AISA

YOUR AISA NEWS MARCH 2023



NOTEBOOK OF NEWS

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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.

Editorial

Dear Friends,

March is upon us, and the rebirth of nature goes hand in hand with fresh enthusiasm for sport and cultural outings. Spring is here, ushering in a wave of positive energy, resolutions and a desire for renewal.

Come along and discover our 24 associations and sign up at the Airbus Staff Associations Committee's office. Our association, under the French 1901 Associations Act, is run by a team of committed volunteers who take a skilled, caring approach to the work they do. Let me take this opportunity to say once again how grateful I am for all the good work they do day after day.

Several general assemblies are taking place this month, a great opportunity for you to come and meet our volunteers and take part in the discussions.

May I take this opportunity to remind you that the Running Society will be holding its traditional Open Day on 5 March, at the same time as the 10-km and 21-km races that make up the Blagnac half marathon. I encourage you to take part alongside our athletes, whatever your level. Open Days can be attended by Airbus SAS direct beneficiaries and indirect beneficiaries, and you don't have to be a member of the Airbus Running Society or even AISA.

I hope you all enjoy reading this month's edition,

Kind regards,



Jean-Claude MAMAR
Executive Founding President
Airbus Staff Associations

Airbus Staff Associations

Administration

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 are still open.

It's not too late to register! The AISA administration office assistants are at your service to answer your questions about how our 24 societies work, and what they have to offer. The membership fee is €20 per person per society.

- For **new members**, please register at the AISA administration office.
- For **membership renewals**, you can renew online at *www.aistaff.fr* using your personal account. You can renew membership for the 2022-2023 season at any time throughout the year. It will be valid until 15 September.

Please consult our website for the list of documents to be provided for your registration, *airbus-staff-associations.org*, ("practical info" section).

Non-compliant statements or certificates cannot be accepted. Please be sure to send the required documents and carefully read the procedure. Incomplete applications will be placed on the waiting list, which will delay your validation.

For more information about our societies, please consult the AISA website:
airbus-staff-associations.org

or contact our administration office:
account.staff-associations@aisc-airbus.com

Enjoy this month's edition, and see you soon at AISA,
Olga, Valérie et Ingrid.

Thought for the month

“ Spring is always full of promise...
without ever lying to us, without ever failing. ”

Michel Bouthot

Events - March

SOCIETY	DATES	TIMES	EVENTS	VENUE
Yachting	Wednesday 1	17:30	Annual General Meeting	AISC Room 22
Running	Sunday 5	09:00	Open Day/Blagnac Marathon	Aeroscopia Museum
Martial Arts	Tuesday 7	18:00	Annual General Meeting	AISC Room 22
Tennis	Thursday 9	18:00	Annual General Meeting	AISC Room 22
Aviation	Wednesday 15	18:00	Annual General Meeting	AISC Room 22
Tasting	Wednesday 29	17:30	Annual General Meeting	Blagnac Auditorium

Cultural Society.

Here are the main activities offered by the Airbus Cultural Society this month.

A host of information about drawing, theatre performances, library, painting, porcelain painting, italian and japanese lessons, scrapbooking, chorus, music, photography, film-making and drones, along with CAB of course, is available on our website: *airbus-staff-associations.org* **(same login as Extraclub).**

LIBRARY OPENING HOURS

Come and choose the items you want to borrow and meet our committee members on the 1st and 3rd Monday of the month from 12:15 to 13:45, AISC room 21 (ground floor).

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

CAB (CARS AND BIKES)

Are you a fan of vintage cars and do you enjoy friendly outings with a cultural or gourmet theme, either for one day or a weekend?



Here is our provisional agenda

DATE	LOCATION
26 March	Bassouès (32)
15-16 April	Weekend at the Gorges du Tarn & Millau (12)
18-21 May (Ascension bank holiday weekend)	Puigcerda Montlouis (66)
11 June	Gathering in Cornebarrieu (31)
2 July	Castelmoron sur Lot (47)
10 September	Auvilar and/or Moissac (82)
14-15 October	Weekend Mauvezin (65)
12 November	Villages médiévaux Lot et Garonne (47)
10 December	Outing and end-of-year meal

Please contact:
Gérard
gerard.delsaut@airbus.com

LANGUAGE LESSONS

Japanese and **Italian** lessons are still on the agenda for the 2022-2023 season - All lessons are held from 12:15 to 13:45

Please get in touch with Sylvia, she will be delighted to give you all the information you need (*sylvia.barkate@orange.fr*)

PHOTOGRAPHY/FILM-MAKING/DRONES

All three activities merged together - a unique way of sharing experiences with passionate enthusiasts and beginners.

