AISA

YOUR AISA NEWS OCTOBER 2022



NOTEBOOK OF NEWS

AIRBUS STAFF ASSOCIATIONS

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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,

The start of the new school year has started in good shape, here is an autumn sporting season that promises to be radiant!

First of all, we would like to thank our great team of volunteers, always available and willing to start the many activities of AISA.

Thus the Gym/Yoga section has been offering since September 05 a new range of varied courses and formulas adapted to your needs, by diversifying in particular the offer of the Fitness Center with access to the machine park and new conditions for free access to the courses of the evening.

Also the Well Being, which this year offers several innovative weekly classes such as hypopressive postural activity or relaxation and body relaxation activities. The details of the activities are presented to you in the pages of this monthly magazine.

We are also very proud to announce the long-awaited AIRBUS event in October: the Charity Run, which will take place on October 13 from 4:30 p.m. We are counting on you to take part, with the runners on the 3 planned race courses: 5km-10km or 15km, as well as a 2.5km walk.

May this last quarter of 2022 be full of new challenges !

Sincerely,



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 (cheque payable to AISA or bank card), 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

"Whatever you dream of doing, start it. Boldness has genius, power and magic."

Goethe



Airbus Charity Run 2022

Charity run – 13 October



On 13 October at 16:30, a big charity run will be held on our AIRBUS Toulouse site to raise money for an NGO with the goal of supporting a regional project to help children.

There are several options:

- a 2.5-km walk from the Flight Test, everyone walking at their own pace
- a 5-km race from the Flight Test (there and back)
- a 10-km race from the Flight Test (up to B80 and back)
- a 15-km race from the Flight Test (loop around B80).

All Airbus family aircraft and the Belugas will be on display along the entire route through our company premises, so the circuit will be a truly immersive aeronautical experience.

We will do our very best to welcome all participants who sign up beforehand in the best conditions (aid stations and medical assistance on hand, etc.).

This event is only open to employees of AIRBUS SAS, OPERATIONS, ATLANTIC and DEFENCE AND SPACE. Our ATR colleagues are also invited to join us.

Full programme:

- 16:30 Set off from the Flight Test
- 18:30 Walkers/Runners make it to the finish line
- 18:45 Trophies handed out
- 19:00 Drinks and buffet for all participants with music provided by Airbus groups

We hope to see lots of you at this AIRBUS charity sporting event in a laid-back, friendly atmosphere.

Jean-Claude MAMAR
Project Leader
Airbus Charity Run

Badminton Society.



Back to Sport – Why not try Badminton?

It is still time to make good resolutions for the new season! Come and join the AISA Badminton Society!

For the new badminton season 2022-2023, we can offer AISA badminton society members access to badminton courts.

AISA badminton society members will benefit from a 50% subsidy from the normal subscription price. Subscribe directly to TOAC using their subscription form. Once you have your membership card and have joined the AISA badminton society, we will provide you with a 50% refund of the TOAC joining fee.

Process to join:

1. Renew your subscription to AISA Badminton Society via Extraclub
2. Subscribe to TOAC using their subscription form.

AIBS members are considered as External, so the subscription fee is 105 euros. Ensure your dossier is fully filled in or it will not be accepted.

Note: You can attend badminton lessons in the evening. Additional fee of 40 euros is requested for the lessons, to be paid to TOAC directly.

3. Once you have your TOAC membership card, contact the Badminton Society Treasurer (Della HOY) to get a 50% refund of the fees (applicable to subscription and to the lessons as well).

TOAC will then send a doodle link, enabling players to contact each other to arrange play.

