

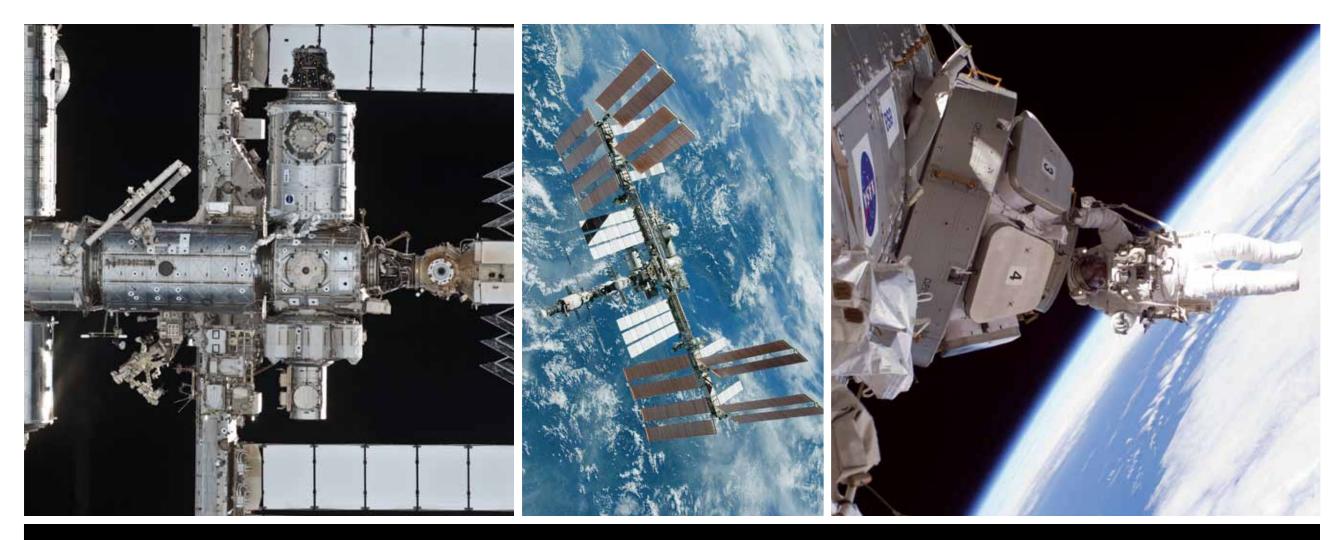






INTERNATIONAL | SPACE | STATION





A MESSAGE FROM THE





The International Space Station (ISS) is one of the greatest technological, geopolitical and engineering accomplishments in human history. The completion of the ISS on-orbit assembly allows for a focus on the multifaceted purpose of the ISS, one of scientific research, technology development, exploration and education.

As a National Laboratory, the ISS will provide opportunities beyond NASA to academia, commercial entities and other government agencies to pursue their research and development needs in science, technology development and education. With everyone working together, we look forward to extending human presence beyond and improving life here on Earth.

This calendar is designed to show all facets of the ISS using displays of astounding imagery and providing significant historical events with the hope of inspiring the next generation. NASA is appreciative of the commitment that America's educators demonstrate each and every day as they instruct and shape the young students who will be tomorrow's explorers and leaders. I hope you enjoy the calendar and are encouraged to learn new and exciting aspects about NASA and the ISS throughout the year.

