --> 00:10:46,800

interested in

273

00:10:49,990 --> 00:10:48,079

some of the

274

00:10:51,750 --> 00:10:50,000

space gardening that you did while in

275

00:10:53,430 --> 00:10:51,760

orbit i think you did some plant

276

00:10:55,509 --> 00:10:53,440

transplanting and i was just kind of

277

00:10:56,310 --> 00:10:55,519

wondering you know what that was like

278

00:10:57,430 --> 00:10:56,320

and

279

00:10:59,430 --> 00:10:57,440

how

280

00:11:01,670 --> 00:10:59,440

important it is for astronauts to have

281

00:11:03,910 --> 00:11:01,680

fresh food on orbit thank you

282

00:11:06,230 --> 00:11:03,920

yeah that's uh you know a wonderful

283

00:11:08,710 --> 00:11:06,240

question and something that uh i think

284

00:11:10,710 --> 00:11:08,720

all of us actually um at some point were

285

00:11:13,269 --> 00:11:10,720

had a had a hand in in raising some of

286

00:11:15,829 --> 00:11:13,279

these crops up there and so we megan

287

00:11:17,829 --> 00:11:15,839

mentioned the radishes that we did um

288

00:11:19,990 --> 00:11:17,839

and then we also had uh there's an

289

00:11:22,870 --> 00:11:20,000

experiment called veggie and so we had

290

00:11:24,710 --> 00:11:22,880

an opportunity to to do a couple of uh

291

00:11:26,389 --> 00:11:24,720

cycles if you will with the with the

292

00:11:28,790 --> 00:11:26,399

veggie experiment and in one of those

293

00:11:31,190 --> 00:11:28,800

like you said we were able to uh

294

00:11:33,590 --> 00:11:31,200

when when one of we had these pillows

295

00:11:35,269 --> 00:11:33,600

that that you would grow uh the plants

296

00:11:36,550 --> 00:11:35,279

in and and when some of them didn't

297

00:11:38,389 --> 00:11:36,560

germinate we didn't have any plants we

298

00:11:39,750 --> 00:11:38,399

were able to one that had

299

00:11:41,910 --> 00:11:39,760

a couple plants in it we were able to

300

00:11:44,069 --> 00:11:41,920

take some of those and transplant it and

301
00:11:46,389 --> 00:11:44,079
have them be successful

302
00:11:49,190 --> 00:11:46,399
and actually able to harvest

303
00:11:51,590 --> 00:11:49,200
some some food off of them later on

304
00:11:52,710 --> 00:11:51,600
so that was pretty exciting we also were

305
00:11:54,069 --> 00:11:52,720
able to

306
00:11:55,910 --> 00:11:54,079
actually grow some of the plants for a

307
00:11:58,150 --> 00:11:55,920
longer period of time and go through

308
00:12:00,470 --> 00:11:58,160
multiple harvests on them as well

309
00:12:02,310 --> 00:12:00,480
and and so i remember there was uh the

310
00:12:04,470 --> 00:12:02,320
one one time when we had completed the

311
00:12:05,910 --> 00:12:04,480
harvest and i guess that was

312
00:12:09,030 --> 00:12:05,920
how what was it was on one of the

313
00:12:10,790 --> 00:12:09,040

mustards and we created wraps lettuce

314

00:12:14,150 --> 00:12:10,800

kind of like a lettuce wrap at dinner

315

00:12:16,389 --> 00:12:14,160

that night and it was amazing um

316

00:12:18,870 --> 00:12:16,399

absolutely fantastic to to have that

317

00:12:20,230 --> 00:12:18,880

fresh food and it wasn't just that

318

00:12:22,389 --> 00:12:20,240

either you know you would float into

319

00:12:24,310 --> 00:12:22,399

that module where the where the crops

320

00:12:26,550 --> 00:12:24,320

were growing and you could just smell it

321

00:12:28,870 --> 00:12:26,560

and it smelled like the fresh produce

322

00:12:31,110 --> 00:12:28,880

section of your grocery store and and

323

00:12:32,949 --> 00:12:31,120

there's i know there's something special

324

00:12:35,030 --> 00:12:32,959

about that that connection to earth that

325

00:12:36,230 --> 00:12:35,040

i think is pretty powerful and

326

00:12:38,230 --> 00:12:36,240

and the great thing is i think we're

327

00:12:39,750 --> 00:12:38,240

getting closer to where we can hopefully

328

00:12:41,509 --> 00:12:39,760

start to see

329

00:12:43,750 --> 00:12:41,519

it moving from being an experiment to

330

00:12:47,670 --> 00:12:43,760

something that's just kind of standard

331

00:12:50,310 --> 00:12:47,680

operations is having fresh food up there

332

00:13:04,710 --> 00:12:50,320

very cool okay let's go to jasmine

333

00:13:08,629 --> 00:13:06,310

jasmine you can go ahead and ask your

334

00:13:10,150 --> 00:13:08,639

question

335

00:13:11,829 --> 00:13:10,160

astronaut mike thank you so much for

336

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

taking my question what's the most

337

00:13:16,150 --> 00:13:13,519

significant moment you experienced on

338

00:13:17,990 --> 00:13:16,160

the mission and why

339

00:13:23,670 --> 00:13:18,000

was that for everybody

340

00:13:26,310 --> 00:13:25,110

okay so i think what i heard was what

341

00:13:28,389 --> 00:13:26,320

was the most significant part of the

342

00:13:30,949 --> 00:13:28,399

mission and why

343

00:13:32,790 --> 00:13:30,959

um that's a very hard question to answer

344

00:13:34,949 --> 00:13:32,800

because there was a lot of of

345

00:13:36,629 --> 00:13:34,959

significant moments i you know i think

346

00:13:39,189 --> 00:13:36,639

the launch itself was significant

347

00:13:41,750 --> 00:13:39,199

because this was the first time um that

348

00:13:43,350 --> 00:13:41,760

we had a full crew on board um the

349

00:13:44,150 --> 00:13:43,360

commercial vehicle and

350

00:13:46,069 --> 00:13:44,160

and

351
00:13:47,910 --> 00:13:46,079
taking us up to seven people on board

