

## ✓ In training

Col. Chris Hadfield trains for bailout and water survival (top) and, at right, works as CAPCOM (capsule communicator) in Houston. Above is the official patch for his latest mission designed by Canadian fine arts student Cynthia De Wit of Conestoga College.

Photos courtesy of the CANADIAN SPACE AGENCY



# Hadfield excited about mission

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minutes into orbit. Two days will be spent delicately adjusting in orbit and on the third day the shuttle will dock with the station. The first space walk will take place on the fourth day.

Col. Hadfield began training seriously for this flight two years ago and began training with his crew last August.

"It's up to me to do the right thing," he said of his job of installing the arm. "I'm delighted to do this."

He went into medical quarantine last week, which means anyone wishing to visit the astronauts would have to pass a medical and physical examination. It was also the time for Col. Hadfield to gather his thoughts for his mission.

"We completely need one full week of training," he said. "The Russians (astronauts) train for two weeks and then have a week off."

Recovering from his space trip will take a few weeks, he said. "The recovery time is one day on Earth for every day in space. Your bones become less dense when you're up there. You lose the fast twitch of muscle fibre. You have to re-adapt to your balance system and blood pressure. In a couple of

weeks (after landing) I'll be 100 per cent."

Col. Hadfield said the only thing that worries him about the mission is if he becomes nervous.

"I'll be worried if I'm nervous because nervous comes with fear. I've been preparing for this flight and training with the crew. It's not a big, scary unknown thing. It's keen excitement."

The launch is a relief after years of training, he said.

"I'm finally leaving the station. Four years of training is an awful amount of time. When I'm outside the shuttle, I'm looking forward to seeing the sun sets over and over through the visor of my mask."

He'll be the first to admit growing up in southern Ontario made it seem virtually impossible to become an astronaut.

"It was inconceivable to be an astronaut. I always thought one day it might be possible. I saw 2001 Space Odyssey when I was younger and I thought it was (filled with) so much science fiction, but now I realize that's what I do. It's amazing what happens."

"Don't ever give up in things," he said. "Passage of time and constant work pays off."




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The staff and students of  
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would like to wish Chris Hadfield, and the 13 students and 3 staff members who are travelling to Florida to witness the launch, a safe and exciting journey.

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