

SPOTLIGHT EAST

Newsletter for Members of The East of England Area of NAFAS

Once more we launch a new edition of Spotlight East, thinking that we could never have envisaged being in our current situation – lockdown yet again! Since the last edition, December 1st, we have seen an outpouring of creativity geared to what we had hoped would be a “real Christmas”. Our Area Christmas competition was very popular, attracting far greater response than anticipated and showcasing great skill and inventiveness in all the classes. The full list of winners and their designs in all their glory can be seen on our website – nafas-east.com/results.

In the last edition Spotlight contacted Roger Woolnough to answer a few questions about his winning entry in the National Photographic competition. Unsurprisingly, he was placed first in Class 1 of the Area photographic classes. Jane Smith took the first place in photographic Class 2 “Nature’s Beauty” and had this to say about her winning entry:

“This photo was taken just over a year ago. We recently moved to Cromer from Hertfordshire so have been out on lots of local country walks to get to know the area. As a youngster I was taken on plenty of walks around the lanes by Mother to forage plant material for her flower vases so was keen to find out what grows locally here.

The photo was taken on a walk to Felbrigg next to a railway bridge boundary. I am a very amateur photographer and was using a cannon SX520 camera that hubbie gave me when he upgraded his. I have never entered competitions but the Cromer flower club I joined when moving here urged us to take part. I am looking forward to resuming our clubs as I really enjoy the banter, hints and tips and fabulous demonstrations. I enjoy all manner of crafting and like to 'have a go' at most things. I come from a graphic design background which helps enormously in all crafts.”

She went on to say that both she and her husband “love all things vintage. We were both brought up in 'make do and mend' families with nothing going to waste - so our home is full of an eclectic mix. The best vintage container I use is an old jug belonging to my Grandmother. I remember Mum always using it for spring flowers and branches just about to break forth and I now do the same. It stands approximately 9cm tall. It's a lovely soft grey which is a perfect foil for their colours. Unfortunately, I have never taken photos of my flower arrangements in the past so it's just the jug I can share with you.”



This is the jug Jane is describing. Perhaps other members would like to share a photo of their favourite vintage container – with flowers! – for a future edition of Spotlight.

Our members have had recent successes with competition work not just regionally, but nationally and internationally too. Beverly Moore, Herts & Essex Boundary Flower Club, was awarded a Very Highly Commended for her entry “Sparkling in Style” – her entry in Class 1 of the virtual competition organised by the International Friends of Floral Art & Design, (IFFAD Facebook Group)) with the overall theme of “Christmas at Home” The brief was to create a “festive exhibit intended for any setting within or outside the home / garden (excluding wreaths) to be photographed as such. To be judged under WAFAs rules by a selected panel of international Judges.” Beverly photographed her arrangement with a black background to enhance its “sparkly” quality, as it’s a design that would really come into its own at night. There are more tips on photographing competition pieces later on in the newsletter.

Lindi Carrington was awarded second prize in the competition run by Flower Arranger Magazine on Instagram, in collaboration with designer Yan Skates (from Netflix Big Flower Fight) The brief was to make a “Nature Bauble” – an eco-friendly hanging decoration for a Christmas tree, made entirely of natural materials. Examples had been featured in the Christmas edition of the magazine and there was a video of Yan on Instagram giving the basic instructions of how to make the baubles. Lindi was delighted to win a Flower Arranger apron, which she is hoping to wear at flower arranging workshops just as soon as they are up and running again. (Photos next page)

Beverly Moore



Lindi Carrington



Lindi Carrington

Despite the scarcity of news during the lockdowns, Spotlight East tries to look forward, positively and not to dwell on what we were doing But when Area Demonstrator, David Wright, contacted us to tell us that in February he was celebrating 20 years of demonstrating, we couldn't resist a little reminisce. David writes:

"I began loving flowers at an early age when I got my first job, before my 13th birthday, as a gardener. I would grow stocks and lots of other bedding plants in my father's glasshouse and then plant them out where I worked in the beautiful gardens of a large farmhouse in Norfolk. I married my wife Sharon in 1989 and I did all the flowers for the day, bridal bouquet, 5 bridesmaids etc.