352
00:13:50,230 --> 00:13:47,920
the international space station that was

353
00:13:52,069 --> 00:13:50,240
that was a huge moment um and then of

354
00:13:53,829 --> 00:13:52,079
course i've got to say splashing down

355
00:13:54,870 --> 00:13:53,839
and having successful wins in the

356
00:13:57,509 --> 00:13:54,880
mission

357
00:13:59,590 --> 00:13:57,519
uh was was a huge moment as well and and

358
00:14:01,030 --> 00:13:59,600
then everything that we we had going on

359
00:14:02,870 --> 00:14:01,040
on board the space station from the

360
00:14:05,189 --> 00:14:02,880
space walks to the science

361
00:14:06,470 --> 00:14:05,199
um and then one that sticks out to me i

362
00:14:09,750 --> 00:14:06,480
think it's a

363
00:14:11,670 --> 00:14:09,760

uh was the port relocation um it was

364

00:14:14,230 --> 00:14:11,680

extremely impressive to me at how

365

00:14:16,629 --> 00:14:14,240

smoothly that port relocation went when

366

00:14:19,350 --> 00:14:16,639

we took resilience and we undocked from

367

00:14:21,910 --> 00:14:19,360

the forward docking port and we moved

368

00:14:24,629 --> 00:14:21,920

around to the zenith docking port

369

00:14:26,310 --> 00:14:24,639

it i just i it really surprises me it

370

00:14:28,710 --> 00:14:26,320

doesn't surprise me but man it was just

371

00:14:31,189 --> 00:14:28,720

amazing that the first time that that

372

00:14:33,430 --> 00:14:31,199

we've done this and it went according to

373

00:14:34,949 --> 00:14:33,440

the schedule and you usually see some

374

00:14:36,710 --> 00:14:34,959

changes to the schedule or you know a

375

00:14:38,310 --> 00:14:36,720

little late here a little early there

376

00:14:40,870 --> 00:14:38,320

but i mean it just marched right down

377

00:14:41,910 --> 00:14:40,880

like that was it was uh written out and

378

00:14:42,710 --> 00:14:41,920

and so

379

00:14:45,030 --> 00:14:42,720

yeah

380

00:14:47,430 --> 00:14:45,040

just like us just like i said and so it

381

00:14:49,350 --> 00:14:47,440

was extremely impressive and and one of

382

00:14:51,030 --> 00:14:49,360

the reasons i say i think that is such

383

00:14:53,189 --> 00:14:51,040

an important part is because there's

384

00:14:54,949 --> 00:14:53,199

going to be a lot of vehicle traffic uh

385

00:14:56,550 --> 00:14:54,959

coming up to the international space

386

00:14:57,829 --> 00:14:56,560

station over the next

387

00:14:59,590 --> 00:14:57,839

four or five years particularly with

388

00:15:01,430 --> 00:14:59,600

these commercial capabilities coming up

389

00:15:03,509 --> 00:15:01,440

and they're gonna there's gonna be a

390

00:15:05,269 --> 00:15:03,519

need to move vehicles around and so

391

00:15:06,550 --> 00:15:05,279

having this capability i think is gonna

392

00:15:07,590 --> 00:15:06,560

be extremely important and i would

393

00:15:09,829 --> 00:15:07,600

certainly say that was one of the

394

00:15:11,269 --> 00:15:09,839

highlights of of the mission

395

00:15:18,150 --> 00:15:11,279

okay great

396

00:15:22,710 --> 00:15:19,269

hello

397

00:15:27,590 --> 00:15:24,870

can you hear me yes we can go ahead and

398

00:15:29,269 --> 00:15:27,600

ask your question oh hi okay so this is

399

00:15:31,509 --> 00:15:29,279

the third circle in hk and i have a

400

00:15:33,350 --> 00:15:31,519

question for astronomers

401
00:15:35,110 --> 00:15:33,360
well it's been a second time in the

402
00:15:39,350 --> 00:15:35,120
history that there's a two japanese

403
00:15:41,430 --> 00:15:39,360
astronauts on iss on board and i wonder

404
00:15:44,389 --> 00:15:41,440
if you can tell me uh what was the

405
00:15:47,110 --> 00:15:44,399
interaction with aki hoshide another job

406
00:15:49,910 --> 00:15:47,120
disaster or not this is a

407
00:15:52,550 --> 00:15:49,920
event that that has ski handover and

408
00:15:54,550 --> 00:15:52,560
also let you know at least your first

409
00:15:56,629 --> 00:15:54,560
space flight and what makes if you can

410
00:15:57,430 --> 00:15:56,639
name any particular

411
00:15:59,829 --> 00:15:57,440
uh

412
00:16:01,189 --> 00:15:59,839
event that is quite memorable it would

413
00:16:04,870 --> 00:16:01,199

be great we can just do in both

414

00:16:05,990 --> 00:16:04,880

languages and if possible

415

00:16:08,629 --> 00:16:06,000

okay uh

416

00:16:11,030 --> 00:16:08,639

so thanks for the questions uh answer

417

00:16:13,590 --> 00:16:11,040

very briefly in two languages obviously

418

00:16:16,470 --> 00:16:13,600

aki is right now uh commander of the

419

00:16:18,949 --> 00:16:16,480

space station he's doing great and uh

420

00:16:21,430 --> 00:16:18,959

it's it's purely a joy it's not just aki

421

00:16:23,350 --> 00:16:21,440

but accepting a new uh

422

00:16:25,829 --> 00:16:23,360

members to the space station because

423

00:16:28,710 --> 00:16:25,839

most of the time we are five of us over

424

00:16:31,509 --> 00:16:28,720

the seven of us and then it's uh uh

425

00:16:34,550 --> 00:16:31,519

whenever the new members coming into iss

426

00:16:36,389 --> 00:16:34,560

it's a joy and it's especially fun if

427

00:16:40,069 --> 00:16:36,399

you know the person really well and i

428

00:16:41,910 --> 00:16:40,079

know aki for almost 25 years now so uh

429

00:16:44,550 --> 00:16:41,920

it's good to have him on board he

430

00:16:49,870 --> 00:16:44,560

obviously he's experienced and he's now

431

00:16:49,880 --> 00:17:02,310

[Music]