The available slots and training are the following:

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
					Free play 9:00 – 12:00 *Lycée AIRBUS*
Free play 12:00 – 14:00 *Dewoitine*	**Free play** 12:00 – 14:00 *Dewoitine*		**Free play** 12:00 – 14:00 *Dewoitine*		
	Free play (3 courts) 18:00 – 20:30 *Dewoitine* **Training session** N2 / R1 (2 courts) 18:30 – 20:30 *Dewoitine*	**Junior Training session** 18:30 – 20:30 Lycée AIRBUS		**Free play** 17:30 – 19:00 *Dewoitine*	
Free play 20:00 – 23:45 *Dewoitine*		**Training for Beginners / Intermediate level players** 20:00 – 21:30 *Lycée AIRBUS*	**Training for competitive level players** 20:00 – 21:30 *Dewoitine* **Free play** 21:30 – 23:45 *Dewoitine*		

The court 'Dewoitine' is located at TOAC, 20 Chemin de Garric, in quartier Sept Deniers and the 'Lycée Airbus' is located at 220 Chemin du Sang de Serp, at St Eloi.

The above slots are access to courts shared with other societies. There are 6 courts available on a first come first served basis.

AIBS also offers subsidised shuttlecocks at the price of 7 euros instead of ~€14 for a tube of 12 shuttles.

Any questions please do not hesitate to contact us:

Sundeep Gupta: *sundeep.gupta@airbus.com*

Della Hoy: *della.hoy@airbus.com*

Marie Kuntzmann: *marie.m.kuntzmann@airbus.com*

Well Being Society.

The Well Being Society, AISA's 22nd society, was created on 20 December 2011.

For this return to 2022, the team of volunteers, supported by the AISA executive committee, has been working hard to offer you the opportunity to try various well-being techniques and approaches to improve your everyday life.

As in 2020 and 2021, we will take the necessary measures to comply with government, company, and AISC guidelines. The workshops and courses will adapt to health-protection measures, with various days and times offered on site and remotely.

Details and membership conditions can be found here:

airbus-staff-associations.org

- Society Head: Christian Morin
- Mail box: *aisa.wb@airbus.com*



INDIVIDUAL TREATMENTS – LIGHT THERAPY /REFLEXOLOGY/CHAIR MASSAGE

REFLEXOLOGY/MASSAGE

AMMA massage - seated massage or chair massage - is a method of relaxation, which takes place on an ergonomic chair specially-designed for this purpose.

The principle is simple: to offer relief through touch. It is growing in popularity every day as a means of combating stress.

Reflexology, whether for hands or feet, provides deep relaxation and has restorative and preventive qualities. It can be adapted to the needs of each person.

The sessions are held by qualified practitioners:

- Monday to Thursday from 11:30 to 14:00 and from 17:15 to 19:00, Diamant room, Fitness Centre, B55 for employees with access to the site.
- Friday from 11:30 to 14:00, Diamant room, Fitness Centre, B55 for employees with access to the site.
- Tuesday and Thursday from 17:00 to 19:00, AISC, room 31 (access without badge).

Medical certificate not required.

Price: €18 for a 30-minute session.
Payment online upon booking.

Contact : *sarah.leblainvaux@airbus.com*

LIGHT THERAPY



Do you have problems sleeping? Are you tired or depressed at times?

Light therapy is a technique that offers you an innovative, simple and effective solution to restore well-being. Equipped with an MP3 player, the equipment combines music and voice-based relaxation with stimulation using light. There are numerous benefits: getting to sleep easily and sleeping soundly, a better mood, accelerating recovery, etc.

The rhythms, colours, and voice-based relaxation used in the sessions will be adapted to suit the time of day and your needs.

The sessions are held by qualified practitioners:

- Monday to Thursday from 11:30 to 14:00 and from 17:15 to 19:00, Diamant room, Fitness Centre, B55 for employees with access to the site.
- Friday from 11:30 to 14:00, Diamant room, Fitness Centre, B55 for employees with access to the site.

Medical certificate not required.

Price: €10 for a 30-minute session.
Payment online upon booking.

Contact : *sarah.leblainvaux@airbus.com*

MIND AND BODY RELAXATION ACTIVITIES

A combination of sophrology techniques, physical movements using muscular relaxation and full-presence meditation, etc. alternating between sophrology sessions one week and sensory movements the next, held by 2 session leaders.

SOPHROLOGY

This method is based on exercises in breathing, muscular relaxation, mental relaxation, positive visualisation, and cardiac coherence. It helps participants move towards a positive and constructive approach to everyday life, restoring well-being and confidence.