Please contact:

- Pascal, *pascal.henry78@sfr.fr*
- Pierre, *p.dero@orange.fr*
- André, *andre.taytard@airbus.com*



PICTURE FRAMING/CREATIVE CARDBOARD WORKSHOP

Come along and discover the activity at an **introductory workshop**, open to everyone. No previous experience required, and no need to be a member of the Cultural Society. You will create an aesthetic, practical object from cardboard, to take home.

This introductory workshop will be held in March, either 13 March or 29 March, from 12:00 to 14:00 in the AISA building in Blagnac. **Please register beforehand, as there are a limited number of places.** Participation: €7.50

Please contact:
Françoise Lamailloux
lamaillouxf@aol.com
Tel: 06 46 29 68 20



THEATRE

Covid put a stop to this activity, but now, just like a phoenix, it is rising from the ashes!

You are more than welcome, regardless of whether you prefer improvisational theatre or more traditional drama.

If you are interested in running this activity as a volunteer, the Cultural Society will welcome you with open arms.

Please contact
Cathy
catherine.simonne-jondot@airbus.com

SCRAPBOOKING

A new card-making workshop on 24 March from 12:00 to 14:00 at AISC.

This workshop is a great opportunity to try out an arts and crafts activity and create spring-inspired cards, birthday or celebratory cards, in a resolutely cheerful atmosphere.

Workshop open to everyone (direct and indirect beneficiaries, Cultural Society members and non-members), children ages 12 and over accompanied by an adult.

- **Participants:** minimum 5 / maximum 10.
- **Price:** €11 for members of our Society (paper supplies included).
- **Registrations** by email until 17 March. Once your registration is confirmed, you can pay by cheque during the Cultural Society opening hours.

After you register, you will receive an email with a summary of all the information you need.

Please contact:
Sophie
born.heiko@neuf.fr

AND PLACES ARE STILL AVAILABLE IN OUR BANDS AND CHORUS

"La Voix des Airs" chorus

Classical music only.

Come along for a trial session one Monday lunchtime.

Please contact:
Anne-Gisèle
agmusy@orange.fr

Pop-Rock band

Do you have one or two years' experience playing an instrument (guitar, bass guitar, drums, keyboard or singing)?

Keen to rehearse in a studio and give concerts?

Then what are you waiting for? Join us here at the Pop-Rock society, part of the Cultural Society!

Wanted : A new band is being formed, and the society is looking for a drummer, a bass guitarist and a rhythm guitar player.

Please contact:
Cathy
catherine.simonne-jondot@airbus.com



Football Society.

You are still welcome to join the Football Society!

Our sessions:

- Every Tuesday: indoor 5 Vs 5 at Classico - 18:30.
- Every Wednesday: outdoor 7 Vs 7 at Blagnac - lunchtime.
- Every Friday: indoor 5 Vs 5 at Sept-Deniers - lunchtime.
- Friendly events.

Fees:

- Outdoor: no additional fee from the AISA registration: €20.
- Indoor: exceptional price at €70 (AISA registration + €50) to play until the end of July!



Golf Society

WEEKEND IN PAU - 1 AND 2 APRIL

In partnership with AISA, the AGS is organising a golfing weekend in Pau on 1 and 2 April at a special price.

The weekend includes:

- The 2 golf courses in Pau (Golf Club 1856 and Artiguelouve);
- Accommodation at Hôtel de Paris in Pau city centre;
- Evening meal on Saturday.

Weekend agenda:

1 April:

- 11:00: Tee times start at Pau Golf Club 1856;
- After the round, you can settle into your rooms at Hôtel de Paris Quality Hotel, Pau Centre Bosquet, 80 rue Emile Garet, in Pau;
- 19:45: Everyone meets up in the hotel lobby, ready to head to the restaurant (name to be given later).

2 April:

- Breakfast at the hotel;
- 09:00: Tee times start at Pau Artiguelouve Golf Club;
- After the round, prize-giving at the club house.

Registrations via the AISA Extranet.



AGS AGENDA FOR MARCH/APRIL/MAY

DATE	LOCATION	EVENT TYPE
Saturday 4 March	Golf de Garonne	Pitch & Putt
Tuesday 7 March	Téoula	Ladies' Day
Sunday 12 March	La Ramée	League
Tuesday 14 March	Téoula	Seniors' Day
Saturday 18 March	Château Barbet	Challenge Tour
Sunday 19 March	Salies du Salat	Pitch & Putt
Saturday 25 March	Montauban	Airbus Tour
Saturday 1 April	Pau Golf Club 1856	Spring Excursion
Sunday 2 April	Pau Artiguelouve	Spring Excursion
Saturday 8 April	Las Martines	Challenge Tour
Tuesday 11 April	Seilh Yellow	Ladies' Day
Tuesday 18 April	Fiac	Seniors' Day
Saturday 22 April	Auch	League
Saturday 29 April	Albi Lasbordes	Airbus Tour
5 to 7 May	Vieille Toulouse	French championship
Sunday 7 May	Seilh Yellow	Challenge Tour
6-13 May	Côte d'Azur	Spring Masters
18-21 May	Saint Jean de Monts	Airbus Challenge

Gym-Yoga Society.

