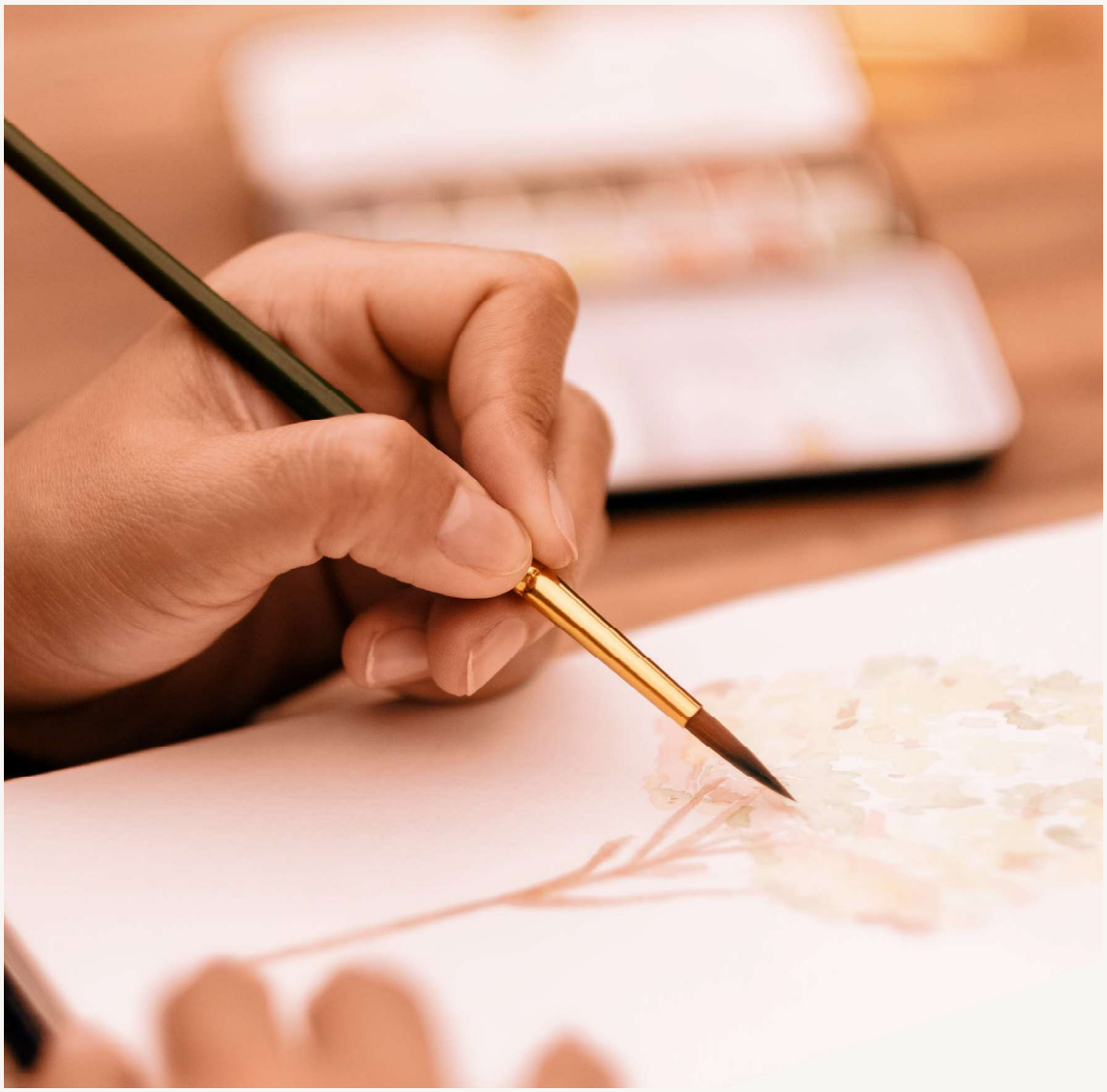
AISA

YOUR AISA NEWS NOVEMBER 2022



NOTEBOOK OF NEWS

AIRBUS STAFF ASSOCIATIONS

AISA committee

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Honorary President

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René Lorenzi
Anthony Martin
Vincent Rivoire
Active members