Regards,

MICHAEL T. SUFFREDINI

ISS Program Manager





JAXA Elements

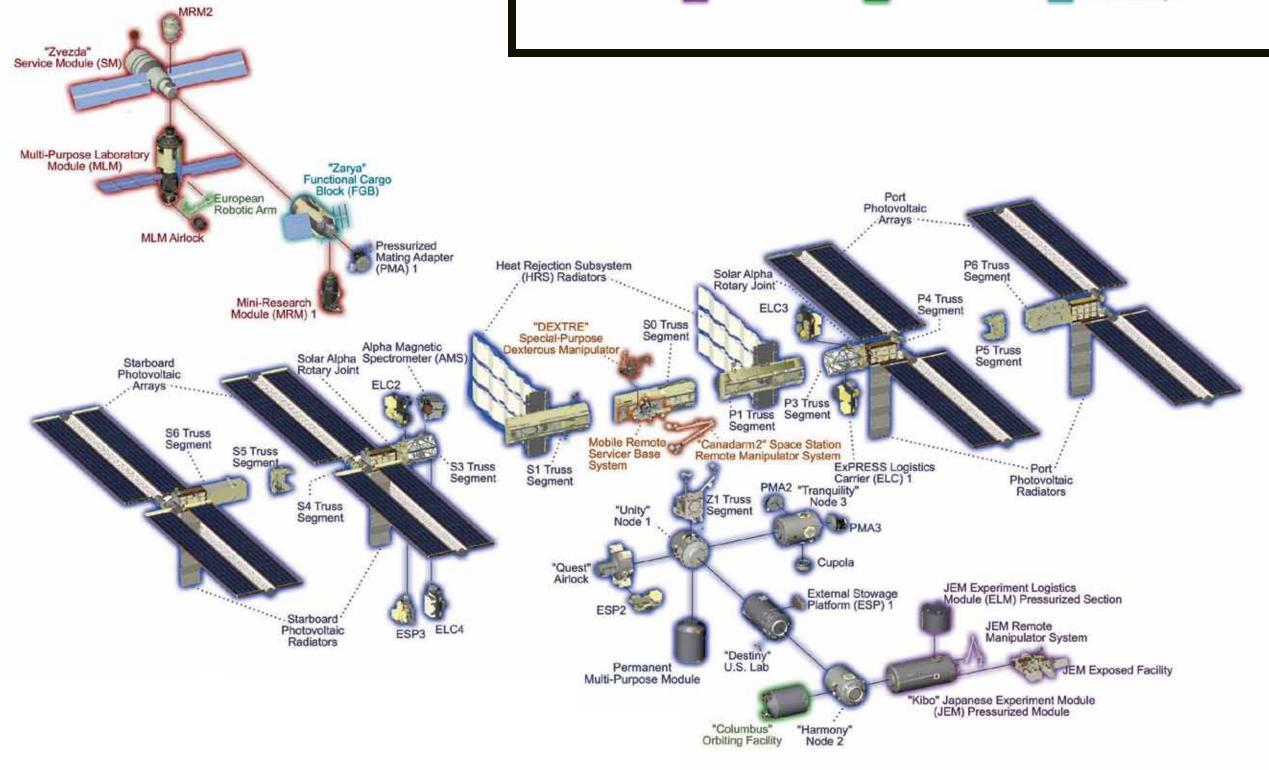
ROSCOSMOS Elements

ESA Elements

<u>PROGRAM MANAGER</u>

CSA Elements

NASA-provided element integrated into the Russian segment





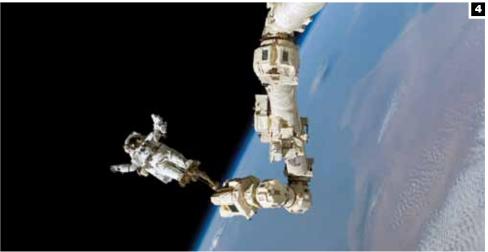






LOOK HOW FAR WE'VE COME JANUARY NASA has powered us into the 21st century through signature accomplishments that are enduring icons of human

NASA has powered us into the 21st century through signature accomplishments that are enduring icons of human achievement. Among these accomplishments are technological innovations and scientific discoveries that have improved and shaped our lives on Earth in myriad ways.



2





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| | | | | | | New Year's Day |









VIEW FROM THE TOP ARY

2011

For nearly a decade, crew members on board the space station have taken thousands of photos of the Earth below. From fiery volcanoes spewing smoke and lava to icy lakes and glaciers in the coldest environments of our planet, crews have given humankind views of these natural phenomena from one of the most unusual perspectives available.





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| | | 2003 – STS-107, Space Shuttle <i>Columbia</i> accident | | 1995 – STS-63, Eileen Collins first female space shuttle pilot | | |
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| | 1984 – STS-41B, first untethered spacewalks 2001 – STS-98/5A, U.SDestiny Laboratory 2008 – STS-122/1E, ESA-Columbus | 2010 – STS-130/20A, U.STranquility Connecting Module and ESA-Cupola | | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | | | | 1977 – Space Shuttle <i>Enterprise</i> first flight test | |
| 20 | Presidents' Day 21 | 22 | 23 | 24 | 25 | 26 |
| 1962 – <i>Friendship 7</i> , John Glenn first American to orbit Earth | | | | | | 1966 – Apollo/Saturn 201, first flight of the Saturn 1B launch vehicle with an Apollo command and service module attached |
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1 Photo of the Grand Canyon South Rim. The vertical drop is 7,000 feet plus the station's altitude of 200 nautical miles. **2** The mighty Brahmaputra River carves a narrow west-east valley between the Tibetan Plateau to the north and the Himalaya Mountains to the south as it rushes eastward for more than 932 miles in southwestern China. **3** Aurora Australis photo taken by an Expedition 23 crew member. **4** Japanese Aerospace Exploration Agency (JAXA) astronaut Soichi Noguchi takes Earth observation pictures from the Cupola. **5** Wide-angle view of Italy. **6** This image featuring Mt. Everest and Makalu was taken by an Expedition 8 crew member on the station. the station.



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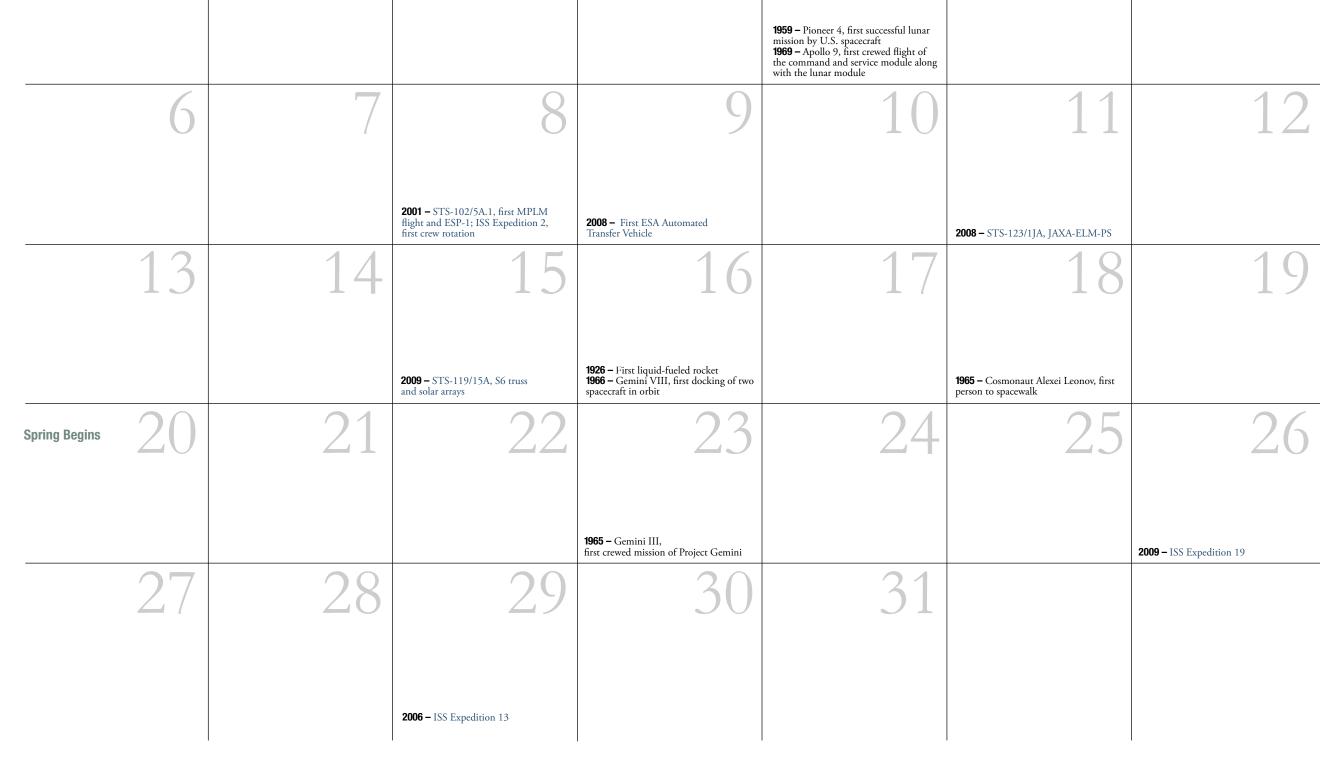
Living aboard the space station presents some unique challenges for the astronauts. Sleeping, eating and exercising are just as critical in space as they are on Earth, but all have to be done in an almost weightless environment. Astronauts have to strap in to sleep and/or take a jog. They also have to remember to attach their food to something when they are not holding it so it doesn't float away. While living in space takes a bit of adjusting, working to help improve life on Earth makes it all worthwhile.