432

00:17:02,320 --> 00:17:07,270

foreign

433

00:17:10,949 --> 00:17:08,870

thank you suici

434

00:17:13,990 --> 00:17:10,959

let's go to a question from marcia dunn

435

00:17:19,029 --> 00:17:14,000

with the associated press

436

00:17:22,230 --> 00:17:20,390

you have me

437

00:17:25,429 --> 00:17:22,240

we have you

438

00:17:27,110 --> 00:17:25,439

okay yes uh question for you mike um we

439

00:17:29,830 --> 00:17:27,120

all loved your little dance once you got

440

00:17:32,789 --> 00:17:29,840

out of the capsule

441

00:17:34,789 --> 00:17:32,799

did you go straight home um to your own

442

00:17:36,070 --> 00:17:34,799

beds that night in houston or did you

443

00:17:38,870 --> 00:17:36,080

end up spending

444

00:17:41,190 --> 00:17:38,880

having to go to crew quarters at jsc and

445

00:17:42,789 --> 00:17:41,200

how did you all feel and since the

446

00:17:46,230 --> 00:17:42,799

private crew is going to be taking

447

00:17:47,110 --> 00:17:46,240

resilience on its next orbital spin um

448

00:17:50,310 --> 00:17:47,120

would you

449

00:17:53,669 --> 00:17:50,320

handle the

450

00:17:55,110 --> 00:17:53,679

a re-entry in on a dragon or or is the

451

00:17:56,630 --> 00:17:55,120

launch more of concern when you're

452

00:17:58,789 --> 00:17:56,640

talking about regular people and what

453

00:18:00,310 --> 00:17:58,799

they can withstand thanks

454

00:18:02,310 --> 00:18:00,320

yeah thank you uh

455

00:18:03,590 --> 00:18:02,320

great question i think

456

00:18:05,669 --> 00:18:03,600

as far as my little dance i think the

457

00:18:08,950 --> 00:18:05,679

adrenaline was uh was falling pretty

458

00:18:10,870 --> 00:18:08,960

good at that point um but

459

00:18:12,710 --> 00:18:10,880

uh you know certainly

460

00:18:15,430 --> 00:18:12,720

it was interesting that the difference

461

00:18:16,630 --> 00:18:15,440

uh this time versus the soyuz when we

462

00:18:18,950 --> 00:18:16,640

returned in soyuz because when you

463

00:18:21,510 --> 00:18:18,960

return on the soyuz uh you get on a

464

00:18:23,830 --> 00:18:21,520

plane and it's a basically a 24-hour

465

00:18:26,070 --> 00:18:23,840

return before you get back and i think

466

00:18:27,110 --> 00:18:26,080

we were back here in in houston within

467

00:18:28,789 --> 00:18:27,120

six hours

468

00:18:31,270 --> 00:18:28,799

six seven hours or something like that

469

00:18:33,029 --> 00:18:31,280

and and so it's amazing the amount of

470

00:18:35,669 --> 00:18:33,039

recovery that happens just within that

471

00:18:37,669 --> 00:18:35,679

first 24 hours and and so to be already

472

00:18:39,990 --> 00:18:37,679

back here and and already around your

473

00:18:42,230 --> 00:18:40,000

family members and and things like and

474

00:18:43,430 --> 00:18:42,240

and just having to do more than what was

475

00:18:45,190 --> 00:18:43,440

what you normally would do when you're

476

00:18:47,669 --> 00:18:45,200

sitting on the airplane or laying on the

477

00:18:49,669 --> 00:18:47,679

airplane and getting a lot of sleep um

478

00:18:51,750 --> 00:18:49,679

and so i think that was a little bit uh

479

00:18:53,590 --> 00:18:51,760

more challenging and so for myself

480

00:18:55,669 --> 00:18:53,600

personally uh when we got to crew

481

00:18:57,510 --> 00:18:55,679

quarters um i

482

00:18:59,669 --> 00:18:57,520

you know we had to do some medical

483

00:19:02,150 --> 00:18:59,679

activities right away but uh then after

484

00:19:04,710 --> 00:19:02,160

that i took a nap a nice long nap and it

485

00:19:07,110 --> 00:19:04,720

felt pretty good and and uh and so i

486

00:19:09,510 --> 00:19:07,120

ended up you know my my family joined me

487

00:19:11,270 --> 00:19:09,520

and i ended up staying that first night

488

00:19:13,590 --> 00:19:11,280

in crew quarters and i you know i i

489

00:19:15,510 --> 00:19:13,600

could have gone home and uh but i didn't

490

00:19:17,990 --> 00:19:15,520

feel that there was a need to and

491

00:19:20,950 --> 00:19:18,000

and so i i thought that uh

492

00:19:23,510 --> 00:19:20,960

went pretty well and and uh in terms of

493

00:19:24,390 --> 00:19:23,520

you know what it's like uh coming down

494

00:19:26,630 --> 00:19:24,400

um

495

00:19:28,310 --> 00:19:26,640

on resilience and landing in the water

496

00:19:29,990 --> 00:19:28,320

and um you know shannon mentioned

497

00:19:32,390 --> 00:19:30,000

earlier the the g profile and the

498

00:19:34,549 --> 00:19:32,400

difference there and and i know that um

499

00:19:35,830 --> 00:19:34,559

i do believe that that the even the

500

00:19:37,190 --> 00:19:35,840

civilian crews are going to go through

501
00:19:38,950 --> 00:19:37,200
some centrifuge training and so they're

502
00:19:40,950 --> 00:19:38,960
going to get to experience

503
00:19:43,350 --> 00:19:40,960
some of those g profiles and so it's not

504
00:19:45,029 --> 00:19:43,360
going to be completely unique to them

505
00:19:46,390 --> 00:19:45,039
if you if you think about it when we're

506
00:19:48,070 --> 00:19:46,400
going through all of our training it's

507
00:19:49,990 --> 00:19:48,080
in a fixed base simulator so we're not

508
00:19:51,750 --> 00:19:50,000
experiencing the g's

509
00:19:53,110 --> 00:19:51,760
and all of that as as we do most of our

510
00:19:55,110 --> 00:19:53,120
sims as well

511