SENSORY MOVEMENT AND FULL-PRESENCE MEDITATION

Slow movements with relaxed muscles, helping participants to perceive increasingly subtle bodily sensations. There are numerous benefits: relieving and releasing stress and tension, restoring movement to stiff areas of the body, regaining joint mobility, and also developing the ability to listen to yourself and respect your body, for greater calm, stability, tranquillity, and ease.

▶ **Sessions:** Tuesday from 12:30 to 13:30, on site in an AISC room (pavilions 1 and 2)

Price: €200 for one session per week. Pay by 1 cheque for €80 and 1 cheque for €120, payable to AISA Well Being.

At least 11 participants are required for the course to run.

Contact : *sylvie.carbonneau@airbus.com*

HYPOPRESSIVE POSTURAL ACTIVITY

NEW

This activity is based **on structured, rhythmic postural and breathing exercises that work on the diaphragm**. The aim is to contract the diaphragm as you exhale, to create an abdominal vacuum. With regular practice, you will improve your posture, tone your abdominal muscles and perineum, improve blood flow, the return of blood back to the heart and improve intestinal transit, boosting your physical condition and athletic performance.

▶ **Sessions:** Thursday from 8:00 to 9:00, on site in an AISC room (pavilions 1 and 2)

Price: €200 for the year, for a one-hour session per week. Pay by 1 cheque for €80 and 1 cheque for €120, payable to AISA Well Being.

At least 9 participants are required for the course to run.

To book your place, email: *sarah.leblainvaux@airbus.com*

WELL BEING MOVEMENTS

This activity is a blend of:

- **Yoga:** poses/stretching, breathing techniques, relaxation
- **Do-In:** stretching and self-massage
- **Qi Gong** and energy-balancing movements

Gentle, smooth, and gradual movements that warm up the muscles and joints, bringing flexibility and energy to the body. Stretches, sequences, and postures that help you listen to and improve your awareness of your body and inner space, for deep anchoring and presence in life.

As you pay attention to your breathing, your thoughts slow down and the mind calms. The relaxation time at the end of each session will help you benefit fully from the techniques.

The sessions are led by Laurence Brian, whom some of you already know.

Sessions:

- One week/Friday from 13:00 to 14:00, on site in an aisc room (pavilions 1 and 2),
- The following week/Wednesday from 18:30 to 19:30 over zoom. Following the zoom session, a link that is valid for one week will be sent, so that you can do or repeat the session before the next class.

Price: €200 for the year, for one session per week. Pay by 1 cheque for €80 and 1 cheque for €120, payable to AISA Well Being.

At least 11 participants are required for the course to run.

Contact : *daniela.llinas@airbus.com*

TAO YIN

The name of this discipline, Tao Yin, literally means “guiding the energy of the mind, eyes, and heart”.

This form of gentle movement is an ancient Chinese practice. It may be combined with breathing exercises, mental concentration, and a series of stretching exercises for the back muscles. It is practised either standing or on a mat on the ground.

Sessions:

- Wednesday from 12:30 to 13:30 in the Jean-Claude room, Impasse Santos Dumont. The sessions are led by Alma Urango, a naturopath and yoga teacher.

Price: €200 for the year, for one session per week. Pay by 1 cheque for €80 and 1 cheque for €120, payable to AISA Well Being.

At least 9 participants are required for the course to run.

Contact : *xavier.arnauld-des-lions@airbus.com*



SPORT HEALTH

Physical activity in a relaxed and friendly atmosphere, led by qualified trainers!
Get your body moving again, tone up, and acquire a taste for regular exercise!

The **programme is specifically designed to improve physical fitness**, boost mental health and well-being, reduce stress, improve your figure, and reduce the risk or effects of chronic illness.

