AISA

YOUR AISA NEWS APRIL 2023



NOTEBOOK OF NEWS

AISA committee

Jean-Baptiste Ertle
Honorary President

Marc Jouenne
Honorary President

Jean-Claude Mamar
President Executive Founder

Christian Morin
Vice-President

Lance Davies
Treasurer

Martine Ménégon
Deputy Treasurer

Michel Moutet-Fortis
Deputy Treasurer

Michel Soto
Secretary

Catherine Simonne-Jondot
Deputy Secretary

Marc Giraudeau
IT Manager

Gisèle Lopes
Communication/Organisation

Jany Akiki
Daniel Bical
Nathalie Charpentier
Jean-Pierre Gomez
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.

Editorial

Dear Readers and Members,

During the month of April, Airbus Staff Associations invites you to register for the third quarter classes of the Gym/Yoga society. The society's executive committee has worked hard to prepare a rich and varied programme for you. So, feel free to join the group! Classes are for the most part offered in person and via video for greater flexibility.

As spring dawns, the ski season is drawing to a close, and I would like to congratulate the Ski Society and its volunteers, who were able to take full advantage of exceptional snowfall at the resorts this season. I am delighted that so many of you were able to enjoy the snow in the Pyrenees. See you next year for even more thrills.

Please note that the Airbus Staff Associations Annual General Assembly will be held next month, on 25 May at 18:00, at the Airbus Symposium (B02). If you would like to be a candidate for the executive committee, please contact the AISA Secretariat.

The Sport and Health activity offered by the Airbus Well Being Society is proving extremely popular. The two weekly sessions, run by a professional sports instructor, are aimed at anyone keen to do physical exercise to get fit and feel better. There is still time to join the group. Please get in touch with those responsible for running the activity.

Enjoy this month's edition, and I wish you a very pleasant April,

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

“ I believe what I say.
I do what I believe. ”

Victor Hugo



Events - April

SOCIETY	DATES	TIMES	EVENTS	VENUE
Cultural	Monday 3 & 17	12:30 - 13:45	Office hours	Room 21 Ground floor AISC
Well Being	Thursday 13 & 27	12:30 - 13:30	Library permanence	Room 21 Ground floor AISC
Ski	Thursday 6, 13, 20 & 27	12:30 - 13:30	Office hours	Room 33 Ground floor AISC

Squash Society.

UPCOMING EVENTS

- **April:**
  - League championship final (corporate teams) in Blagnac (1 April),
  - Weekend/day camp at Anyos Park, Andorra (15 & 16 April),
  - Quarterly friendly tournament (date TBC).
- **May:**
  - French seniors' singles championships in Lille (7 & 8 May),
  - French championships (corporate teams) in Bordeaux (27, 28, 29 May).
- **June:**
  - European Company Sport Games in Bordeaux (14-18 June).

REMINDER

The Squash Society reminds you that members can purchase match vouchers at reduced rates:

- **Squash and Form - Blagnac** (purchased directly from the S&F club), price €40 (you must be a Pass licence subscriber, unless you hold a competition licence, price €13 for the year).
- **Movida Blagnac** (on sale at AISA), price €35.



You can also claim payment of your subsidy (30%) when you purchase a pass/match slots at the following clubs:

- Toulouse Padel Club
- Event 5
- Gigafit Saint-Orens

Up to 10 matches per month, send the invoice by email to the treasurers:
françois.gerin@airbus.com
christophe.bizet@airbus.com

CONTACTS

If you have any questions, please get in touch with one of the committee members: Olivier Cahuzac (President), Nabil Tahiri (Vice-President), Philippe Miralles (Elected Secretary), François Gerin (Treasurer), Christophe Bizet (Deputy Treasurer).

Ski Society.

Dear ski and snowboard enthusiasts,

Our ski season is drawing to a close. If there is sufficient snowfall and the resort closing dates allow, we will organise a few more day-long outings in early April. More details about dates and destinations coming shortly.

Please note the following events this spring:

- End-of-season ski maintenance operation,
- The Society's General Assembly.

Members will be notified of the dates by email.

See you soon,
The Ski Society Committee



Tasting Society.