MARCH: FOCUS ON SESSION-BY-SESSION REGISTRATION!

Since January this year, registration has been on a session-by-session basis, with more classes available and new teachers:

- What a success in filling up exercise rooms in the B55 building and AISC!
- Those new slots have proved so popular!
- Extraclub has surpassed our expectations! (try it - you won't be disappointed).

This new registration/cancellation method provides flexibility, so everyone can work around their personal and professional constraints.

The system seems to be working well. It lets everyone choose two lunchtime sessions, which may be different from one week to the next.

Registration for each session opens 2 weeks and 3 hours before it starts, giving everyone a chance to sign up every week.

You only need to "book" lunchtime slots. There is free access for all members in the morning and evening.

Thank you for helping to make this system a success.

It's not too late to join us for group classes in the B55 building and/or at AISC! Each wave of new members allows us to open new slots. Spread the word!

The AIGS Committee is here to help you make an informed decision, so contact us: *gymyoga.society@airbus.com*

See you soon!



Rugby Society



For the 10th year running, the Airbus A3XV team competed in the Rugby Dubai 7's international vets tournament (dubairugby7s.com).

French teams put up a great performance at the World Rugby Sevens Series, with the men's team losing 20-0 to the All Blacks in the quarter finals, while the women's team lost 38-5 to Australia in the semi-finals.

Several other tournaments were held in parallel to the World Series event, including one for international vets. A high-profile tournament, given that the list of players featured some big names such as Delon Armitage, Marcel Garvey, Benjamin Kaiser, Serge Betsen and many others.

The Airbus team put up a great performance this year.

After two shaky matches in the pool phase, the third match marked a turning point. Our players were pitched against the MO Bros team - hard-fighting Brits. Working to the principle *"start at full speed, then speed up"*, the Airbus team held out against their tough opponents for the first half of the match, finally losing 17-7.

The time had come to compete in the final for the Shield. And then it was a completely different story. With absolute determination, the brave aircraft manufacturers proved unbeatable with their solid yet simple strategy: *"Go it alone if you want, but never by yourself..."*

The Swiss KromaNyon team bore the brunt of this motto, losing 15-0. The team gave a perfect demonstration of the simple rule: Pass, tackle, run.

And that's how the Airbus team won the International Vets SHIELD, after an impressive final in which they showed ruthless determination.

Well done to our team of brave aircraft manufacturers, who defended Airbus' colours brilliantly in Emirates Airline's home country.

The next date for your diary is **our open day and GA on 11 March.**

The A3XV team trains every Tuesday and Thursday from 12:15 to 13:15 - either classic rugby or tag - and competes against local amateur teams around once every 3 weeks. For more information, please contact H. Berrada on 06 79 62 27 77 or by e-mail: *hicham.berrada@airbus.com*







Running Society.

Running Society activities continue, and several races have been added to the diary, including:

- the **snow triathlon** in Gourette on 19 March, involving running, cycling and lastly, cross-country skiing;
- the traditional **Citadelles trail** on 9 April in Lavelanet, up to Montségur castle;
- the **"marathon des sables"** starting 21 April in Morocco, to experience a race in the desert;
- the **Côte Vermeille Swimrun** on 17 June in Argelès, for a long race alternating between running and swimming;
- the **Luchon Aneto Trail** lon 7 July in Luchon, for the added challenge of altitude change;
- the **Altriman** on 8 July in Les Angles for a 100%-mountain triathlon.

You can consult the full list of races and their focal point on the Running Society website.

The Running Society **Open Day** will be held on 5 March, with a 10-km race and a half marathon. Airbus is always the company with most participants, and we are counting on your attendance.

We hope to see you soon, with your trainers on! Sporting regards,

Airbus Running Section.