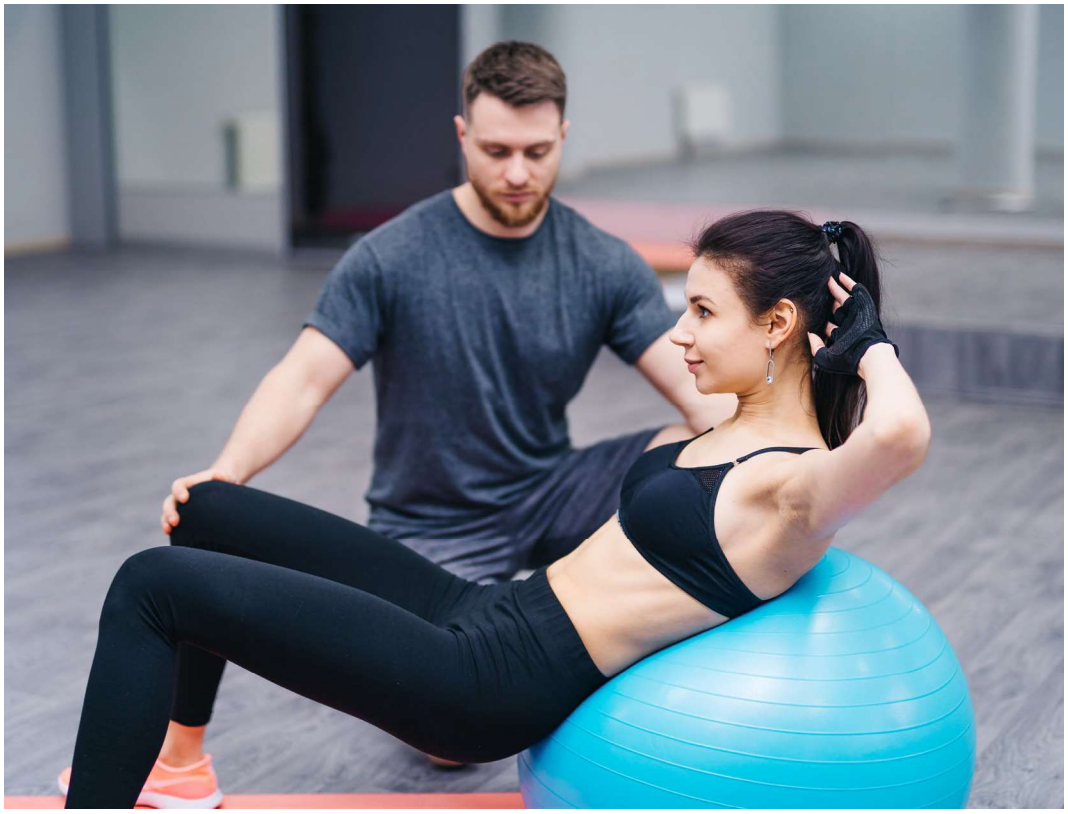
The sessions aim to improve health and well-being without focusing on athletic performance. The special skills of our trainers mean that sessions are also **suitable for those with chronic illnesses or functional limitations**.

Details of the programme will be made available soon.

Medical certificate required.

AISA WB registration (€20) required for insurance purposes.

Contact : *marianne.sagot@airbus.com*



MULTIMEDIA 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).

Free for society members but a deposit cheque of €10 (which will not be cashed) is required when you first sign up.

Office hours are 12:30 to 13:30 in room 21, AISC ground floor:

- 15 & 29 September / 13 and 27 October
- 24 November / 8 December

Contact : *cathy.brugghe@airbus.com*

WORKSHOPS / CONFERENCES

In addition to these activities, there are various workshops throughout the year: *Aromatherapy, self-hypnosis, singing bowls, taiso, the little stick figures technique, do-in, meditation, managing your emotions, non-violent communication, etc.*

Two-hour workshops held:

- on either Thursday evenings from 18:00 to 20:00
- or Saturday mornings from 10:00 to 12:00

Location: AISC, room 21 or 22 or in the Jean Claude room on Rue Santos Dumont.

Workshops cost **between €8 and €15** per member, depending on the workshop.

Conferences may be organised during the week depending on participant demand.

HOW TO SIGN UP

AISA registration (€20) is required to sign up for any activity.

You can now sign up for the Well Being society on the AISA website or come and sign up in person at the AISA office if you are a new member of the Well Being Society.