Richard Arbo
Xavier Castello
AISC Representatives

Discover the new AISA website www.airbus-staff-associations.org

NEW MEMBERSHIP MANAGEMENT SOFTWARE: CNIL Notice

The data collected on your registration forms will be processed into our IT system to populate our members' records. All data will be handled by the AISA secretariat and its recipients will be the Presidents, Secretaries and Treasurers of the AISA sport and cultural Societies, as well as the AISA Board members. In accordance with the provisions of the Data Protection and Freedom of Information Act of January 6, 1978 amended in 2004 ('Loi informatique et libertés'), you have the right to access and rectify your personal information. To exercise this right, please contact one of the AISA Activity Coordinators (AISA Secretariat, 8 Rue Georges Lequiem in BLAGNAC). In addition you are entitled, on legitimate grounds, to object to the processing of any data relating to you. In this case, the service proposed via this data collection will not be taken into account.

AIRBUS STAFF ASSOCIATIONS

Editorial

Dear AISA members,

Here we are in November already, and how wonderful it is to see all the ongoing action, energy, activity, and enthusiasm within our many sports associations!

Many thanks to our amazing team of volunteers: dynamic members who are unfailingly available and involved in bringing AISA's many projects and challenges to life. We all pulled together to give our full support to the Airbus Charity Run that won over all staff working in Toulouse.

This month, the Equestrian Society is in the spotlight, offering you a colourful agenda that includes vaulting, equifeel or dressage, at day camps for all levels during the autumn holidays.

The good times continue with the Tasting Society and its Chilean wine tasting festival, along with an "Opera" gourmet desserts workshop and an outing to the Armagnac region... Your taste buds will have a field day!

If you fancy some fresh air, the Rambling Society invites you to explore stunning autumn landscapes of the Pyrenees and discover the joys of hiking in the form of a mini-holiday in the Couserans valleys.

Just a small sample of the many activities offered by our associations, so come and share the fun - what are you waiting for?!

Wishing you a mild and beautiful November,



Kind regards.

Jean-Claude MAMAR
Executive Founding President
Airbus Staff Associations

AIRBUS STAFF ASSOCIATIONS

Airbus Staff Associations

Administration & events

IMPORTANT AISA MESSAGE

All activities will be organized subject to compliance with applicable public health guidelines, and are therefore subject to cancellation if necessary.



Registrations for the 2022-2023 season started the 5 July.

The administration office assistants are at your service, every day except Wednesday, from 13:00 to 17:00, to answer your questions about how the 24 societies that make up AISA work, and what they have to offer. The membership fee is €20 per person per society.

- **For new members,** please sign up at the AISA office; please bring a photo ID, your medical certificate dated within the last three months, payment means (bank card or cheque), and the photo authorisation (model available on our website *airbus-staff-associations.org*, in the "Practical information," section
- 2022-2023 membership **renewals,** you can renew online at *www.aistaff.fr* using your personal account. Please feel free to contact us if you've forgotten your password. You can renew membership for the 2022-2023 season at any time throughout the year. It will be valid until 30 September 2023.

Remember that if you have a **medical certificate prescribed after 1 September 2020,** you need to download the "Health questionnaire" sworn statement when you sign up. The medical certificate, which is valid for three years for most sports, must cover the whole AISA season.

Non-compliant statements or certificates cannot be accepted. Please be sure to send the required documents and carefully read the AISA membership registration procedure, designed to facilitate your membership application. Incomplete applications will be placed on the waiting list, which will delay your validation. So please be sure to double check.

You will find detailed information for each AISA society, as well as all the documents (health questionnaire "QS-Sport", the sworn statement "Health Questionnaire" and medical certificate) necessary for registration, on the AISA website:
airbus-staff-associations.org

Please feel free to direct any questions to our secretariat:
account.staff-associations@aisc-airbus.com

We hope you enjoy this month's News,

See you soon,
The Team AISA

Thought for the month

"There is no exercise better for the heart than reaching down and lifting people up."