It's not too late to join us!

Here is our provisional agenda:

6 April	Cider tasting
20 April	Tasting wines from the Tasting Society cellar
10 May	Italian wine tasting
12 May	Cooking workshop with Cuisin'Easy
10/11 June	"Saint Emilion" outing
24 June	Dessert workshop with Cuisin'Easy



"DISCOVERING CIDER" TASTING EVENT ON 6 APRIL AT 19:00 AT AISC

Led by Marion Dubarry, cellar master at Kerisac cider works, this event will help you become better acquainted with a delicious product that has been around for a thousand years, and is not just for traditional Candlemas celebrations in February, when crêpes are enjoyed with a glass of cider in France.

Cider is an alcoholic drink whose alcohol content usually varies between 2% and 8%. It is produced by fermenting apple juice.

Cider is thought to have been consumed in Antiquity by several peoples including the Hebrews, Egyptians, Greeks and Romans.

In France, it became popular essentially in the Basque Country, Brittany and Normandy, as a wealth of written evidence suggests.

Through 5 ciders and 1 pear cider, Marion will give us an insight into the history, origin, production process and varied flavours of this thousand-year-old product.



And after telling you about its history and how it is made, she will show you how to combine different dishes and ciders. We will taste them and open our senses to the array of aromas and uses of this delicious beverage.

Registrations via Extraclub once you have received the notification email for the event.

TASTING WINES FROM THE TASTING SOCIETY CELLAR, ON 20 APRIL AT 19:00 AT AISC

As we did last year, we are offering the first 30 of our members to sign up the chance to discover some fine wines from the Tasting Society wine cellar, treasures brought back from our many outings.

The evening event will be led by two committee members, with the added bonus of a prestigious guest: Thibaud Cristini, an oenologist, who will treat us to a surprise wine to be blind tasted.

The tasting session will be accompanied by a food assortment, as usual.

Registrations via Extraclub once you have received the notification email for the event.

Our Tasting Society members receive a monthly Newsletter containing an article on a chosen theme and can also consult the AISA TASTING website.

CONTACT

tasting.society@airbus.com

See you soon,

The Tasting Society Committee

Golf Society.



AIRBUS GOLF SOCIETY (AGS) GENERAL ASSEMBLY

The Golf Society General Assembly was held on 26 January on AISC premises. Forty-two AGS members attended, either in person or remotely. As is the case every year, the assembly provided an opportunity to review the society's activities.

Those members in attendance once again praised the high quality and diversity of the activities and offers provided by AGS, and thanked all the society's volunteers.

Jean-Claude Mamar made a brief appearance at the General Assembly, reiterating his support and drawing attention to the excellent communication between AGS and AISA.

The full minutes of the meeting are available for consultation on the *AISA website.*

AGS AGENDA FOR APRIL/MAY/JUNE

DATE	LOCATION	TYPE OF OUTING
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	Senior's Day
Saturday 22 April	Auch	League
Saturday 29 April	Albi Lasbordes	Airbus Tour
5-7 May	Vieille Toulouse	Championnat de France
Sunday 7 May	Seilh Yellow	Challenge Tour
6-13 May	Côte d'Azur	Spring Masters
18-21 May	Saint Jean de Monts	Challenge Airbus
Saturday 20 May	Albi Lasbordes	League
Tuesday 23 May	Las Martines	Ladies Day
Thursday 25 May	Vieille Toulouse	Senior's Day
Saturday 27 May	Lannemezan	Airbus Tour
1-5 June	Ireland	Irish cup
Friday 9 June	Seilh Yellow/Red	Directorate Cup
Saturday 10 June	Seilh Yellow/Red	Directorate Cup
Tuesday 13 June	Albi Lasbordes	Senior's Day
Saturday 17 June	La Bastide de Sérou	League
Sunday 18 June	Fiac	Challenge Tour
Tuesday 20 June	Téoula	Ladies Day
14-18 June	Bordeaux	European Games
Saturday 24 June	Albi Lasbordes	Airbus Tour

If you have questions about the Airbus Golf Society and its offers, please email *airbusgolfsociety@free.fr*

Well-Being Society.