C

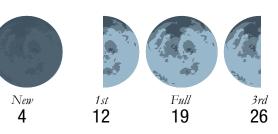




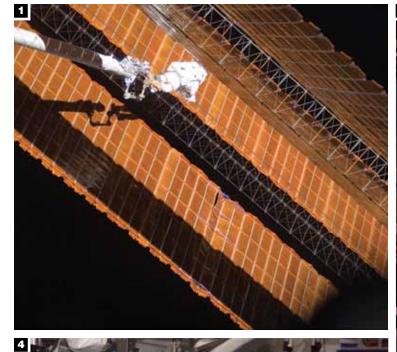
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 Tucked away in a sleeping bag, astronaut Daniel Tani poses for a photo near two extravehicular mobility unit (EMU) spacesuits in the Quest Airlock of the station. 2 Astronaut Steve Robinson plays a guitar in the Cupola of the International Space Station.
Expedition 21 and STS-129 crew members gather for a meal at the galley table in the Unity node of the International Space Station. 4 Astronaut Jeffrey Williams exercises on the Cycle Ergometer with Vibration Isolation System (CEVIS) in the Destiny laboratory of the station. 5 JAXA astronaut Soichi Noguchi, Expedition 22 flight engineer, uses a vacuum cleaner during housekeeping operations in the Kibo laboratory of the International Space Station.



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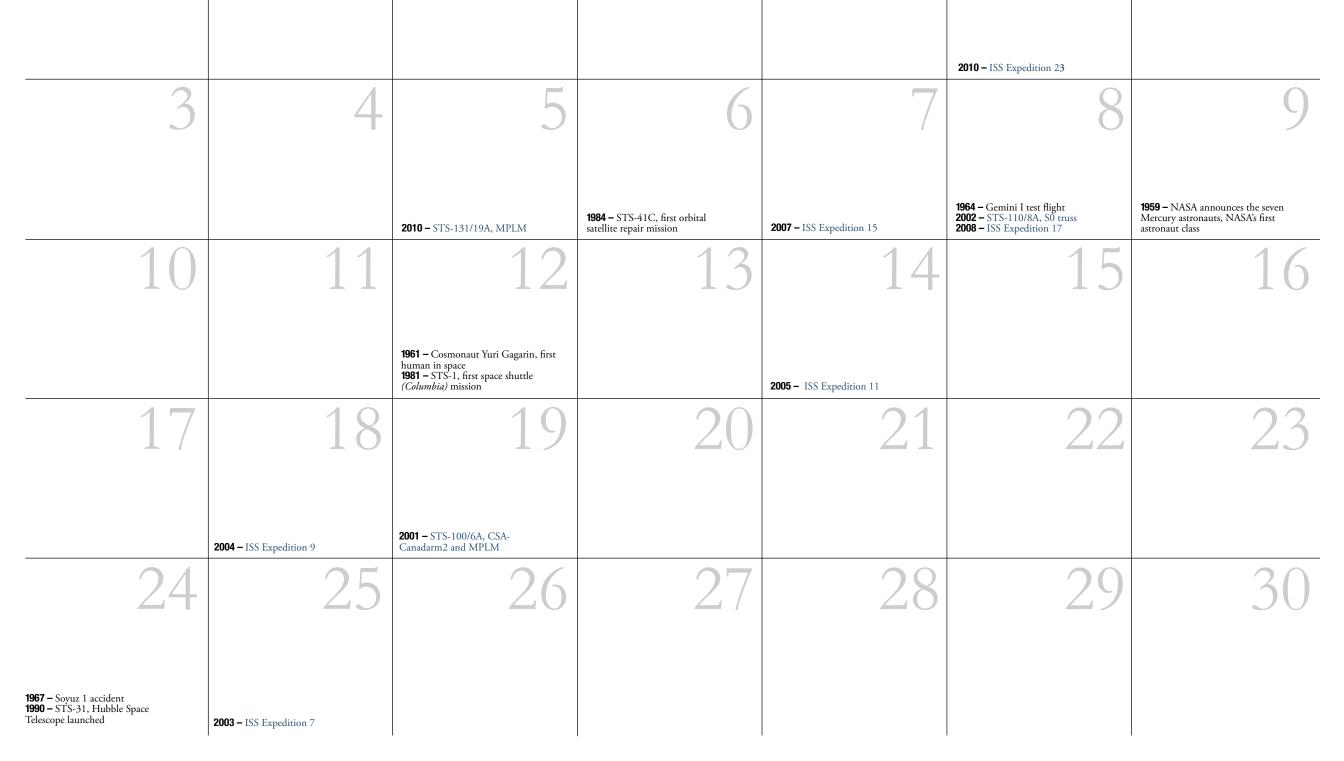


GOING GREEN: THE ULTIMATE RECYCLING EXPERIENCE R Ρ

Rationing and recycling are essential parts of life on the station. For power, light from the sun is converted into electricity through the use of solar arrays. Wastewater is collected, processed and stored from the space shuttle's fuel cells as well as from urine, oral hygiene and hand washing, and by condensing humidity from the air. Careful water recycling reduces the amount required from Earth to resupply the station by 60 percent.