John A. Holmes



Cultural Society.

The Airbus Cultural Society offers you a host of activities including Drawing, Theatre Performances, Library, Painting, Porcelain Painting, Italian and Japanese Lessons, Scrapbooking, Chorus, Music, Photography, Film-making and Drones, along with CAB (Cars and Bikes), cultural and gourmet outings with vintage cars.

You will find lots of information on our website:
airbus-staff-associations.org/

THE LIBRARY

- Open on the 1st and 3rd Monday of the month, AISC room 21 (ground floor).

The list of the many works available can be found on our website

SCRAPBOOKING WORKSHOP

AZZA European scrapbooking is a technique for creating photo albums with a particular layout and decoration. This is a **simple creative activity that anyone can try** their hand at, and requires no particular skills.

Give your memories lasting form with **customised decorations that fit harmoniously with your photos** (paper, stamps, drawings, chalk, ink, and so on).

Be inspired by the suggestions of our activity leader Dominique, who will be more than happy to explain the different techniques. The workshops are held at her home in Tournefeuille, in a friendly, laid-back atmosphere.



- Scapbooking Workshops every other Monday from 9:00 to 12:00, Tuesday or Thursday from 18:00 to 21:00; other dates available on request.
- A special “Christmas” workshop will be held on 18 November from 12:00 to 14:00 at AISC, and is open to everyone, regardless of whether you are a member of the Cultural Society.

Contact Sophie Born: *born.heiko@neuf.fr*

LANGUAGE LESSONS

"Dare to escape to far-off places during a lunch break!!"

Japanese for Beginners and Intermediate level.

Italian for false beginners, intermediate or semi-advanced students.

Contact Sylvia: *sylvia.barkate@orange.fr* or 06 89 07 94 26

AIRBUS STAFF ASSOCIATIONS

THEATRE/DANCE/WORLD MUSIC



The Cultural Society offers "Theatre" performances (Théâtre Sorano, Salle Nougaro, Théâtre de la Cité, etc.) at special rates, register online via Extraclub: *https://www.aistaff.fr/bo/index*

Contact Gabrielle:
cardona.gabrielle@gmail.com

DRONES



If, like us, you are passionate about multi-rotors or simply curious to find out more, come along and join the team to share our passion! (Construction, Piloting, Joint purchases, Aerial photography).

Contact Pascal:
pascal.henry78@sfr.fr

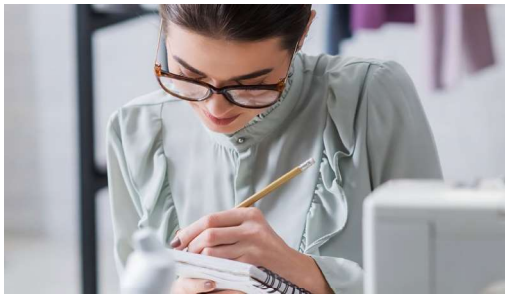
CAB (CARS AND BIKES)



If you are a fan of vintage cars and enjoy friendly outings with a cultural or gourmet theme, either for one day or a weekend.

Contact Gérard:
gérard.delsaut@airbus.com

WRITING WORKSHOP



The writing workshop offers you a unique opportunity to let go, every Thursday from 12:15 to 13:45, except for school holidays.

We all share a desire to write for pleasure, in a spirit of exchange, friendliness and inclusion. Each person is free to explore their own writing style.

Contact Karelle:
karelle.bournat@airbus.com

DRAWING CLASS



The Cultural Society Drawing Classes are about to start up again for the new 2022-2023 season. Alongside familiar aspects, there are also some new options.

Classes with **Jeannette Giannini**, an art teacher and art history lecturer, will continue, for academic drawing focusing on portraits, postures, perspective, light, pencil drawing, charcoal, watercolour drawing and CarbOthello pastel pencils for the first part of the semester.