In July 1988 I had an accident whilst at work at the same farmhouse garden, a wooden ladder broke and damaged my back; three prolapsed discs and severe tinnitus.

After a year of limited mobility, I went to college for therapy doing my B.tec in floristry to gain my certificates. During this time, I was asked to be a demonstrator for Nafas and on leaving college started my Nafas journey.

My first booking was in February 2001 and the programme was 'Musical Inspirations' Little did I know how addictive flowers could be and where they would take me. With Nafas I have been lucky to see so many amazing parts of this beautiful country we live in.

As a florist I have also been lucky enough to do weddings in London, Lincoln Cathedral and Leicester football club and many places in between.

Because I feel fortunate to have turned things round after my accident, I get great pleasure in presenting my big charity dem every November raising funds for so many great causes but this would not be possible without the amazing support.



The last year has been tough for florist/ demonstrators but I have turned it round with wire sculptures which I have been making for two years. I have created dragons, hares, swans, bees and so much more. You can see more on [wwwrightflorist.com](http://www.rightflorist.com) scroll down to Sculptures.

I hope you all stay safe and well and I get to see you at your club before too long.” David, Larch Cottage Florist and Sculptures.

Were you at any these charity events? Can you correctly identify the year and theme of the demonstration? Do let us know



2019 charity demonstration featuring demonstrators: Judy Barham, Jenni Baker, Anne Colby and Adele Kent, together with dancers Heidi & Carly, Linda Briggs and David's wife Sharon. The outfits were created by David's sister on a budget of £2.50 each! The event raised over £2000



Several clubs took up our invitation to submit news and updates of what they were doing, despite not being able to hold open meetings and celebratory events.

Norwich Group of Flower Clubs – just before Christmas, new Group Chairman, Jenni Baker wrote:

“We are just about to go into our second lockdown, what a strange world we are living in at present.

I would like to introduce myself to you and all the club members, as I am now the chairman of Norwich Group, albeit just in a caretaker form until we hopefully are able to hold our AGM in March.

This is certainly not how I had envisaged it when I was vice chairman, I had lots of plans and ideas of things to do as a group. But, hey ho, occasionally things have a funny way of not turning out as you had hoped.

I hope that you are all keeping safe and well, even though we are missing out on the social aspect of our flower clubs. Flowers have never been more important, as they do have a way of cheering you up if you are down. On a personal note, I have endeavoured to always have at least a small posy of flowers picked from my garden, every week, as a little ray of hope.

Lots of you will already know me, or at least heard of me. I was an area demonstrator for many years, although I have stopped travelling the great distances we are expected to go, being such a huge area. I love competition work, and feel very frustrated that everything has been cancelled. My last competition, dare I say it, was in India at the world show, and we just managed to scrape home before this horrendous pandemic kicked in.

I live in a remote area of Suffolk, right on the Norfolk/Suffolk border in a house with a huge garden, where you will usually find me. I live with my dog, two elderly cats and my husband Dave, who many of you will have seen accompanying me on demonstrations and on the competitive scene. He has been known to win prizes, and yes, he does sometimes come away with better results than myself! “

Jenni was delighted that Norwich Group club members from Bradwell, Bungay, Cromer & Loddon clubs had gained 8 awards in the recent Area Competition.

Costessey Flower Club.

On the 5th March it will be a year since we held our first and what turned out to be our last and only normal Flower Club meeting of 2020. Little did we realise what the world be like today. Time to reflect on what NAFAS means to us. Our NAFAS motto ‘Friendship through flowers is most apt together with the word FUN for this is something we have in abundance when meeting up with friends of a like mind from all over the world, sharing our knowledge and participating in Flower Festivals, Competitions and other celebrations. Sadly, many of the events organised by NAFAS over the years may never be repeated, but will always be remembered.

Times have changed and we look forward positively to a different way of life. A sign of the times today is modern technology and what a blessing it has been during the pandemic - communication is so much easier - families and friends are to communicate and see each other via Skype and where would we be without e-mails.