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1 While anchored to a foot restraint on the end of the Orbiter Boom Sensor System, astronaut Scott Parazynski, STS-120 mission specialist, assesses his repair work as the solar array is fully deployed during the mission's fourth spacewalk. **2** Russian cosmonaut Valery Tokarev holds a full Russian water (EDV) container as he conducts a water transfer from Progress water tanks. **3** NASA astronaut Jeffrey Williams installs a Urine Processor Assembly/Distillation Assembly (UPA DA) in the Water Recovery System (WRS) rack in the Destiny laboratory of the station. **4** Astronaut Donald Pettit holds a Grab Sample Container (GSC) used for collecting air samples as part of station environmental monitoring. **5** The Expedition 19 crew celebrates the station's recycled water system with a "toast." **6** Russian cosmonaut Fyodor Yurchikhin conducts a session for Russia's Environmental Safety Agency (EKON), making observations and taking aerial photography of environmental conditions on Earth.

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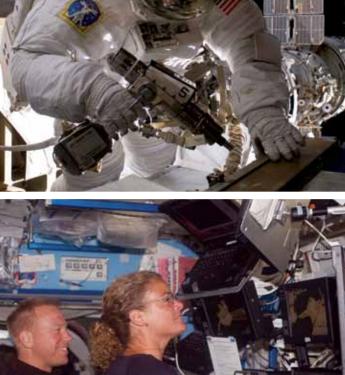


NOT YOUR AVERAGE DAY JOB



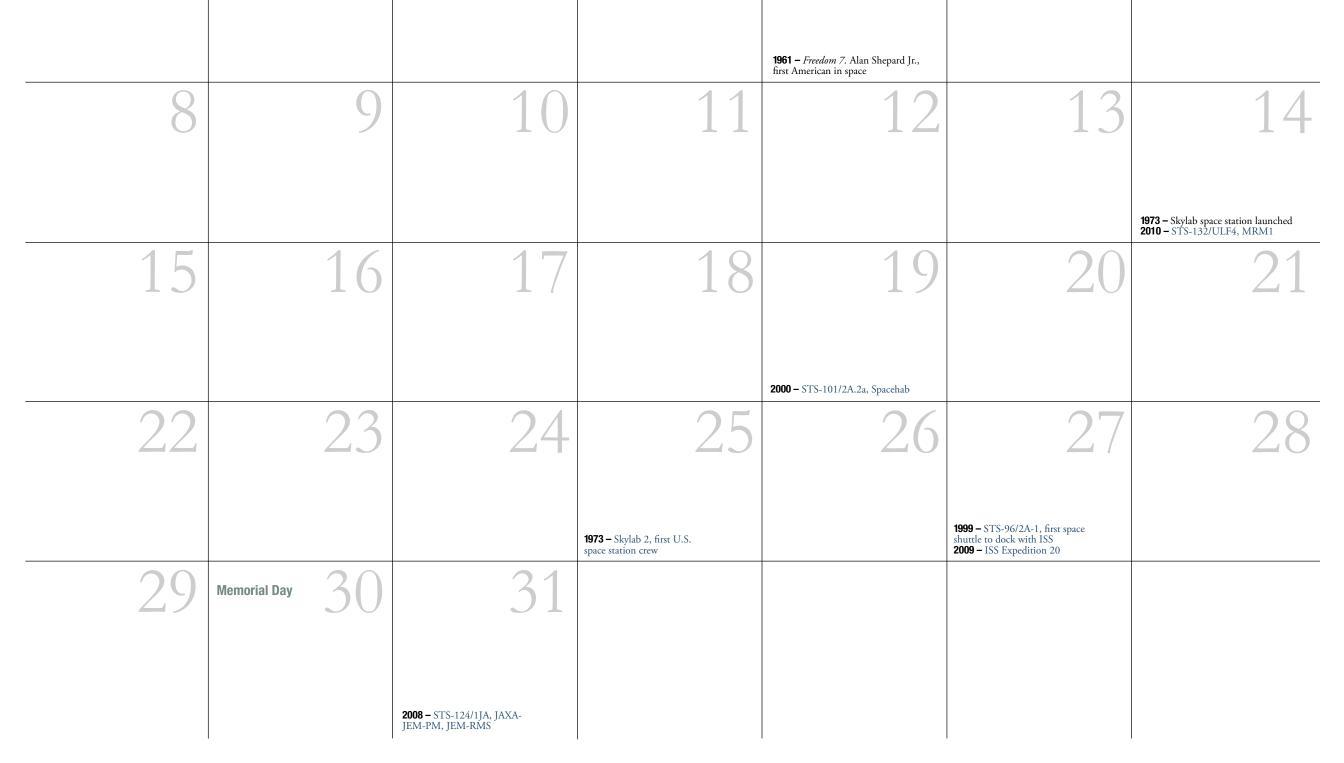
Spacewalks, global photography, scientific research, robotics – it's just another day at the office for space station crew members. Add to that the maintenance of a spaceship the size of a football field and it's easy to see how busy life on orbit can be for the space station's international crew. Inside the station, astronauts prepare for spacewalks, perform important science experiments and maintain equipment. All of these tasks keep the station an exciting place to live and work in, one that benefits people here on Earth.