To take part in activities, pay when you sign up on Extraclub, in the "Events" section.

Workshops will appear in chronological order, for all societies. To filter by society, choose Well being.

https://www.aistaff.fr/fo/public/menu/homepage/login

Karting Society.

The kids might be going **back to school** but karting activities continue, with our adult training on **5 October in Muret.**

Reminder: this training (for AKS members ages 15 and older) is a chance to share in some fun on and around the track, training and teaching one another. Those with more experience can coach beginners so that everyone makes progress.

It's this team spirit that allows us to participate in team endurance races (whatever the level of the participants).

Open Day

If you want to discover our sport or share it with friends or family (indirect beneficiaries), the open day is the ideal event.

We can't wait to welcome you on 2 October in Muret with sessions for the whole family (children ages 7 and older, teenagers, and adults).

Check out the KARTING society website for more details (for AISA members):

https://airbus-staff-associations.org/karting/

Please get in touch if you have any questions: *contact.aks@airbus.com*



Golf Society.

AGS activities continued throughout the summer. Despite the summer holidays and extremely hot weather, golf events continued as planned throughout the summer, with an impressive total of 11 individual competitions and 2 League days during July and August.

July winners:

Seilh Yellow Challenge Tour:
Valentin ROBERT

Las Martines Ladies' Day:
Marie-Pierre VICOMTE

Seilh Red Seniors' Day:
Hélène AUZERIC

Airbus Tour Vieille Toulouse 1st Series:
Steve MOTTRAM

Airbus Tour Vieille Toulouse 2nd Series:
Hélène AUZERIC

August winners:

La Ramée Challenge Tour:
Andreas BEHRMANN

Seilh Yellow Ladies' Day:
Birgit ABAR

Palmola Seniors' Day:
Chris BARBER

Airbus Tour Ariège Golf Course 1st Series:
Steve MOTTRAM

Airbus Tour Ariège Golf Course 2nd Series:
Alain DE ZOTTI

ABC Palmola:
Paul MASON

Well done to all of you!

AGS Agenda for October/November/December

Date	Event type
1 October	Challenge Tour
8 October	League
9 October	ADS+AI
11 October	Ladies Day
12-16 October	30th Costa Brava Masters
20 October	Senior's Day
22 October	Darby & Joan
29 October	Airbus Tour
5 November	Ladies vs. Gents
8 November	Ladies Day
12 November	League
15 November	Senior's Day
19 November	Challenge Tour
26 November	Airbus Tour
3 December	President's Day invitational
10 December	Turkey Trot
13 December	Ladies Day
13 December	Senior's Day

Tasting.

Dear friends of the Tasting Society,

We hope you are all well. Here is a recap of the events to be held in October:

5 October	"Loire white wine" tasting
12 October	"China" cookery workshop
15 October	Day out in Carcassonne
19 October	"Fundamentals of wine tasting" session

Here's a short extract from the article to keep you in the Tasting spirit:



Drought

Vines, which originate from the Mediterranean basin, are drought-tolerant thanks to their highly developed root system, capable of growing several metres underground, even in rock cracks (in schist soils, for example).

Moreover, they do not require large amounts of water compared to most other plants. Lastly, since the quality of the wine obtained is linked to controlled watering, winegrowers seek to control the amount of water their plants receive, while making every effort to avoid lack of moisture (water stress), which has an adverse effect on the plant and the quality of the grapes.

Water stress is visually evident when the leaves start to curl and dry out, and in some cases, part of the leaves will fall. This is more likely to happen if the roots are not so deep (shallow soil and rocky, unbroken underground) and in long periods of drought.

However, when they lack water, vines put their physiological processes on standby, especially photosynthesis (sugars are produced by the leaves, to allow the plant to grow and the grapes to ripen) to protect themselves, and the grapes stop growing and/or do not ripen, which affects the quality of the fruit and the yield. Vines can die if drought conditions persist.

Fancy reading the full article?

You'll find it on the AISA website, in the Tasting section, and—for members—in the October edition of the Newsletter.

Take care. See you soon.

Contact : *tasting.society@airbus.com*

The Tasting Society Committee