The entire Well Being team has been working hard to upgrade the Well Being website: *airbus-staff-associations.org*

You should be able to find a wide variety of information to share with your colleagues: the schedule and a description of the activities, whom to contact for information, a guide to signing up, and so on.

MASSAGES

To find out more about the different massages and how to book, please consult *our website*.

- **New: Starting on 4 April**, the Well Being Society is delighted to offer you a **new 1-hour massage**: the **SHIATSU***, given by Séverine Dhont in the B55 Fitness Centre room every Tuesday from 11:30 to 14:00. Price: €36.

(*) Shiatsu, which literally means "finger pressure", is a Japanese massage technique that applies pressure vertically over the entire body, mainly using the thumbs and sometimes the other fingers, palms of the hand or elbows. The aim is to stimulate energy flow. Shiatsu massages are given on a massage table and you remain clothed throughout (light clothing recommended). Shiatsu balances the autonomic nervous system and is a wonderful way to unwind. By harmonising energy, it improves blood circulation and the flow of body fluids. It helps eliminate toxins, considerably reduces the effects of stress and restores emotional balance.

- **New: From 13 March**, an extra slot for **THAI massages**, which last 30 minutes and are given by Martine Carrière, will also be available on Mondays from 11:30 to 14:00, still in AISC room 31. Price: €18.



BODY HYPNOSIS **NEW**

On 29 April, the Well Being Society is delighted to invite you to try out a new technique, Bodhypnosis**, performed by Morgan Cordelet (a well-being coach, certified NLP practitioner, and former aeronautical engineer with Airbus), in AISC room 31, from 10:00 to 12:00 and 14:00 to 17:00 (30-minute slots).

Please sign up directly via the *link below*

(**) Bodhypnosis, a body hypnosis technique, uses the body rather than the voice, unlike traditional hypnosis. The mind is calmed by the feelings triggered by the different types of massage manipulation: pressure and release, vibrations, friction and circular movements with a specific rhythm. Morgan Cordelet combines this physiological technique with energy therapy, through magnetism. It is a unique method for bringing stress levels right down, emptying the mind of its mental load and helping the body function to the best of its ability. Seize the opportunity to let your body take back control, reconnect with your inner peace, and be fully absorbed in the present moment by reaching a meditative state in just a few seconds (even for the most sceptical!).

This technique is suitable for children as well as adults, and does not require any particular effort by the person receiving the treatment: simply close your eyes and let yourself go.

MULTIMEDIA LIBRARY

Our multimedia library is growing every day, and now offers a very broad range of books, journals, CDs and DVDs on the topic of Well Being.

- Open **from 12:30 to 13:30** in **AISC room 21 on 13 and 27 April**.

You can consult all the resources as required, just get in touch with Cathy, *cathy.brugghe@airbus.com*.

SOUND THERAPY

The session on Thursday mornings at 7:45 is still run by Karine and there are some places remaining.

However, the extra session, originally scheduled for Thursdays from 12:30 to 13:30, was not able to get up and running due to an insufficient number of participants.

If you are interested, please let us know and we will get in touch with you once the minimum number has been reached.

- Please consult *our website* for explanations and practical information.



HYPOPRESSIVE EXERCISES FOR BETTER POSTURE

The session on **Thursday mornings at 7:45** is still run by Karine and there are some places remaining.

However, the extra session, originally scheduled for Thursdays from 12:30 to 13:30, was not able to get up and running due to an insufficient number of participants.

If you are interested, please let us know and we will get in touch with you once the minimum number has been reached.

- Please consult *our website* for explanations and practical information.

MBE (WELL-BEING MOVEMENT)

April-June schedule:

A combination of YOGA, DO-IN, Qi Gong, energy-boosting and sensory movements, MBE invites you to apply mindfulness to a set of movements designed to achieve perfect balance between body and mind.

- **Zoom classes (on WEDNESDAYS):** 12 April, 26 April, 10 May, 17 May, 31 May, 14 June, 28 June.
- **In-person classes (on FRIDAYS):** 7 April , 21 April, 5 May, 26 May, 9 June, 23 June.