This will be followed by a new exploration of pastels with a passionate art lover, **Jean-François Bousquié**, who will teach us the basics and help us master pastel techniques to create bright, colourful pictures.

Contact Viviane:
viviane.grateau@gmail.com

PHOTOGRAPHY / FILM-MAKING

If you are keen to learn, or already have some experience of shooting and producing video clips, the Cultural Society has decided to develop film-making skills this season, producing several promotional clips and short films covering cultural and sporting events.

You will have the chance to interview, highlight, film and edit a variety of enjoyable and festive activities throughout the year, as part of a highly motivated photography/ film-making/drone team!

Contact André:
andre.taytard@airbus.com

A Photography workshop is also available, to help you learn and perfect your skills.

Contact Pierre:
p.dero@orange.fr



PAINTING WORKSHOP

Watercolour and Pastel techniques:

The timetable for the new season is all set, and we have a colourful palette of watercolour artists ready and waiting to work with you. This season, we will welcome back some familiar, popular teachers such as Isabelle Haas and Eth de Melaou. Nathalie Paradis will start running some of our sessions. Our friend and former colleague Jean-François Bousquié, a talented pastel artist, will continue teaching us the basics of his artistic passion - pastels - for one or two sessions.

The first watercolour session will be held in late September, and the season will kick off for 10 sessions, at a pace of one per month.

Palette Knife Painting technique:

After 20 years of a perfect partnership, our Palette Knife Painting teacher Christian Bessède gave his last painting workshop in early July. The Palette Knife Painting workshop will therefore take on a slightly different feel for the new season. We have already scheduled a trial session in early October with the workshop members, led by a new teacher, Nelly Lestrade. Three other dates have been pencilled in, to be confirmed. The trial session will determine how the workshop develops over the coming months. We are all keen to continue this painting technique and we are confident about what the future holds.

Watercolours:



There are 10 sessions planned throughout the season, with classes led by three watercolour artists and one pastel artist. Please contact us if you are interested; we will give you the timetable and the name of the artists leading each session.

Contact Michèle:
milacombe31@gmail.com
or 06 04 16 52 35

JAZZ



The Jazz society is very active once again during this new cultural year, with four groups (Blue Note, Kind of Blue, Solstice and The Cool'Z) as well as a collective known as Jam Along. We are open to new projects and/or groups depending on the new musicians who join.

If you play regularly and have 2 to 3 years' experience in a group, come along and join us - we're bound to find a place for you.

Contact Thierry:
thierry.favier@airbus.com
or 06 71 60 51 16

PORCELAIN PAINTING

Are you a beginner? No prior knowledge of drawing or painting? No problem - come along and discover this workshop, and learn how to decorate objects to offer as gifts, including mugs, plates, vases, jewellery, and more.

Classes will be held on Saturdays, about once a month, from 9:30 to 16:30 on the AISC premises in Blagnac.

Contact Aline:
aline.tremosa@airbus.com

"LA VOIX DES AIRS" CHORUS



If you enjoy singing, classical music, concerts, being part of a group, meeting other choirs... Join our vocal ensemble: *La Voix des Airs*

- Choirmaster: **Isabelle Allamargot**
  We are looking for newcomers in all sections of the choir.
- Rehearsals: at the Chapel of St Gabriel near Airbus (campus 1). Every Monday from 12:15 to 13:45 (except for school holidays) – Rehearsals start again on 5 September.

On the agenda this season:

- September to October: resumption of last year's operettas for a concert to be held before the autumn holidays.
- November to December: Christmas programme in preparation for a concert to be given at L'Arche in Blagnac.
- January to June: Requiem by Cherubini with a concert in late June.

Price to be confirmed (depending on the number of choir members), probably around €150.

Please come along for a trial session one Monday lunchtime, to see for yourself how we operate.