SATURDAY





1 Astronaut Sunita Williams uses the Lab-on-a-Chip Application Development-Portable Test System (LOCAD-PTS) to test for biological and chemical substances from surfaces on board the station. **2** European Space Agency astronaut Thomas Reiter works with the Passive Observatories for Experimental Microbial Systems (POEMS) payload in the Minus Eighty Degree Laboratory Freezer for ISS (MELFI). **3** Astronaut Sunita Williams uses a pistol grip tool (PGT) as she participates in a spacewalk. **4** JAXA astronaut Soichi Noguchi, Expedition 22 flight engineer, uses a still camera to photograph Earth from a window in the Cupola. **5** Thanks to the weightlessness of space, astronaut Greg Chamitoff isn't toting the excessive weight load he appears to be while moving an experiment rack. **6** Astronauts Julie Payette and Tim Kopra work the controls of the Space Station Remote Manipulator System (SSRMS) or Canadarm2.



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FROM THE GROUND UP



From astronaut trainers, food scientists and scuba divers to the men and women of Mission Control, it takes more than a village to support the International Space Station. Ground support for the station involves more than 100,000 people in space agencies at 500 contractor facilities in 37 U.S. states.









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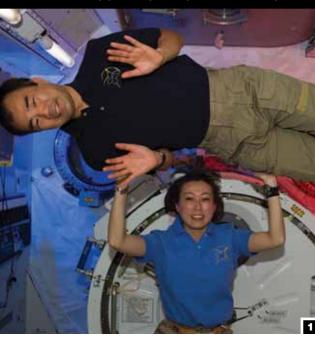


1 European Space Agency astronaut Frank De Winne participates in a training session in the Cupola module mock-up at NASA's Johnson Space Center. Crew trainer Elizabeth Horton assists De Winne. **2** Spacewalkers on the STS-131 crew training in the Virtual Reality Lab. **3** STS-131 crew during deorbit prep training in the Fixed Base Trainer. **4** Astronaut Cady Coleman performs a test of her extravehicular activity suit in the Space Station Airlock Test Article (SSATA) Chamber at NASA's Johnson Space Center. **5** Leland Melvin trains at a console in the simulation control area in the Neutral Buoyancy Laboratory. **6** Astronauts Mike Foreman and Randy Bresnik, STS-129 mission specialists, in training versions of their spacesuits, are about to be submerged in the water of the Neutral Buoyancy Laboratory.

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INTERNATIONAL COLLABORATION

2011

It takes an enormous effort from people around the world to construct and maintain the International Space Station. Across borders, people from a variety of professions work together, meet challenges and collaborate down to the last detail to achieve one of the greatest technological, geopolitical and engineering accomplishments in human history. Fifteen nations have contributed to the building of the station with over 40 missions and more than 140 spacewally. than 140 spacewalks.



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VISITING VEHICLES AUGUST

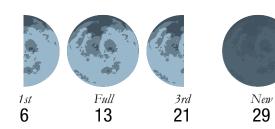
UGGUS Orbiting about 240 statute miles (386.24 km) above the Earth at 17,500 mph (32,410 kph) creates a challenge when it comes to getting supplies. The station depends on regular deliveries of experiment equipment and spare parts as well as food, air and water for its crew. The U.S., Russia, Japan and Europe all have vehicles that make deliveries and the commercial sector is developing spacecraft to help keep the station "stocked."



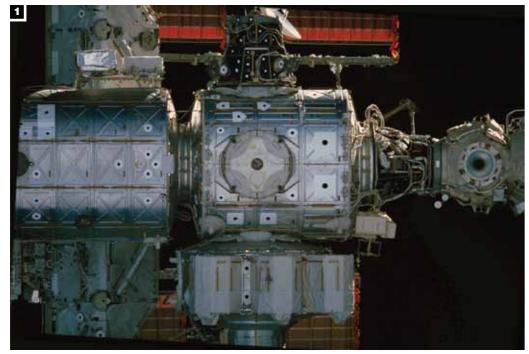
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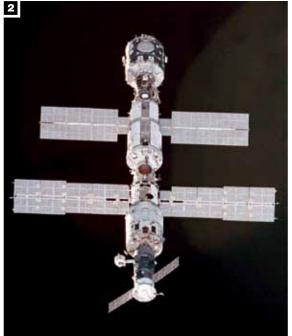


1 The Progress is the Russian automated resupply vehicle. **2** The Japanese uncrewed resupply craft HII-Transfer Vehicle. **3** The first flight of SpaceX's Falcon 9. **4** The Soyuz TMA-12 spacecraft, with Expedition 17 crew members, approaches the International Space Station. **5** Space Shuttle *Discovery* and its seven-member STS-131 crew head toward Earth orbit and rendezvous with the ISS. **6** ATV, the European Space Agency's Automated Transfer Vehicle, is also used to resupply the ISS.



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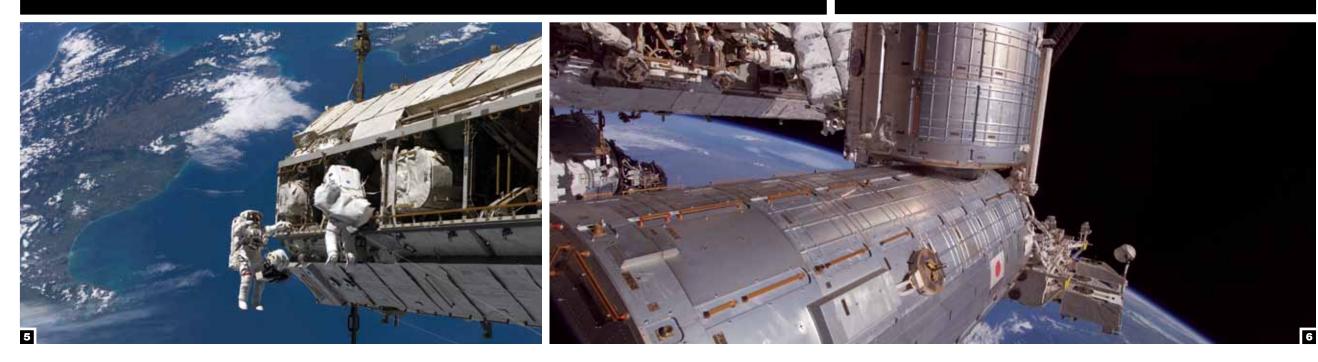




IN THE ZONE

2011

EPTENDER Station is the largest human-made structure to be placed in orbit. The truss, or backbone, is the length of a football field, including end zones, and the solar arrays are 1.5 times the width, which makes the station about 170 ft. long and 360 ft. wide. It was assembled in space like building blocks, demonstrating human capability to perform construction in space. It can be seen from the ground with the naked eye (go to http:// spaceflight.nasa.gov/realdatasightings/ index.html for sighting opportunities).