To find out everything you need to know about this activity, please get in touch with Daniela, *daniela.llinas@airbus.com* or Christian.

SPORT AND HEALTH

Run by Marianne, **Sport and Health** started up in February. There are still some places!

Two sessions per week with individual support.

- Active walking class on Mondays from 12:15 to 13:15 at ODYSSUD, departing from AISC.
- 45-minute Cross Training session on Fridays from 12:15 to 13:15 in the B55 Fitness Centre or using the structures on CAMPUS 3

To find out more, please get in touch with Marianne, *marianne.sagot@airbus.com*.

Take care.
The AISA WELL BEING team.

You can get all the information you need about our activities from the AISA reception desk and on request.

For any questions about Well Being, please contact us: *aisa.wb@airbus.com*

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

To contact the Fitness Centre:
aisafitnesscenter@gmail.com
and/or by phone 05 81 31 75 18

Gym-Yoga Society.



APRIL: SPRING CLEAN

We are offering a new-look schedule from 1 April, for the 3rd quarter of the 2022-2023 season. You can get hold of a copy at the AISA reception desk or consult the website.

- **Reminders:**
  - You only need to "book" lunchtime slots.
  - There is free access for all members in the morning and evening.
- **Extra equipment is available in the gym rooms**: Exercise balls at AISC and weights in B55.
  That way, the instructors have the option to vary exercises during their session, without moderation.

The AIGS Committee continues to do its best to satisfy the requests of all members in terms of variety, availability of instructors and access to the gym, and at the same time, we try to offer you new features on a regular basis. There's always something newer to make the last new thing look old!

It's not too late to join AIGS 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 the right choices, please contact us at *gymyoga.society@airbus.com*

See you soon!

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.

SOUL/BLUES/FUNK WORKSHOP

New musical activity since January.

A SOUL workshop, based on the great Motown and Stax soul tracks from the 1970s to the present day, is being set up. **This is a wonderful opportunity for a bass guitarist, trombonist and trumpet player**. The group will be coached by Samuel Dumont, with alternate independent rehearsals.

The principle is similar to that of the current jazz workshops: coaching sessions open to Airbus SAS employees.



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.

Here is our provisional agenda

DATE	LOCATION
15-16 April	Weekend at the Gorges du Tarn & Millau (12)
18-21 May (Ascension bank holiday weekend)	Catalonia (Puigcerda) and Andorra, with 2 nights in a hotel and numerous outings (Mont Louis, National Automobile Museum in Encamp, and more)
11 June	Gathering in Cornebarrieu (31)
2 July	Castelmoron-sur-Lot (47)

Please contact:
Gérard
gerard.delsaut@airbus.com

PHOTOGRAPHY/FILM-MAKING/DRONES

All three activities merged together - a unique way of sharing experiences with passionate enthusiasts and beginners. We plan to purchase a drone to help you learn more about the activity.

Please contact:

- **Drones:** Pascal, *pascal.henry78@sfr.fr*
- **Photography:** Pierre, *p.dero@orange.fr*
- **Film-making:** André, *andre.taytard@airbus.com*

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

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



Running Society.

It's a record!

The Running Society Open Day took place - in keeping with tradition - on 5 March, during the Blagnac 10-km race and half-marathon. And in bright sunshine (another tradition!), no fewer than 154 AISC beneficiaries, members of the Running Society and non-members, donned a race bib.

Conditions were perfect and crossing the finish line, under the wings of Concorde and the A380 at the Aeroscopia museum, is always a memorable moment.

And to top off a great day, thanks to their impressive race times, William Letoublon, Alvaro Arnal Lopez, Mateo Gordo and Jean-Olivier Pellier for the 10-km race, and Thomas Pétrissans, Benoît Vigneau, William Hatilip and Quentin Grivel for the half-marathon, helped Airbus SAS win the company challenge for both distances!
Well done to all of you.

The Running Society organises supervised running and Nordic walking training sessions all year round on Tuesday and/or Thursday lunch times, group activities (this year, a trail run and walking day camp in late April), and subsidies for race bibs whenever a small group of Society members take part in the same race.

Come along and join us!