Contact Anne-Gisèle:
agmusy@orange.fr

ARTS RENAISSANTS

The Cultural Society offers you a series of concerts organised by "Les Arts Renaissants":

- **Adam Laloum and Sayaka Shoji:** on 17 November
- **Amandine Beyer and l'ensemble Gli Incogniti:** on 6 December
- **Thibaut Garcia and Félicien Brut:** on 10 January
- **Sirba Octet:** on 14 February
- **Le Caravansérail:** on 28 March
- **Jordi Savari and le concert des Nations:** on 2 May

Contact Aline:
aline.hryhorczuk@gmail.com



Thibaut Garcia and Félicien Brut



Amandine Beyer

Golf Society.

Outing in the Hérault department

A small group of 25 golfers and two caddies spent the weekend of **17 and 18 September in the Hérault department**, near Montpellier. The group was warmly welcomed at the Novotel de la Grande Motte. The golfers were able to practise their sport on two different golf courses:

- Pic Saint Loup golf course on Saturday
- La Grande Motte golf course on Sunday

The players **competed in two series over two days,** in a laid-back atmosphere that still retained a competitive edge, naturally! The wind made for some challenging conditions.

The winners are:

- 1st series: Mike Jones
- 2nd series: Vincent Bedes

Well done to both of them, and many thanks to the organisers Martine and Jean-Xavier.



Date	Location	Event type
5 November	Las Martines	Ladies vs. Gents
8 November	Seilh Yellow	Ladies' Day
12 November	Albi Lasbordes	League
15 November	La Ramée	Seniors' Day
19 November	La Ramée	Challenge Tour
26 November	Téoula	Airbus Tour
3 December	Seilh Red	President's Day invitational
10 December	Seilh Yellow	Turkey Trot
13 December	La Ramée	Ladies' Day
13 December	Téoula	Seniors' Day

Yatching Society.



This weekend, a great little team from the Diving Society went to Sète, determined to experience some sea diving this year. We all agreed we'd sufficiently explored the Thau Lagoon last year!

On Friday, pleasant rooms and a tempting buffet awaited us at Le Lazaret holiday resort. After a good night's sleep, and despite a clear blue sky, Laurent the diving instructor announced poor visibility at sea, and suggested we spend the morning diving at the Thau Lagoon instead. He won us over by explaining that the water in the lagoon would be nice and warm, unlike the sea, which was far colder.

But conditions change quickly at sea, and from midday onwards, visibility was much improved, and we were able to do three wonderful, long, 10-metre dives, exploring caves under the cliffs and discovering the octopus that live on an offshore knoll.

An excellent diving weekend, not too far from Toulouse, with moderately challenging dives that were nonetheless a pleasure, and top-quality accommodation.

Ski Society.



Dear ski and snow-board enthusiasts,

Ski Society registrations for the 2022-2023 season are now open.

You'll find all the information you need to register or renew your registration on the AISA website:
airbus-staff-associations.org/

Ski Society activities start up again in November, with information about equipment (purchase, rental and repair).

The schedule of outings is currently being drawn up.

- In November: Registrations for the 1st weekend in Pas de la Case from 9 to 11 December (the price will be confirmed before registrations open).

See you very soon,
The Ski Society Executive Committee

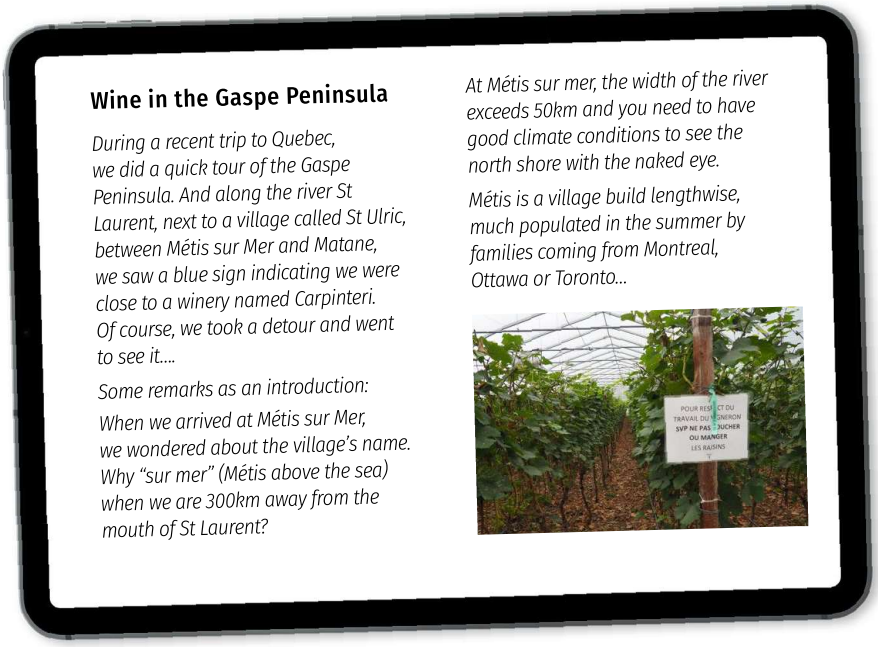
Tasting.