00:19:57,430 --> 00:19:55,120
and and so i think uh that they're going

512
00:19:59,510 --> 00:19:57,440
to be able to handle it uh just as just

513
00:20:01,830 --> 00:19:59,520

as well i think it is going to be you

514

00:20:04,149 --> 00:20:01,840

know the the opportunities to pass along

515

00:20:05,830 --> 00:20:04,159

uh what it's like what it feels like can

516

00:20:08,230 --> 00:20:05,840

certainly be helpful and i know again

517

00:20:09,990 --> 00:20:08,240

within the soyuz world that uh that

518

00:20:12,390 --> 00:20:10,000

information that you know what we call

519

00:20:13,990 --> 00:20:12,400

gouge uh that gets passed down from crew

520

00:20:16,310 --> 00:20:14,000

to crew to crew and it's extremely

521

00:20:17,750 --> 00:20:16,320

helpful just to to know what to expect

522

00:20:22,470 --> 00:20:17,760

when you're going through those those

523

00:20:29,669 --> 00:20:24,310

all right thank you let's take a

524

00:20:33,270 --> 00:20:31,750

yes this question is for astronaut

525

00:20:35,750 --> 00:20:33,280

victor glover

526

00:20:37,669 --> 00:20:35,760

just wanted to know um and i'm based in

527

00:20:39,430 --> 00:20:37,679

north texas by the way so

528

00:20:41,590 --> 00:20:39,440

uh happy to see that you're representing

529

00:20:43,510 --> 00:20:41,600

texas well but just wanting to know how

530

00:20:45,430 --> 00:20:43,520

it feels and has it

531

00:20:48,070 --> 00:20:45,440

really sunk in for you yet being the

532

00:20:49,750 --> 00:20:48,080

first black astronaut

533

00:20:52,630 --> 00:20:49,760

having done a long-term stay on the

534

00:20:54,390 --> 00:20:52,640

international space station

535

00:20:56,230 --> 00:20:54,400

well thanks for the question and i i

536

00:20:58,630 --> 00:20:56,240

think the um

537

00:21:00,549 --> 00:20:58,640

the the historic nature of this mission

538

00:21:02,310 --> 00:21:00,559

period i think some we need to unpack it

539

00:21:03,669 --> 00:21:02,320

a little bit and talk about all of the

540

00:21:05,590 --> 00:21:03,679

amazing things that we were able to

541

00:21:07,350 --> 00:21:05,600

accomplish accomplish on this mission

542

00:21:09,110 --> 00:21:07,360

but uh i will answer your questions

543

00:21:11,190 --> 00:21:09,120

specifically but uh you know it's in the

544

00:21:13,190 --> 00:21:11,200

context of a bunch of of amazing things

545

00:21:14,070 --> 00:21:13,200

that that we were able to do with this

546

00:21:16,549 --> 00:21:14,080

team

547

00:21:18,230 --> 00:21:16,559

and so to to finally have this done i

548

00:21:19,750 --> 00:21:18,240

think that's the most important part of

549

00:21:22,470 --> 00:21:19,760

it that resonates with me is that we

550

00:21:24,390 --> 00:21:22,480

finally done that so that now we can

551
00:21:25,990 --> 00:21:24,400
focus on the next person that gets to go

552
00:21:28,870 --> 00:21:26,000
and and live on the space station

553
00:21:31,510 --> 00:21:28,880
successfully so um i'm i'm glad to have

554
00:21:33,590 --> 00:21:31,520
been in this position um but it wasn't

555
00:21:35,350 --> 00:21:33,600
uh something that i chose or that i set

556
00:21:37,190 --> 00:21:35,360
up it but now that we've done it i'm

557
00:21:39,430 --> 00:21:37,200
glad that we get to celebrate and i've

558
00:21:41,430 --> 00:21:39,440
been receiving a lot of emails and and

559
00:21:43,830 --> 00:21:41,440
messages from folks that say hey my kids

560
00:21:45,750 --> 00:21:43,840
saw you and they're so excited and it's

561
00:21:47,669 --> 00:21:45,760
great to that that he can look at the

562
00:21:48,950 --> 00:21:47,679
nasa tv broadcast and see someone that

563
00:21:50,630 --> 00:21:48,960

looks like him and i think that that's

564

00:21:52,789 --> 00:21:50,640

important i think we all need to be able

565

00:21:55,190 --> 00:21:52,799

to dream in in all colors you know and

566

00:21:57,590 --> 00:21:55,200

so that's important but i think it's

567

00:22:00,149 --> 00:21:57,600

also important that nasa continues to to

568

00:22:02,230 --> 00:22:00,159

do our missions well and successfully uh

569

00:22:04,710 --> 00:22:02,240

by making sure we have the right people

570

00:22:06,310 --> 00:22:04,720

involved and so um i don't know if it's

571

00:22:08,710 --> 00:22:06,320

ever going to completely sink in i think

572

00:22:10,549 --> 00:22:08,720

there's a lot to unpack into to process

573

00:22:12,470 --> 00:22:10,559

from this mission and i'm still writing

574

00:22:15,750 --> 00:22:12,480

in my journal and and you know looking

575

00:22:17,350 --> 00:22:15,760

at all of the lessons but um i i i'm i'm

576

00:22:19,190 --> 00:22:17,360

very grateful to all of the people who

577

00:22:20,549 --> 00:22:19,200

helped to make this possible and i'm

578

00:22:22,710 --> 00:22:20,559

very happy to have done my little part

579

00:22:24,310 --> 00:22:22,720

to to move things forward so thanks for

580

00:22:26,470 --> 00:22:24,320

the question

581

00:22:29,990 --> 00:22:26,480

thanks victor okay let's take a question

582

00:22:31,350 --> 00:22:30,000

from lucy auberg with asp

583

00:22:33,669 --> 00:22:31,360

hi um

584

00:22:37,110 --> 00:22:33,679

thanks for taking my question so it was

585

00:22:39,510 --> 00:22:37,120

the first night time uh splashdown since

586

00:22:43,110 --> 00:22:39,520

1968.