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 and about hiring ski equipment is available on the Ski Society website: *airbus-staff-associations.org*

THE PROVISIONAL SCHEDULE OF OUTINGS:

DESCRIPTION	DATE	REGISTRATIONS START
Saturday 4 March	One day	Porté-Puymorens
Sunday 5 March	One day	Saint-Lary
10 - 14 March	Mini-stay	2 Alpes
Sunday 12 March	One day	Peyragudes
Saturday 18 March	One day	Super-Bagnères
Sunday 19 March	One day (08:00)	Le Mourtis
Saturday 25 March	One day	Pas de la Case (Granvalira)
Week-end 24 - 26 March	Week-end 6: 2 days/2 nights	Pas de la Case (Granvalira)
Sunday 2 April	One day	Place to be confirmed
Saturday 8 April	One day	Place to be confirmed



FOR WEEKENDS, PLEASE NOTE:

DESCRIPTION	DATE	REGISTRATIONS START
Week-end in the Alps at Les 2 Alpes resort *Return trip by night bus*	10-14 March	In progress
Week-end 6 in Grandvalira *Departure on Friday evening*	24-26 March	In progress

See you soon on the slopes,
The Ski Society Executive Committee

Squash Society.

UPCOMING EVENTS

- **In April:** weekend/day camp at AnyósPark (Andorra) (15 and 16 April).
- **In June:** European Company Sport Games in Bordeaux (14 to 18 June).

OUR RECURRING ACTIVITIES

Squash is child's play!
We remind parents that children can play squash from age 3, as long as they have the right equipment (squash goggles).
The Airbus Squash Society offers the following lessons:

- **mini-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 licence. Once you have become a member and attend regularly, you will receive your Squash Passport.

The Tuesday evening training sessions (adults - all levels) led by Chloé Mesic and Patrick Schuster are up and running again;
there is growing demand for this format.
Please come along and join us, whether you're a beginner or more experienced player (one free trial session).
Price: €50 per quarter (around 12 sessions).



If you have any questions about these activities, please contact:
Patrick Schuster
06 23 08 00 23
schuster.olivier@wanadoo.fr

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 (Secrétaire), François Gerin (Trésorier), Christophe Bizet (Trésorier adjoint).

Tasting Society.

Dear Friends of the Tasting Society,

Please find below the **March schedule**, to be confirmed by email:

8 March	Tasting « Wines of Limoux »
24 March	Cooking Class « Cuisine and wines of Corsica »
29 March	General Assembly



Here is the **provisional schedule** which will be confirmed by email:

6 April	Tasting « Le Cidre »
20 April	Tasting « Wines of the Tasting cave »
10 May	Tasting « Italian wines »
12 May	Cooking Class

On next page a short abstract from the article to keep you in the Tasting spirit.

Tea

Why on earth is the Tasting Society interested in tea? Why not?

More seriously, Airbus Tasting Society is interested, among other things, in drinks whose elaboration includes a step of fermentation.

Some teas go through fermentation during their elaboration. Hence our new interest for teas. The members of ATS had the possibility to register to a tea tasting session at the beginning of February. By the time we are writing this, this event has not taken place yet...

Will we organize another one? We bet the participants will let us know during our general assembly scheduled for March 23.



Fancy reading the full article? You'll find it on the AISA website, Tasting Society, and - for members - in the March Newsletter. Take care. See you soon,

Contact: *tasting.society@airbus.com*

The Tasting Society Committee

Well-Being Society.

Conferences led by Loïc Salvado: after 13 years in IT, in 2019 he decided to focus on people, and trained as a coach and NLP practitioner. Since then, he has been helping people cope with personal and professional transitions.

INTRODUCTION TO HIP AND HYPERSENSITIVITY

- Date and venue: 23 March, 18:00 to 20:00, room 22
- Price: €15

A participative workshop for discussing issues related to High Intellectual Potential, hypersensitivity and neurodiversity.

Clear up misconceptions about these topics and look at them from another angle.

Custom content, based on participants' needs and expectations.

On the agenda:

- Introductions;
- What is High Intellectual Potential? Hypersensitivity?;
- Some misconceptions about atypical profiles;
- Problems they may encounter.

Followed by a choice of two or three topics, with voting by a show of hands at the start of the session, either based on participants' expectations or from the following options:

- Different High Intellectual Potential profiles;
- Parenting a HIP or hypersensitive child;
- Atypical profiles and relationships.

Contact:
orteganatacha@gmail.com

IMPOSTOR SYNDROME

- Date and venue: 6 April, 18:00 to 20:00, Pavilion 3 room
- Price: €15

Understanding imposter syndrome.
Looking at how it manifests in your life.
Identifying key behaviours and tools for managing the syndrome.
Building up self-esteem in everyday life.

On the agenda:

- Introductions;
- Understanding imposter syndrome;
- How does it manifest in everyday life?;
- Fear of failure, fear of success, fear of what other people think;
- Imposters in the workplace/at home.

With questioning and visualisation exercises to help you manage the syndrome.

Contact:
orteganatacha@gmail.com