Dear friends of theTasting Society,

We hope you are all well! The following events are planned for November:

9 November	Tasting "Chile wines"
17 November	Dinner at the CFA
19 November	Desert course "l'Opéra"
20 November	"Armagnac" outing

To keep you in the Tasting spirit, please find below an excerpt of this month's article:



Wine in the Gaspe Peninsula

During a recent trip to Quebec, we did a quick tour of the Gaspe Peninsula. And along the river St Laurent, next to a village called St Ulric, between Métis sur Mer and Matane, we saw a blue sign indicating we were close to a winery named Carpinteri. Of course, we took a detour and went to see it....

Some remarks as an introduction:

When we arrived at Métis sur Mer, we wondered about the village's name. Why "sur mer" (Métis above the sea) when we are 300km away from the mouth of St Laurent?

At Métis sur mer, the width of the river exceeds 50km and you need to have good climate conditions to see the north shore with the naked eye.

Métis is a village build lengthwise, much populated in the summer by families coming from Montreal, Ottawa or Toronto...

Want to read the full article?

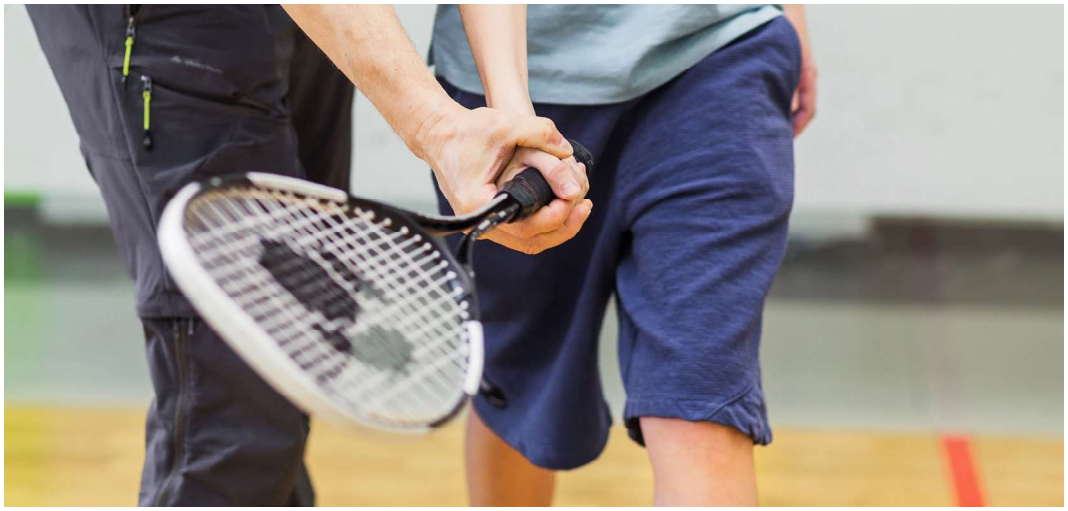
You can find it on the AISA's website, Tasting section, and in the November Newsletter.

See you soon.

Contact: *tasting.society@airbus.com*

The Tasting Society Committee

Squash Society.