587

00:22:45,750 --> 00:22:43,120

were you rather worried about or excited

588

00:22:46,549 --> 00:22:45,760

about that and how did it feel to come

589

00:22:49,029 --> 00:22:46,559

back

590

00:22:50,230 --> 00:22:49,039

at night can you describe it a bit was

591

00:22:53,990 --> 00:22:50,240

it

592

00:22:56,230 --> 00:22:54,000

one more challenge for you

593

00:22:58,149 --> 00:22:56,240

yeah i would say in

594

00:23:00,230 --> 00:22:58,159

really from our standpoint it

595

00:23:02,710 --> 00:23:00,240

really wasn't much of an extra challenge

596

00:23:04,630 --> 00:23:02,720

um our activities were exactly the same

597

00:23:05,990 --> 00:23:04,640

and we had lights on inside the capsule

598

00:23:07,590 --> 00:23:06,000

so it was

599

00:23:08,950 --> 00:23:07,600

it was most the time until we turned

600

00:23:11,909 --> 00:23:08,960

them out but

601
00:23:14,070 --> 00:23:11,919
um so it was no our activities

602
00:23:15,909 --> 00:23:14,080
were no different and i think the hard

603
00:23:17,750 --> 00:23:15,919
part or the harder part was on the

604
00:23:19,190 --> 00:23:17,760
search and rescue team that had to find

605
00:23:20,950 --> 00:23:19,200
us in the dark and they had practiced

606
00:23:23,590 --> 00:23:20,960
that a lot so they were very well

607
00:23:25,190 --> 00:23:23,600
prepared i i think

608
00:23:28,310 --> 00:23:25,200
if it had been daytime it would have

609
00:23:30,390 --> 00:23:28,320
been exactly the same for us

610
00:23:34,310 --> 00:23:30,400
okay thank you let's take another

611
00:23:35,830 --> 00:23:34,320
question from bill harwood with cbs news

612
00:23:37,669 --> 00:23:35,840
hey thanks much i just wanted to go back

613
00:23:40,390 --> 00:23:37,679

to my same question but to victor about

614

00:23:43,029 --> 00:23:40,400

re-entry and maybe get his uh his

615

00:23:44,549 --> 00:23:43,039

impressions of this as a as a jet pilot

616

00:23:46,390 --> 00:23:44,559

what he thought about coming down as a

617

00:23:49,669 --> 00:23:46,400

crew dragon

618

00:23:50,549 --> 00:23:49,679

well uh this is much more dynamic uh and

619

00:23:52,630 --> 00:23:50,559

much

620

00:23:54,789 --> 00:23:52,640

greater duration than you anything that

621

00:23:56,310 --> 00:23:54,799

you would get in a fighter type aircraft

622

00:23:58,870 --> 00:23:56,320

and so i think you know having that

623

00:24:00,149 --> 00:23:58,880

experience and and and being under g and

624

00:24:03,029 --> 00:24:00,159

in a dynamic

625

00:24:06,070 --> 00:24:03,039

uh environment can can get you some

626
00:24:07,750 --> 00:24:06,080
context but launching and entry are such

627
00:24:09,750 --> 00:24:07,760
unique experiences

628
00:24:11,350 --> 00:24:09,760
and then to couple that with living in

629
00:24:14,630 --> 00:24:11,360
microgravity and experiencing

630
00:24:16,230 --> 00:24:14,640
weightlessness for 167 days and then

631
00:24:18,470 --> 00:24:16,240
being subject to you know four and a

632
00:24:21,029 --> 00:24:18,480
half g's for over a minute i mean that

633
00:24:22,310 --> 00:24:21,039
is just a it's a it's it's dynamic it

634
00:24:24,390 --> 00:24:22,320
will definitely get your attention there

635
00:24:26,310 --> 00:24:24,400
was a point where i was just saying to

636
00:24:28,710 --> 00:24:26,320
myself breathe

637
00:24:30,870 --> 00:24:28,720
inhale you know because i felt really

638
00:24:32,710 --> 00:24:30,880

heavy i felt like those cartoons when

639

00:24:35,669 --> 00:24:32,720

they experience g in your face is just

640

00:24:37,269 --> 00:24:35,679

sagging down um but it was it was very

641

00:24:38,470 --> 00:24:37,279

dynamic but at the same time we had

642

00:24:40,789 --> 00:24:38,480

things to do we were monitoring

643

00:24:42,149 --> 00:24:40,799

altitudes and speeds and g loading and

644

00:24:43,350 --> 00:24:42,159

you know so that we could stay on

645

00:24:44,789 --> 00:24:43,360

schedule knowing when the seats were

646

00:24:46,710 --> 00:24:44,799

going to rotate when the shoots would

647

00:24:47,990 --> 00:24:46,720

come out and i think we were able to do

648

00:24:50,390 --> 00:24:48,000

all of those things successfully we

649

00:24:52,310 --> 00:24:50,400

stayed ahead of the spacecraft uh going

650

00:24:55,510 --> 00:24:52,320

way back to dm2 bob and doug gave us a

651
00:24:56,630 --> 00:24:55,520
lot of uh gouge about what that

652
00:24:58,549 --> 00:24:56,640
event was going to be like and that it

653
00:25:00,390 --> 00:24:58,559
would come very quickly and i think we

654
00:25:01,990 --> 00:25:00,400
expected it to come fast and so we were

655
00:25:03,830 --> 00:25:02,000
ready and and that's what i would say

656
00:25:06,070 --> 00:25:03,840
about the whole thing was i i expected

657
00:25:07,750 --> 00:25:06,080
it to be so dynamic and so challenging

658
00:25:09,190 --> 00:25:07,760
that the actual event i think was a

659
00:25:11,990 --> 00:25:09,200
little less than what i was expecting

660
00:25:14,310 --> 00:25:12,000
and so uh it was enjoyable all around

661
00:25:16,070 --> 00:25:14,320
but um yeah the high g loads it's a good

662
00:25:17,190 --> 00:25:16,080
thing the g is going sort of into your

663
00:25:20,549 --> 00:25:17,200

chest

664

00:25:21,909 --> 00:25:20,559

opposed to head to toe which is what you

665

00:25:23,590 --> 00:25:21,919

would experience in a fighter aircraft

666

00:25:25,110 --> 00:25:23,600

and that makes it hard to stay conscious

667

00:25:27,029 --> 00:25:25,120

so going into your chest makes it a

668

00:25:28,470 --> 00:25:27,039

little easier to you know keep

669

00:25:29,350 --> 00:25:28,480

situational awareness

670

00:25:31,669 --> 00:25:29,360

but

671

00:25:35,269 --> 00:25:31,679

it makes it hard to breathe so focus on

672

00:25:38,710 --> 00:25:36,549

interesting

673

00:25:40,149 --> 00:25:38,720

um if you are media on the phone and you

674

00:25:42,310 --> 00:25:40,159

have not had a chance to ask your

675

00:25:43,669 --> 00:25:42,320

question yet please press star one to

676

00:25:45,350 --> 00:25:43,679

ask a question

677

00:25:48,230 --> 00:25:45,360

we'll take another question from celyn

678

00:25:50,710 --> 00:25:48,240

barber with low profile

679

00:25:52,549 --> 00:25:50,720

wonderful so piggybacking off of bill's

680

00:25:54,870 --> 00:25:52,559

question you're talking about physical

681

00:25:56,230 --> 00:25:54,880

experiences let's transition a little

682

00:25:59,029 --> 00:25:56,240

bit more to the psychological and

683

00:26:00,630 --> 00:25:59,039

philosophical experiences

684

00:26:04,149 --> 00:26:00,640

can any of you

685

00:26:06,950 --> 00:26:04,159

choose to describe an awe inspiring

686

00:26:08,870 --> 00:26:07,830

wow

687

00:26:10,870 --> 00:26:08,880

yes i

688

00:26:12,310 --> 00:26:10,880

i'd be happy to um

689

00:26:14,070 --> 00:26:12,320

so

690

00:26:16,070 --> 00:26:14,080

you know i i was

691

00:26:17,350 --> 00:26:16,080

i was very fortunate in this in the

692

00:26:19,830 --> 00:26:17,360

sense that i

693

00:26:21,110 --> 00:26:19,840

i stayed in resilience uh the whole time

694

00:26:22,230 --> 00:26:21,120

so that was my crew quarters while we

695

00:26:24,710 --> 00:26:22,240

were up there

696

00:26:25,909 --> 00:26:24,720

and and the advantage of that was i had

697

00:26:29,110 --> 00:26:25,919

windows

698

00:26:30,070 --> 00:26:29,120

and uh and wow to to be able to

699

00:26:31,909 --> 00:26:30,080

um

700

00:26:33,269 --> 00:26:31,919