So, what has Costessey been doing during the pandemic? We are now 49 years old and looking forward to reaching the Golden mark of 50years. To keep members in touch enthusiastic Chairman Adele Kent with help from Jane our treasurer and the committee, a regular newsletter has been produced and sent to members (those not on e- mail have received theirs by post.) Members have been invited to submit articles or photos.

Regular committee/chats have been held on Zoom. After the first lockdown, when we were advised we could meet in the hall with a maximum of 30 with social distancing and guide lines adhered to, Adele and Jane organised a meeting with two members demonstrating. 14 attended with others remaining at home taking part on Zoom. This proved very successful.

To involve more members via Zoom, with help from her husband Alan, Adele did a demonstration from her home of door wreaths and table arrangements. This took a great deal of planning and hard work but proved very successful and popular. As the demonstration worked so well Adele tutored a workshop making Christmas wreaths and Arrangements. She had planned to retire from demonstrating in November with her swan song to her own club. With a little persuasion and help from The Elf (her husband Alan who did a great job) she agreed to keep this booking and not only Costessey Flower Club, but members from other clubs were delighted to see a smaller version of a Christmas demonstration on Zoom.



Adele Kent, Costessey Flower Club

Names of those watching were put 'In a hat' the lucky winners drawn out were delighted to have an arrangement delivered to their door next day.

Members have been encouraged to do an arrangement at home, photograph it and send the result to Adele for inclusion in a future newsletter, the response has been most encouraging.

With Spring around the corner and the vaccine on its way we are now looking forward to the future endeavouring to plan a programme and take advantage of all that is planned by National and Area.

Doris Waymark, Costessey Flower Club

Lodden Flower Club

Here at Loddon, we are like most clubs in that we have not been able to hold meetings with our friends and watch lovely flower arranging demonstrations. Our Chairman Tricia Godfrey has kept us up to date with information via a newsletter periodically. Normally it contains a quiz for us all to get our brains working. Some of us have been watching the demonstrations online that NAFAS have produced for our flower fix.

Back in November 2020 we were asked to arrange some flowers for a funeral to be held at Holy Trinity Church, Loddon. We had to bring forward the arranging as the second lockdown was imminent. Tricia Godfrey, Janet Morgan and Tricia Loades arranged the flowers and as you can see from the photo (below) it shows Janet and Tricia G suitably masked up and socially distanced.



Holy Trinity Church, Loddon

Tricia L entered the online competition held by NAFAS East and did well with second place in Class 3 - A Christmas table design and also third in Class 4 - Christmas Recycling. So well done Tricia. Thanks to NAFAS East for holding this competition to keep us flower arranging, as many of us have not been doing any.



Tricia Loades
competition entry (details)

To see what we have been doing over the last couple of years, please take a look at our website at www.loddonflowerclub.co.uk. You can view some of our members arrangements at flower festivals we have taken part in and see some of the demonstrators we have had come along to our meetings. Or just have a look at some lovely flowers that we have been missing just lately.

Let's hope that we can get together for our meetings again soon, now that the vaccine is being administered. Best wishes to everyone and stay safe from Loddon Flower Club.

Kings Lynn Flower Club was saddened to receive news of the death of Honorary Club Member Shirley Edwards who passed away on the 12th January 2021.

*Shirley Ann
Edwards*

3rd November 1948 - 12th January 2021



Shirley enjoyed a long association with our Club. She joined in 1989 and in January 1990, was encouraged onto the Committee. Thriving on hard work she served two terms as Club Chairman along with a number of years as Club Secretary. In recognition of her unstinting service to the Club she was made an Honorary Member in July 2012.

Whatever Shirley took on she gave it her full attention and enthusiasm; it was these qualities that also saw her taking office within the King's Lynn Group of Flower Clubs.

For a number of years Shirley served as Area Publications Officer, and, along with her helper, attended meetings and various area shows with the publications stall. Her time as APO also involved being a representative on the NAFAS National Trading Committee where she enjoyed many journeys to the London Denbigh Street offices, and meeting the other APOs.

A special opportunity came in 1999 when Shirley teamed up with another member and represented the Club at The Chelsea Flower Show, something she would later recall as a very memorable experience.