Dear future squash players,

It's not too late to join the Airbus Squash Society for the 2022/2023 season.

That's right, join now: on the agenda, good vibes and great games, quarterly tournaments open to all levels where the aim is to have a good time with all the other members, training (all levels), group training (all levels), inter-company competitions (corporate), federal competitions (singles and/or as a team), and much more!

That squash ball had better play nice!

Please do sign up now, or renew your membership, to enjoy playing squash- one of the top sports for health and well-being, regardless of whether you play for fun or at competition level.

A word for parents: please note that children can play squash from age 3, as long as they have the right equipment (squash goggles). The AISA Squash Society offers the following lessons:

- Squash for children ages 3 to 6 on Wednesdays from 14:00 to 15:30.
- Squash for children over 7 on Wednesdays from 15:30 to 17:00.

The price is €50 for mini-squash and €100 for the children's squash school, which includes the French Squash licence. Once you have become a member and attend regularly, you will receive your Squash Passport.

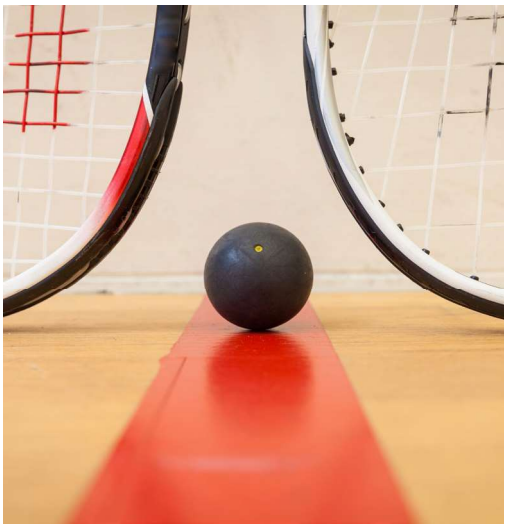
If you have any questions, please contact Patrick Schuster: 0623080023 *schuster.olivier@wanadoo.fr*

Activities offered:

Group training sessions, friendly tournaments, inter-company competitions (corporate), federal competitions (singles or as a team), training days/weekends, find partners, passes for playing in Squash clubs (Squash & Form Blagnac, Movida Blagnac).

On the agenda for the 2022/2023 season

- Weekly training sessions every Tuesday.
- Bruniera regional championship for federal teams (Monday evenings), two Airbus teams signed up.
- Competition training (one Thursday per month), reserved for federal teams, with Chloé Mésic (former French no. 4).
- Quarterly friendly tournaments.
- 3rd "Open des Ailes" tournament (officially recognised regional tournament).
- Weekend training workshops at Anyos Park (Andorra).
- Individual training with Squash & Form and Toulouse Padel Club cards.



Contacts:

If you have any questions, please get in touch with one of the committee members:

Olivier Cahuzac (Président)
Nabil Tahiri (Vice-président)
Philippe Miralles (Secretary)
François Gerin (Treasurer)
Christophe Bizet (Deputy Treasurer)

Well Being Society.

A wide variety of Well Being activities are on offer, so you can try out different well-being techniques and approaches to improve your day-to-day life.

Individual treatments (massage and light therapy), relaxation, well-being movements, workshops and conferences.

New options with "health and sport" operations on the campus wing, an introductory session to "personal development & combat sports", etc.

Details and membership conditions can be found here: *airbus-staff-associations.org/*

For more information, please get in touch with us: *aisa.wb@airbus.com*

WORKSHOPS / CONFERENCES

LOSE WEIGHT WITHOUT SPORT OR DIETING
Virtual conference (GMEET)
15 November at 12:00 to 13:30
Lasts for an hour and a half / Price : €12

The problem with diet and weight loss is that absolutely everyone has an opinion. To the extent that we all have beliefs that are so deep-rooted, we continue to apply them even when they don't work.

- No, aerobic exercise is not a good way of losing weight.
- No, you don't have to eat less.



- No, dieting is not a viable solution.
- No, you don't have to give up your favourite foods (quite the opposite).