live in a crew quarters where

701
00:26:34,950 --> 00:26:33,279
just when you're sitting there and

702
00:26:36,470 --> 00:26:34,960
you're getting up in the morning you you

703
00:26:38,549 --> 00:26:36,480
get to look out the window and see the

704
00:26:41,190 --> 00:26:38,559
earth going by is is pretty incredible

705
00:26:42,950 --> 00:26:41,200
but that's not that that ah moment uh

706
00:26:45,590 --> 00:26:42,960
the ah moment happened

707
00:26:46,789 --> 00:26:45,600
uh after we had done port relocation and

708
00:26:49,269 --> 00:26:46,799
uh

709
00:26:51,190 --> 00:26:49,279
and we had had to shut down all of the

710
00:26:53,430 --> 00:26:51,200
the power and the lights in the vehicle

711
00:26:55,190 --> 00:26:53,440
because we were doing some some work in

712
00:26:56,070 --> 00:26:55,200
the node 2 which is where we were docked

713
00:26:56,870 --> 00:26:56,080

to

714

00:26:58,390 --> 00:26:56,880

um

715

00:27:00,549 --> 00:26:58,400

and so all of that had been shut down

716

00:27:02,630 --> 00:27:00,559

and so i and the work was done and i had

717

00:27:05,029 --> 00:27:02,640

floated back into resilience to power

718

00:27:07,190 --> 00:27:05,039

things back up and turn on my computer

719

00:27:08,710 --> 00:27:07,200

but it was during a night pass

720

00:27:11,350 --> 00:27:08,720

and of course the window's right there

721

00:27:12,630 --> 00:27:11,360

so i glanced out the window and oh my

722

00:27:16,230 --> 00:27:12,640

gosh

723

00:27:18,230 --> 00:27:16,240

it it just took my breath away because

724

00:27:20,710 --> 00:27:18,240

right there in front of my face is the

725

00:27:23,029 --> 00:27:20,720

milky way and you're just seeing all

726

00:27:25,590 --> 00:27:23,039

these amazing stars

727

00:27:27,669 --> 00:27:25,600

and you can see the earth just kind of

728

00:27:29,909 --> 00:27:27,679

glowing in the background and and you

729

00:27:31,990 --> 00:27:29,919

can see the atmosphere just this thin

730

00:27:35,110 --> 00:27:32,000

layer of the atmosphere kind of glowing

731

00:27:36,630 --> 00:27:35,120

in the background as well uh and and

732

00:27:38,870 --> 00:27:36,640

there's no light pollution or anything

733

00:27:41,110 --> 00:27:38,880

you you are just it was amazing

734

00:27:44,710 --> 00:27:41,120

unbelievable and then fortunately after

735

00:27:46,630 --> 00:27:44,720

that uh the master uh suici came in and

736

00:27:47,990 --> 00:27:46,640

because i i immediately or shortly

737

00:27:49,909 --> 00:27:48,000

thereafter come floating out i'm like

738

00:27:52,149 --> 00:27:49,919

you guys got to come see this

739

00:27:54,389 --> 00:27:52,159

and uh suichi came in with his camera

740

00:27:55,750 --> 00:27:54,399

and uh hopefully if you haven't seen uh

741

00:27:58,149 --> 00:27:55,760

some of the pictures and particularly

742

00:28:00,230 --> 00:27:58,159

the time lapse that he took uh from

743

00:28:03,909 --> 00:28:00,240

looking out resilience at the night sky

744

00:28:05,510 --> 00:28:03,919

uh it's that's definitely worth a look

745

00:28:07,430 --> 00:28:05,520

all right thank you

746

00:28:09,430 --> 00:28:07,440

now i'll switch over to a few questions

747

00:28:12,310 --> 00:28:09,440

that have come in on social media

748

00:28:17,190 --> 00:28:12,320

michelle's fourth grade class is asking

749

00:28:22,470 --> 00:28:20,310

yes yes yes absolutely they uh we have

750

00:28:24,789 --> 00:28:22,480

people on the ground that can send up

751
00:28:25,830 --> 00:28:24,799
a tv channel to us and we get to choose

752
00:28:27,430 --> 00:28:25,840
what uh

753
00:28:28,789 --> 00:28:27,440
what we get to watch and when we want to

754
00:28:31,430 --> 00:28:28,799
watch it and if we've got the right

755
00:28:33,750 --> 00:28:31,440
satellite uh hookups then we can watch

756
00:28:36,070 --> 00:28:33,760
we can watch tv so we'll watch do we

757
00:28:38,070 --> 00:28:36,080
watch watch some sports we don't watch a

758
00:28:40,149 --> 00:28:38,080
lot of sports

759
00:28:41,669 --> 00:28:40,159
we did watch super bowl here

760
00:28:44,630 --> 00:28:41,679
all right thanks

761
00:28:46,310 --> 00:28:44,640
liam on twitter wants to ask suici did

762
00:28:48,149 --> 00:28:46,320
you notice any difference between

763
00:28:50,310 --> 00:28:48,159

dragon's re-entry compared to the

764

00:28:52,070 --> 00:28:50,320

shuttle and the soyuz which did you find

765

00:28:54,389 --> 00:28:52,080

the most enjoyable

766

00:28:56,149 --> 00:28:54,399

well shadow soyuz dragon it's a good

767

00:28:59,190 --> 00:28:56,159

question it's hard to compare of course

768

00:29:01,909 --> 00:28:59,200

for the impact wise uh the shuttle is

769

00:29:04,789 --> 00:29:01,919

hard to beat my case is colonel irene

770

00:29:06,870 --> 00:29:04,799

collins kiss landing and it's very soft

771

00:29:08,389 --> 00:29:06,880

but the people tend to forget that after

772

00:29:11,350 --> 00:29:08,399

the main wheel touchdown we have a

773

00:29:13,669 --> 00:29:11,360

pretty slamming motion of the nose wheel

774

00:29:14,789 --> 00:29:13,679

down so uh that's actually uh not

775

00:29:16,789 --> 00:29:14,799

trivial

776

00:29:19,990 --> 00:29:16,799

soyuz of course it's like a crash into

777

00:29:24,789 --> 00:29:20,000

the ground for this one i would say it's

778

00:29:27,750 --> 00:29:24,799

very benign and almost a touchdown so uh

779

00:29:31,110 --> 00:29:27,760

i really like it and uh impact was very

780

00:29:33,830 --> 00:29:31,120

very minimal and right after uh

781

00:29:35,590 --> 00:29:33,840

splashdown we feel the wave motion that

782

00:29:38,630 --> 00:29:35,600

is yeah we are come back to earth yeah

783

00:29:41,029 --> 00:29:38,640

the water planet and since exactly as

784

00:29:43,110 --> 00:29:41,039

forecasted like a five-second appearance

785

00:29:45,430 --> 00:29:43,120

and i feel it so that's a great feeling

786

00:29:48,149 --> 00:29:45,440

which we don't have for the 167 days

787

00:29:52,070 --> 00:29:48,159

yeah yeah right thank you

788

00:29:53,190 --> 00:29:52,080

okay we have a question um from joseph

789

00:29:55,269 --> 00:29:53,200

on twitter

790

00:29:57,990 --> 00:29:55,279

how different is it to adapt to a new

791

00:30:01,430 --> 00:29:58,000

schedule of sleeping routines it must be

792

00:30:03,590 --> 00:30:01,440

weird to have eight sunrises per day

793

00:30:05,029 --> 00:30:03,600

we actually get 16 sunrises a day

794

00:30:07,110 --> 00:30:05,039

because we go around the earth once

795

00:30:09,190 --> 00:30:07,120

every 90 minutes

796

00:30:10,950 --> 00:30:09,200

unless you're the lucky one that gets

797

00:30:12,389 --> 00:30:10,960

the windows all the time a lot of times

798

00:30:14,470 --> 00:30:12,399

you don't notice all the sunrises and

799

00:30:16,149 --> 00:30:14,480

sunsets because we're working inside

800

00:30:18,789 --> 00:30:16,159

modules that don't always have windows

801

00:30:20,389 --> 00:30:18,799

that are open so it's uh

802

00:30:22,549 --> 00:30:20,399

we're on a schedule we're on greenwich

803

00:30:23,750 --> 00:30:22,559

meantime we sleep according to that time

804

00:30:27,269 --> 00:30:23,760

now that we're back here we're sleeping

805

00:30:32,630 --> 00:30:30,070

all right kelsea age 8 on twitter wants

806

00:30:35,170 --> 00:30:32,640

to know what was it like unbuckling for

807

00:30:38,230 --> 00:30:35,180

the first time in microgravity

808

00:30:40,470 --> 00:30:38,240

[Music]