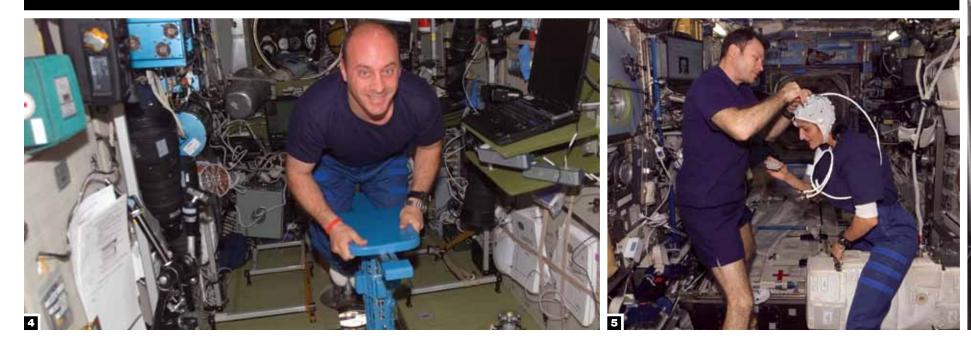
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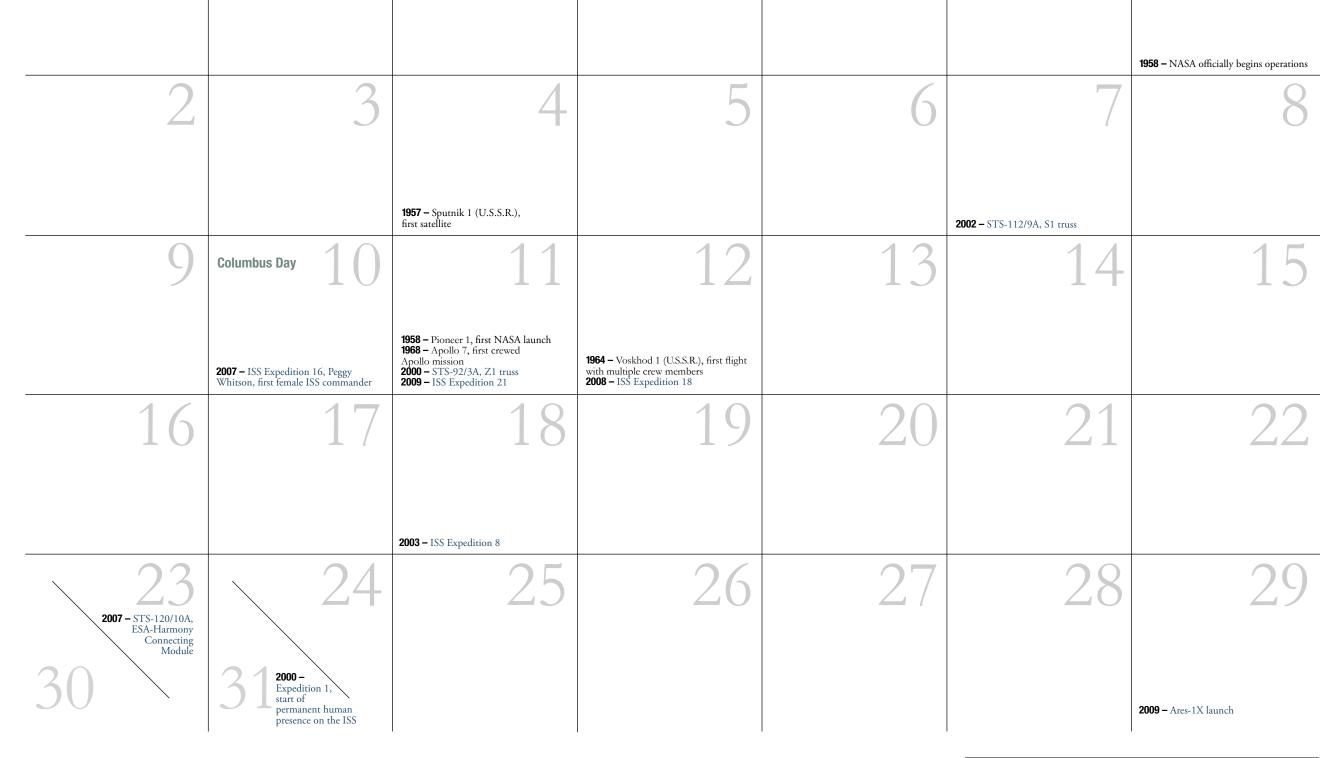
HEALTH BENEFITS FOR ALL HUMANKIND **OBER** Т C 2011

The techniques addressing astronaut health risks on long missions will benefit patients suffering from similar conditions on Earth, such as bone loss, muscle wasting, shift-related sleep disturbances and balance disorders.