The conference is led **by Clément Desplats**, a former Airbus engineer turned health and nutrition coach. He has already supported over 350 people in this area.

His approach consists in applying the very latest research available on nutrition, with simple methods to understand what works, without the need for the rock-hard discipline of a professional athlete.

After the conference:

- ▶ Summary of the concepts discussed during the workshop.
- ▶ Tool kit to get started at home.

You can register via the events tab in extraclub. You will receive the sign-in link after you register.

UNDERSTANDING AND RESPONDING TO (PRE)BURNOUT!

Conference/workshop - AISC room 22
8 December from 18:00 to 20:00
Lasts for 2 hours / Price: €15

"Do you feel tense and tired? Do you lack energy, meaning or motivation? Maybe you're on the brink of a (pre)burnout! "

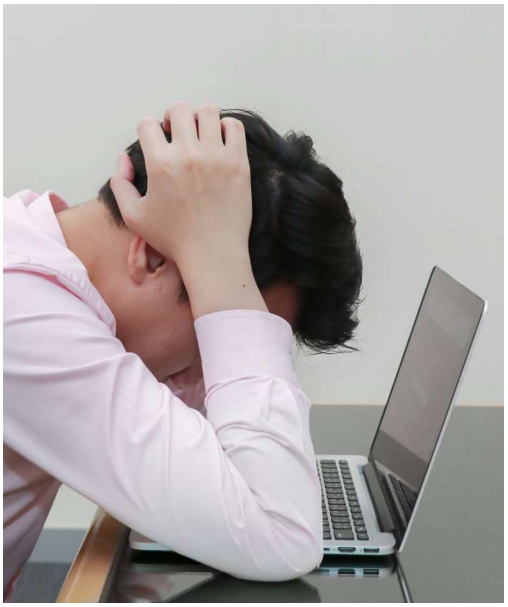
We hope to see lots of you at this conference/ workshop, to help us understand the concept of burnout and the issues it raises & to try out some levers to help prevent it.

Based on her own experience, Bénédicte Costedoat-Lamarque will give you some keys to understand burnout and pragmatic resources to help everyone avoid the risk of burnout, as far as possible.

The workshop will provide you with the opportunity to reflect on what the ideas discussed mean for you personally, either in small groups or all together.

Bénédicte is the author of *"Le burn out, une opportunité de transformation intérieure"* (*Burnout, an opportunity to transform yourself from the inside*), L'Harmattan 2019.

You can register via the events tab in extraclub.





MEDIA LIBRARY

Choose from a wide range of books, journals, CDs and DVDs dealing with well-being topics. You can borrow items for up to 3 weeks.

You still have the option of returning documents via the internal postal service (PO Box B06-4A11).

▶ Dates and time: 10 & 24 November from 12:30 to 13:30 in Room 21, AISC Ground Floor.

Contact Well Being:
cathy.brugghe@airbus.com

Gym - Yoga Society.

Hello everyone,

The new 2022-2023 season got off to a great start in September. It was wonderful to meet up again with all our loyal members! Many new members also joined our Society, and we welcome you all warmly!

Classes resumed at a relaxed pace. Thanks to you, some extra slots have already been added to the timetable we suggested in September (Cardio & Coaching, Exercise Machines, Pilates, Yoga). This timetable will continue to be adjusted throughout the season, to make sure the supply/demand/budget equation is always balanced.

There are still a lot of spaces available, so please come along and join us!

Feel free to tell us which activities interest you most, and we will do our very best to satisfy your requests.

As a reminder, the annual membership fee (in-person/remote classes) is €100 and gives you access to:

- 2 in-person sessions (booking is mandatory) per week during the lunch break.
- Unlimited access (without booking) to the morning and evening sessions.
- Unlimited access (without booking) to most of our group classes (via Zoom).

If you're not sure, a trial session is available on request and on presentation of a medical certificate acquired within the last 3 months. Please feel free to contact us!

For questions, advice, information about available spaces, the choice of activities or registration, contact our committee: *gymyoga.society@airbus.com*