809

00:30:42,870 --> 00:30:40,480

great question and um

810

00:30:44,389 --> 00:30:42,880

it was it was it's really challenging to

811

00:30:46,470 --> 00:30:44,399

describe you know we talk about this

812

00:30:48,070 --> 00:30:46,480

sensation of floating but it's not like

813

00:30:49,750 --> 00:30:48,080

floating in a swimming pool because you

814

00:30:51,510 --> 00:30:49,760

don't have even when you're in a pool

815

00:30:53,350 --> 00:30:51,520

you have gravity so if you flip upside

816

00:30:54,950 --> 00:30:53,360

down you're still aware that you're

817

00:30:57,190 --> 00:30:54,960

upside down and you can see the bubbles

818

00:30:59,029 --> 00:30:57,200

going toward your feet and whatnot but i

819

00:31:00,789 --> 00:30:59,039

i've started saying this it's actually

820

00:31:02,470 --> 00:31:00,799

it's like living your dreams about

821

00:31:04,230 --> 00:31:02,480

flying you know being able to actually

822

00:31:06,630 --> 00:31:04,240

be in those moments where you can push

823

00:31:09,669 --> 00:31:06,640

off and just coast down the the

824

00:31:11,190 --> 00:31:09,679

the space and so my first moment that i

825

00:31:12,710 --> 00:31:11,200

remember significantly was getting out

826

00:31:14,870 --> 00:31:12,720

of the seat to then go look out the

827

00:31:16,710 --> 00:31:14,880

window and i recorded a short video on

828

00:31:19,110 --> 00:31:16,720

my tablet and i just

829

00:31:21,509 --> 00:31:19,120

the the whole experience was just

830

00:31:23,669 --> 00:31:21,519

awe-inspiring it was so amazing to be

831

00:31:25,269 --> 00:31:23,679

floating and to see upright in the

832

00:31:27,269 --> 00:31:25,279

vehicle and then look out and see the

833

00:31:28,789 --> 00:31:27,279

earth in a whole different orientation

834

00:31:30,710 --> 00:31:28,799

and then to look back in and see my

835

00:31:32,950 --> 00:31:30,720

crewmates and the vehicle in order to it

836

00:31:34,470 --> 00:31:32,960

was just my brain was like what have you

837

00:31:37,590 --> 00:31:34,480

done where are we

838

00:31:39,549 --> 00:31:37,600

and um it was an amazing experience and

839

00:31:44,789 --> 00:31:39,559

and it did not get old for

840

00:31:46,470 --> 00:31:44,799

167 days it was amazing to float and and

841

00:31:48,310 --> 00:31:46,480

you know mark showed up and we started

842

00:31:50,789 --> 00:31:48,320

doing upside down day and to you know

843

00:31:53,190 --> 00:31:50,799

use the ceiling as the floor and and it

844

00:31:55,029 --> 00:31:53,200

just never got old and uh i do miss that

845

00:31:57,990 --> 00:31:55,039

i do miss it almost as much as i miss

846

00:31:58,950 --> 00:31:58,000

sunrise and sunset

847

00:32:01,029 --> 00:31:58,960

awesome

848

00:32:02,710 --> 00:32:01,039

all right um from twitter we have a

849

00:32:05,190 --> 00:32:02,720

question about the experiments that you

850

00:32:06,950 --> 00:32:05,200

conducted or tested in space on space

851
00:32:08,389 --> 00:32:06,960
station i know we've talked about this a

852
00:32:09,990 --> 00:32:08,399
little bit already but just from your

853
00:32:11,509 --> 00:32:10,000
perspective actually working with the

854
00:32:15,190 --> 00:32:11,519
experiments can you talk about that a

855
00:32:19,029 --> 00:32:17,350
so you know one one interesting thing i

856
00:32:20,549 --> 00:32:19,039
uh was talking in a conference about one

857
00:32:21,830 --> 00:32:20,559
of our science experiments and i said

858
00:32:23,110 --> 00:32:21,840
something that i i went and wrote it

859
00:32:25,190 --> 00:32:23,120
down later because i think it's an

860
00:32:27,110 --> 00:32:25,200
important perspective so this isn't

861
00:32:28,950 --> 00:32:27,120
about any one experiment in particular

862
00:32:31,110 --> 00:32:28,960
but just you know we we run the gamut

863
00:32:33,590 --> 00:32:31,120

from from sort of being a lab technician

864

00:32:35,990 --> 00:32:33,600

to being a researcher and i think that

865

00:32:38,070 --> 00:32:36,000

aspect of our involvement from being

866

00:32:39,990 --> 00:32:38,080

very heavily involved to sort of i just

867

00:32:41,750 --> 00:32:40,000

moved this fluid from here to here or

868

00:32:43,909 --> 00:32:41,760

move this block from here to here and

869

00:32:45,669 --> 00:32:43,919

being comfortable with that that i can

870

00:32:47,990 --> 00:32:45,679

do something that is easy to you know

871

00:32:50,630 --> 00:32:48,000

redo if i mess this up to this is this

872

00:32:52,070 --> 00:32:50,640

one opportunity to get this data for

873

00:32:54,470 --> 00:32:52,080

this person who has been researching

874

00:32:55,990 --> 00:32:54,480

this idea for a decade or more and i

875

00:32:57,669 --> 00:32:56,000

don't want to mess it up and being

876

00:32:59,909 --> 00:32:57,679

comfortable with that that breadth of

877

00:33:01,509 --> 00:32:59,919

responsibility you may be heavily

878

00:33:03,909 --> 00:33:01,519

involved in the research and you may be

879

00:33:05,750 --> 00:33:03,919

just the lab tech not that that you know

880

00:33:07,669 --> 00:33:05,760

not just as in that's not a significant

881

00:33:09,509 --> 00:33:07,679

job but you have to know those different

882

00:33:11,350 --> 00:33:09,519

responsibilities and be comfortable in

883

00:33:12,630 --> 00:33:11,360

those different roles and that's one of

884

00:33:14,470 --> 00:33:12,640

the aspects i think that really

885

00:33:16,549 --> 00:33:14,480

resonated with me in my in my

886

00:33:18,789 --> 00:33:16,559

involvement in the research is how you

887

00:33:21,110 --> 00:33:18,799

know broad our responsibilities could be

888

00:33:22,710 --> 00:33:21,120

and i'll just add one one other thing to

889

00:33:24,950 --> 00:33:22,720

it and that was you know with with us

890

00:33:27,669 --> 00:33:24,960

coming up uh bringing four

891

00:33:29,669 --> 00:33:27,679

um and so increasing on the usos side we

892

00:33:31,350 --> 00:33:29,679

had five crew members the amount of

893

00:33:33,509 --> 00:33:31,360

flexibility that gave us in terms of

894

00:33:34,710 --> 00:33:33,519

executing the science it allowed us to

895

00:33:36,310 --> 00:33:34,720

you know like there were multiple times

896

00:33:38,310 --> 00:33:36,320

where shannon and i would be working on

897

00:33:39,750 --> 00:33:38,320

the same experiments doing some of those

898

00:33:42,310 --> 00:33:39,760

different roles that victor was just

899

00:33:43,669 --> 00:33:42,320

talking about on the same day where one

900

00:33:45,830 --> 00:33:43,679

of us would do one part of it and then

901
00:33:47,509 --> 00:33:45,840
the next part of it uh you know we'd be

902
00:33:49,750 --> 00:33:47,519
looking through a microscope and seeing

903
00:33:51,430 --> 00:33:49,760
uh seeing the results of it and it was

904
00:33:53,269 --> 00:33:51,440
kind of fun because

905
00:33:55,909 --> 00:33:53,279
you know then you kind of you had an

906
00:33:57,750 --> 00:33:55,919
idea of what they were seeing and you

907
00:33:59,110 --> 00:33:57,760
could share in the excitement of it you

908
00:34:01,750 --> 00:33:59,120
could share that excitement with the

909
00:34:03,509 --> 00:34:01,760
investigators on the ground so um it is

910
00:34:05,110 --> 00:34:03,519
pretty impressive with the additional

911
00:34:07,110 --> 00:34:05,120
crew members on board how much science

912
00:34:09,190 --> 00:34:07,120
we were able to to do

913
00:34:11,589 --> 00:34:09,200

one thing i can quickly add about

914

00:34:13,030 --> 00:34:11,599

science is the science does not stop on

915

00:34:15,430 --> 00:34:13,040

the space station it actually actually

916

00:34:17,510 --> 00:34:15,440

grows on the ground side

917

00:34:20,550 --> 00:34:17,520

one of the experiment i did is growing

918

00:34:23,430 --> 00:34:20,560

the basil and again the plant

919

00:34:25,829 --> 00:34:23,440

dealing with the plant is fun that is 12

920

00:34:27,669 --> 00:34:25,839

asian pacific countries joint countries

921

00:34:29,990 --> 00:34:27,679

and regions joined together and the

922

00:34:32,310 --> 00:34:30,000

students participate on the ground side

923

00:34:34,310 --> 00:34:32,320

to do the same kind of experiments so we

924

00:34:36,310 --> 00:34:34,320

know that we are only playing a small

925

00:34:38,230 --> 00:34:36,320

portion the main portion is on the

926

00:34:40,790 --> 00:34:38,240

ground the students does the main

927

00:34:43,589 --> 00:34:40,800

science and it's very uh fortunate and

928

00:34:45,109 --> 00:34:43,599

honored to join in those type of

929

00:34:46,470 --> 00:34:45,119

adventures

930

00:34:48,230 --> 00:34:46,480

thank you

931

00:34:50,230 --> 00:34:48,240

okay we have a question from nicholas on

932