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1 Astronaut Peggy Whitson, Expedition 16 commander, exercises on the Cycle Ergometer with Vibration Isolation System (CEVIS) in the Destiny laboratory of the International Space Station. **2** Astronaut Sunita Williams prepares a laptop in the Human Research Facility-2 (HRF-2) for data entry during a blood draw as part of the Nutritional Status Assessment (Nutrition) study. **3** Russian cosmonaut Yury Lonchakov works with the Phantom Torso, which was designed to help scientists more accurately predict the radiation exposure astronauts receive inside their bodies, especially to blood-forming organs. **4** Astronaut Garrett Reisman measures his body mass, a basic index of nourishment, using the Body Mass Measurement Device (BMMD) on the station. **5** Astronaut Sunita Williams receives assistance from astronaut Michael Lopez-Alegria in donning a sensor-studded cap as she prepares equipment for the Anomalous Long Term Effects on Astronauts (ALTEA) experiment. **6** Astronaut Nicole Stott, equipped with a bungee harness, exercises on the Combined Operational Load Bearing External Resistance Treadmill (COLBERT) on board the station.

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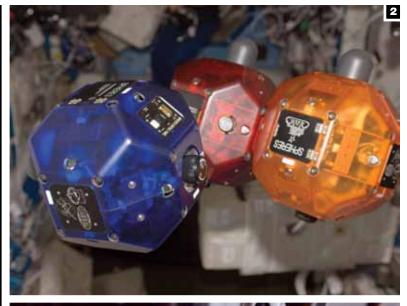




INTERNATIONAL HOUSE OF SCIENCE

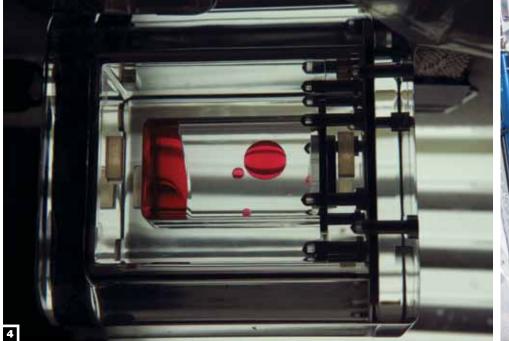
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This orbiting international laboratory is a technologically sophisticated facility that supports a wide range of scientific inquiry in biology, human physiology, physical and materials sciences, and Earth and space science. Scientists from all over the world are already using ISS facilities, putting their talents to work in almost all areas of science and technology, and sharing their knowledge to make life on Earth better for people of all nations.





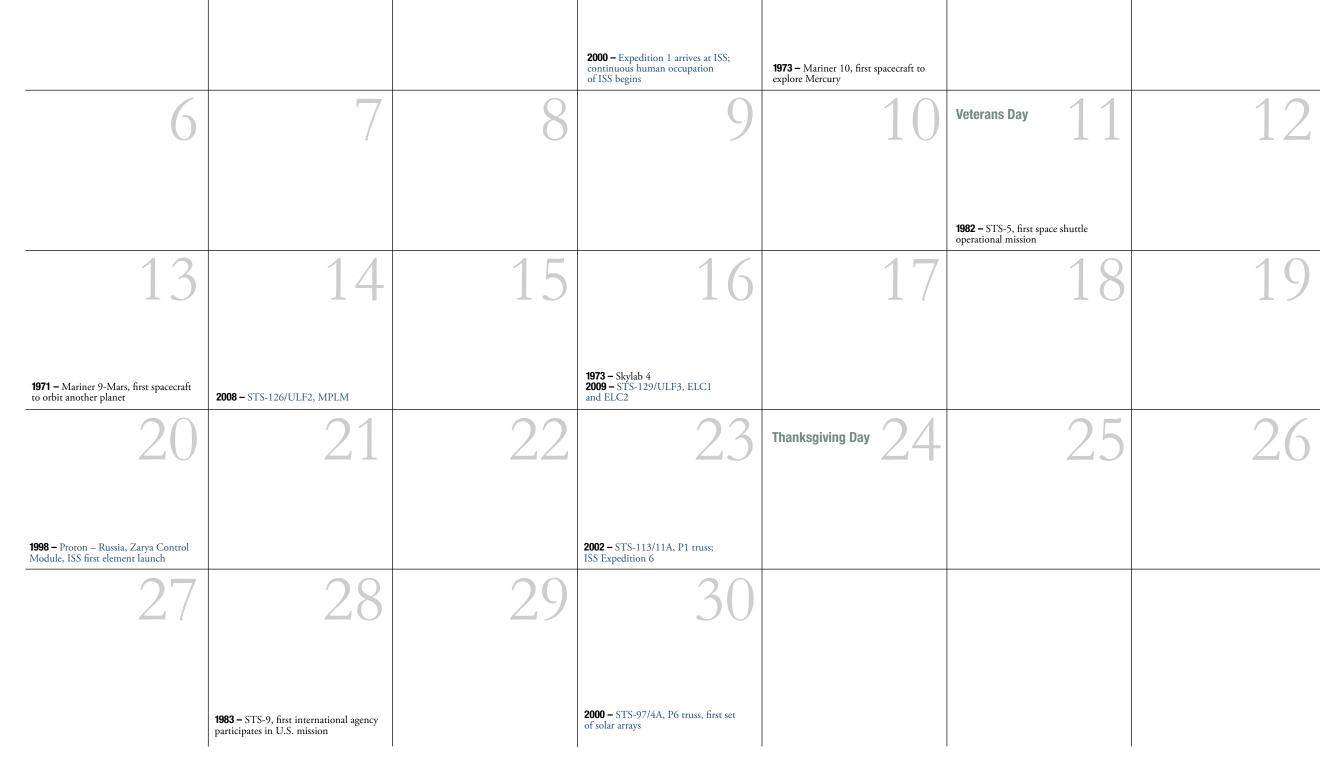
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1 Astronaut Jeffrey Williams conducts the first run of the Pore Formation and Mobility Investigation (PFMI) in the station's Microgravity Science Glovebox (MSG). **2** This close-up view shows three bowling-ball-sized free-flying satellites called Synchronized Position Hold, Engage, Reorient, Experimental Satellites (SPHERES). **3** Materials International Space Station Experiment (MISSE) is a series of external exchangeable test beds for studying the durability of materials such as optics, sensors, electronics, communications devices, coatings and structural materials. **4** View of the station's Oil Emulsion Experiment (OEE) that will be used to teach students beau principles of fluid physics. basic principles of fluid physics. **5** Saibo Experiment Rack is a multipurpose payload rack system that sustains life science experiment units inside and supplies resources to them. The first use of Saibo was for studies of the effects of radiation on immature immune cells. **6** Advanced Biological Research System (ABRS) is a single locker system with two growth chambers. Each growth chamber is a closed system capable of independently controlling temperature, illumination and atmospheric composition to grow a variety of biological organisms.