00:34:52,389 --> 00:34:50,240

twitter what types of foods do you eat

933

00:34:54,550 --> 00:34:52,399

in space

934

00:34:56,389 --> 00:34:54,560

all of them necklaces all of them if

935

00:34:58,710 --> 00:34:56,399

they're there they get eaten you know we

936

00:35:00,069 --> 00:34:58,720

so we have a standard menu uh that you

937

00:35:01,430 --> 00:35:00,079

know make sure that you get the

938

00:35:03,190 --> 00:35:01,440

appropriate nutrients that you need

939

00:35:05,750 --> 00:35:03,200

there's plenty of calories we have a

940

00:35:08,550 --> 00:35:05,760

variety of drinks and but we also are

941

00:35:11,030 --> 00:35:08,560

allowed to fly up foods that we request

942

00:35:13,349 --> 00:35:11,040

um and and you know we bonus food or

943

00:35:14,870 --> 00:35:13,359

crew preference food and that can vary

944

00:35:16,390 --> 00:35:14,880

as long as it needs certain you know

945

00:35:19,270 --> 00:35:16,400

packaging requirements and has the

946

00:35:22,069 --> 00:35:19,280

appropriate shelf life we get quite good

947

00:35:24,390 --> 00:35:22,079

food up there and so i think uh i speak

948

00:35:26,069 --> 00:35:24,400

for us all there was a very popular dish

949

00:35:28,470 --> 00:35:26,079

and hopper was smart enough to fly

950

00:35:30,550 --> 00:35:28,480

refried beans and refried beans were

951
00:35:32,390 --> 00:35:30,560
popular for two reasons they were great

952
00:35:34,390 --> 00:35:32,400
they were delicious but they're also

953
00:35:36,069 --> 00:35:34,400
good at sticking other foods together so

954
00:35:37,589 --> 00:35:36,079
they were a very popular side dish

955
00:35:40,390 --> 00:35:37,599
whenever hopper would break out the

956
00:35:41,910 --> 00:35:40,400
refried beans i would also add that's

957
00:35:43,190 --> 00:35:41,920
one of the best parts about being on the

958
00:35:44,790 --> 00:35:43,200
international space station is

959
00:35:46,870 --> 00:35:44,800
international food so not just the

960
00:35:49,190 --> 00:35:46,880
refried beans but we had lots of yummy

961
00:35:51,829 --> 00:35:49,200
japanese food that soichi brought we had

962
00:35:53,829 --> 00:35:51,839
american food we had food from europe

963
00:35:56,150 --> 00:35:53,839

and then the russian food so lots of

964

00:35:57,589 --> 00:35:56,160

choices which is really nice

965

00:36:00,150 --> 00:35:57,599

that's great thanks for that great

966

00:36:02,950 --> 00:36:00,160

question nicholas glad we asked

967

00:36:04,870 --> 00:36:02,960

um okay what about this one from twitter

968

00:36:07,270 --> 00:36:04,880

which is more challenging to adjust

969

00:36:13,910 --> 00:36:07,280

yourself physically the first few days

970

00:36:17,190 --> 00:36:15,349

yes

971

00:36:19,829 --> 00:36:17,200

at least for me i've got to say coming

972

00:36:22,870 --> 00:36:19,839

back to earth is uh is definitely

973

00:36:23,910 --> 00:36:22,880

um more challenging and

974

00:36:25,990 --> 00:36:23,920

you know it's interesting because when

975

00:36:27,670 --> 00:36:26,000

we arrive in space we got to the space

976

00:36:30,230 --> 00:36:27,680

station i mean boom

977

00:36:32,310 --> 00:36:30,240

we're working and it's a full day

978

00:36:33,349 --> 00:36:32,320

and there is no way i could have done a

979

00:36:35,109 --> 00:36:33,359

full day

980

00:36:36,790 --> 00:36:35,119

the first day coming back

981

00:36:38,150 --> 00:36:36,800

down down to earth

982

00:36:39,910 --> 00:36:38,160

and i think there's a couple of things

983

00:36:41,430 --> 00:36:39,920

that that contribute to that you know

984

00:36:42,630 --> 00:36:41,440

first of all when you you know you're in

985

00:36:45,109 --> 00:36:42,640

this new environment when you get up

986

00:36:47,030 --> 00:36:45,119

into space you're floating um you're

987

00:36:48,550 --> 00:36:47,040

seeing the earth and you're pretty fired

988

00:36:50,630 --> 00:36:48,560

up i mean you're very excited to be

989

00:36:53,109 --> 00:36:50,640

there and and so there's that that

990

00:36:54,710 --> 00:36:53,119

certain um you know just

991

00:36:56,470 --> 00:36:54,720

adrenaline that's yeah that's a good way

992

00:36:57,910 --> 00:36:56,480

to describe the drilling that's blowing

993

00:37:00,550 --> 00:36:57,920

when you get back

994

00:37:02,150 --> 00:37:00,560

it's at the end of six months and and so

995

00:37:04,790 --> 00:37:02,160

there is a certain amount of exhaustion

996

00:37:08,310 --> 00:37:04,800

that builds up over a six-month mission

997

00:37:09,990 --> 00:37:08,320

where you are on duty the whole time and

998

00:37:11,430 --> 00:37:10,000

and so when you finally splash down

999

00:37:13,190 --> 00:37:11,440

there's a there's definitely a little

1000

00:37:14,630 --> 00:37:13,200

bit shannon just did it that sense of

1001
00:37:16,150 --> 00:37:14,640
that you know that's just relaxation

1002
00:37:17,910 --> 00:37:16,160
that relief that

1003
00:37:19,510 --> 00:37:17,920
that that the mission uh that you've

1004
00:37:21,190 --> 00:37:19,520
done your job and the mission has done

1005
00:37:23,349 --> 00:37:21,200
and and you can kind of relax a little

1006
00:37:25,270 --> 00:37:23,359
bit and i think that contributes to it

1007
00:37:27,030 --> 00:37:25,280
but then there's also i believe a lot of

1008
00:37:29,030 --> 00:37:27,040
physiological effects

1009
00:37:30,550 --> 00:37:29,040
you're feeling heavy

1010
00:37:32,310 --> 00:37:30,560
you're feeling wobbly

1011
00:37:34,069 --> 00:37:32,320
very very wobbly as well and so you're

1012
00:37:35,030 --> 00:37:34,079
having to deal with all of those those

1013
00:37:36,630 --> 00:37:35,040

issues

1014

00:37:38,470 --> 00:37:36,640

including the fact that hey this is at

1015

00:37:40,710 --> 00:37:38,480

the end of the six months as opposed to

1016

00:37:42,150 --> 00:37:40,720

at the beginning

1017

00:37:44,550 --> 00:37:42,160

all right thank you

1018

00:37:46,950 --> 00:37:44,560

um we'll wrap up with a final question

1019

00:37:48,790 --> 00:37:46,960

here maybe it's too soon to ask but joe

1020

00:37:50,740 --> 00:37:48,800

on twitter wants to know who's ready to

1021

00:37:56,710 --> 00:37:50,750

go again

1022

00:37:59,030 --> 00:37:56,720

[Laughter]

1023

00:38:01,270 --> 00:37:59,040

i'm gonna enjoy earth you know there was

1024

00:38:03,190 --> 00:38:01,280

a there's a letter up there on on the

1025

00:38:04,870 --> 00:38:03,200

hatch to the airlock

1026

00:38:07,589 --> 00:38:04,880

written by one of our colleagues that

1027

00:38:09,270 --> 00:38:07,599

that passed away uh in the columbia

1028

00:38:10,950 --> 00:38:09,280

accident unfortunately but one of the

1029

00:38:13,510 --> 00:38:10,960

last sentences he says if i had been

1030

00:38:15,349 --> 00:38:13,520

born in in space i would long to go to

1031

00:38:17,349 --> 00:38:15,359

earth much more than i longed to go to

1032

00:38:19,109 --> 00:38:17,359

space and i that i i thought about that

1033

00:38:20,310 --> 00:38:19,119

every day and i'm very happy to be here

1034

00:38:21,670 --> 00:38:20,320

on terra firma and i'm going to enjoy

1035

00:38:23,670 --> 00:38:21,680

this for a while

1036

00:38:25,430 --> 00:38:23,680

all right we'll take that

1037

00:38:26,950 --> 00:38:25,440

but we'll deal with that later

1038

00:38:28,390 --> 00:38:26,960

we'll ask you again later but three out

1039

00:38:30,790 --> 00:38:28,400

of four isn't bad

1040

00:38:33,030 --> 00:38:30,800

all right thank you so much crew one for

1041

00:38:35,510 --> 00:38:33,040

taking our questions today it's great to

1042

00:38:37,990 --> 00:38:35,520

have you back on earth and looking good

1043

00:38:39,910 --> 00:38:38,000

and sounding great we really enjoyed

1044

00:38:41,510 --> 00:38:39,920

hearing about your mission that's all

1045

00:38:43,670 --> 00:38:41,520

the time we have for questions for this

1046

00:38:45,349 --> 00:38:43,680

event but you can join us on facebook in

1047

00:38:46,870 --> 00:38:45,359

just a few minutes

1048

00:38:48,710 --> 00:38:46,880

in about 10 minutes here we'll get

1049

00:38:50,870 --> 00:38:48,720

started with the facebook live with this

1050

00:38:53,910 --> 00:38:50,880

crew on nasa's johnson space center

1051

00:38:55,910 --> 00:38:53,920

facebook page the url is there on your

1052

00:38:58,069 --> 00:38:55,920

screen so if you still have questions

1053

00:38:59,670 --> 00:38:58,079

ask them in the comments there

1054

00:39:01,190 --> 00:38:59,680

and be sure to follow all the activities

1055

00:39:02,710 --> 00:39:01,200

going on on the international space

1056

00:39:05,589 --> 00:39:02,720

station and with the commercial crew

1057

00:39:16,190 --> 00:39:05,599

program online on social media or on