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SPACE IN YOUR LIFE **DECEMBER** In the 20th century space

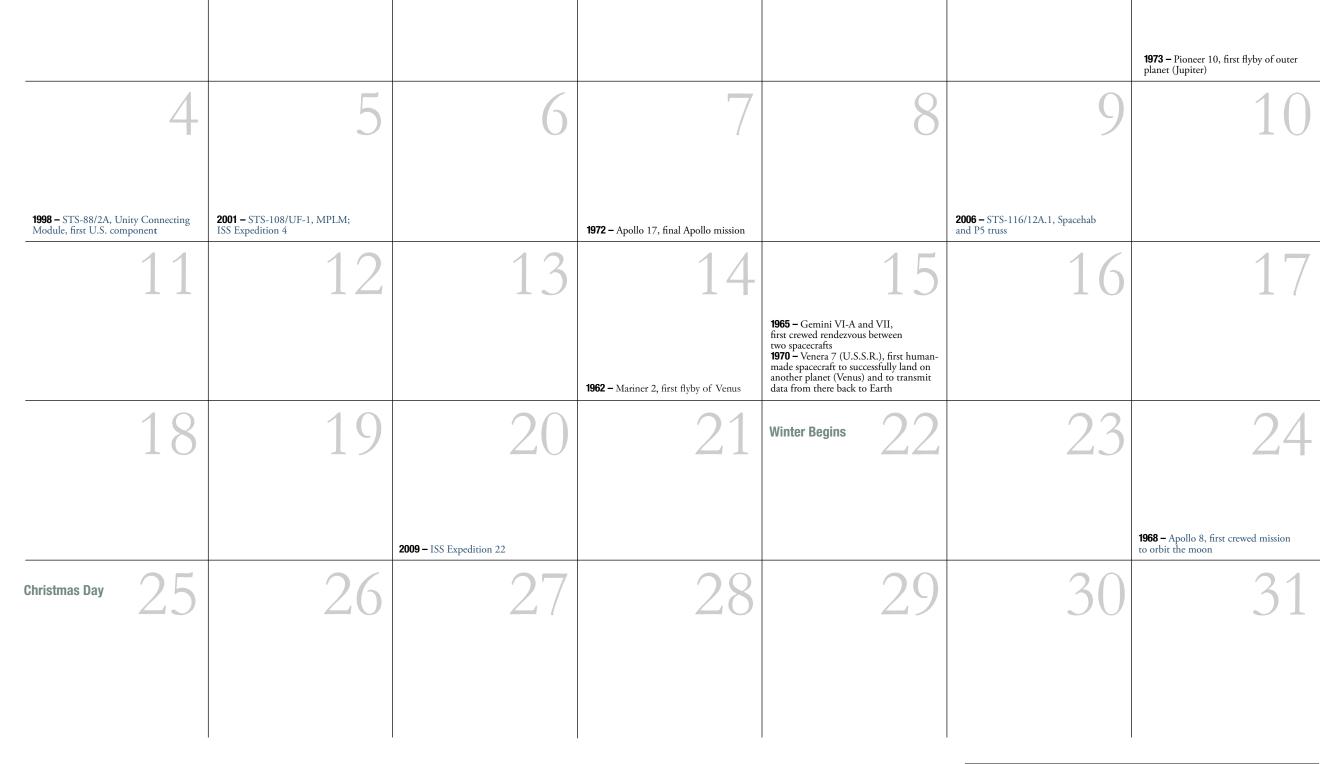
In the 20th century, space exploration has profoundly impacted the way we view ourselves, our world and the way we live. Our nation's investment in space has resulted in numerous services and products that affect our everyday lives. Whether we are making a trans-Pacific telephone call, creating with a computeraided design tool, using our mobile phone, wearing a pacemaker, or undergoing an MRI, we are using technology that space exploration either developed or improved.



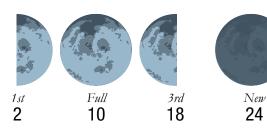




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1 Using the Advanced Diagnostic Ultrasound in Microgravity protocols, astronaut Leroy Chiao performs an ultrasound examination of the eye on cosmonaut Salizhan Sharipov. This technology enables users with little training to send diagnostic-quality ultrasound images to medical professionals remotely. 2 NASA helped industry leaders develop cool, lightweight, aerodynamic biking helmets and special bike wheels using NASA research in airfoils (wings) and design software. 3 Astronaut Mike Fincke narrates during a Capillary Flow Experiment (CFE) that investigates capillary flows and flows of fluids. 4 The ADVANCED ASTROCULTURE[™] (ADVASC) examines the effects of microgravity on gene expression levels and the seed-to-seed life cycle in microgravity. 5 Dr. Lewis Nashner's computerized dynamic posturography, derived from NASA-funded research on human movement and balance, is now a standard noninvasive clinical technique for assessing the systems that allow the body to balance. 6 View of Astronaut Peggy Whitson looking at the ADVASC Soybean plant growth experiment located in the U.S. Laboratory. 7 The MARCbot (Multi-function Agile Remote Control Robot) received multiple upgrades from engineers at NASA's Marshall Space Flight Center, and hundreds have now been deployed by the U.S. military overseas to help soldiers identify IEDs (improvised explosive devices).



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