Shirley ensured that a pictorial record of the club's history was continued, by providing a set of scrapbooks, which she helped keep up to date.

Locally she was also involved with arranging flowers at churches in and around her home town of Kings Lynn.

Shirley faced a long period of ill health and mobility problems with great courage and determination, but this sadly restricted her opportunities to attend some events. She did however remain interested in Club activities attending the Clubs Golden Anniversary celebrations, annual dinners and AGMs when possible.

Shirley will be fondly remembered and greatly missed by her many friends both within the Flower Club and further afield.

KING'S LYNN FLOWER CLUB
5/2/2021"

Sad news too from **Stowmarket & District Flower Club:**

Dorothy Lay 1942 – 2021



Dorothy was a valued member of Stowmarket and District Flower Club for over 40 years, having served as Chairman on more than one occasion, and a committee member for many years. She attended Group and Area meetings on a regular basis, and helped set up “New Creations”, a workshop only group, becoming their Secretary.

Dorothy took part in many Flower Festivals throughout the East of England including Ely and Bury St Edmunds Cathedrals, and at her local churches of Coddendam and Barham in Suffolk. She took part in competitions at the Suffolk and Hadleigh Shows, where her late husband made many of the display mechanics for her. She also attended National Competitions as a visitor.

She was a talented lady in many other ways too - an accomplished needlewoman, she enjoyed quilting, embroidery, cross stitch and knitting. Church was an important part of Dorothy’s life – she was Church Warden and helped organise the fundraising for the repair and renewing of the bells at Barham Church in 2020, one of which has her name engraved on it.

Dorothy’s funeral was held on February 12th at Coddendam Church in the village where she grew up. Stowmarket and District Flower Club, and others in the Area who knew her, will miss her smiling face, quiet efficiency and readiness to help and encourage others.

New Creations Flower Club

Acting Chairman, Stella Thornley writes:

“Although, as with other flower clubs, we have been unable to meet for a year, we have tried our best to adapt to the unprecedented set of circumstances that we have found ourselves in. Committee meetings are via Zoom calls, elections are being held by postal vote, and now, we even have a Facebook page.

The Interim Committee (myself, Acting Treasurer- Naomi Wells and Acting Secretary -Sue Astle) have made the decision to send out new membership forms in February so we can update our records and group numbers. There will also be a £5 Membership Fee to cover March - August. Everything crossed, our new year will begin again as normal in September, with our AGM in September/early October. We are also sending a ballot paper out with the forms so we can be elected in until the AGM, where we vote again.

We are hoping that by July it will be possible to meet up again, and are anticipating having two workshops sometime in July/August/September. Once we start our new year, we will revert to our normal four workshops per year. In the meantime, we are in the process of arranging a Zoom workshop for those interested as well as several other activities to keep us having “fun with friends and flowers” until we can meet again.

Do, please, contact me if you would like to become a member – I look forward to welcoming you to our lovely group.”

A semi-imposed “virtual” project in which members used specified flowers with the addition of their own construction or manipulation. Designs were shared on the club Facebook page.



Beverly Moore, Herts & Essex Boundary Flower Club, subscribes to Floral Design magazine, New Zealand and is often asked to contribute. She writes:

“Recently I was asked if I had any designs incorporating rocks or pebbles. The design that Jayne Lawson & I created for the ‘Parables’ flower festival in Coggeshall and an exhibit for the Nationals a few years ago with Anne Stroud representing Little Hallingbury Flower Club came to mind. I thought readers of Spotlight East would like to see what was written and the Editor of Floral Design magazine has given me permission to share this with our members.”



WITH BEVERLY MOORE AND ANNE STROUD

Looking through her archives Beverly Moore found this rocky exhibition piece, which was the first time she had entered a competition! She explained, " Anne Stroud and I represented Little Hallingbury Flower Club (East of England Area of Nafas) in the club class entitled "National Heritage".at the NAFAS National Show in Torquay, Devon. We depicted Stonehenge."

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“Stonehenge” by Beverly Moore & Anne Stroud” Nafas National Show, Torquay.
(Zoom in on your screen to read original magazine text)



ROCK

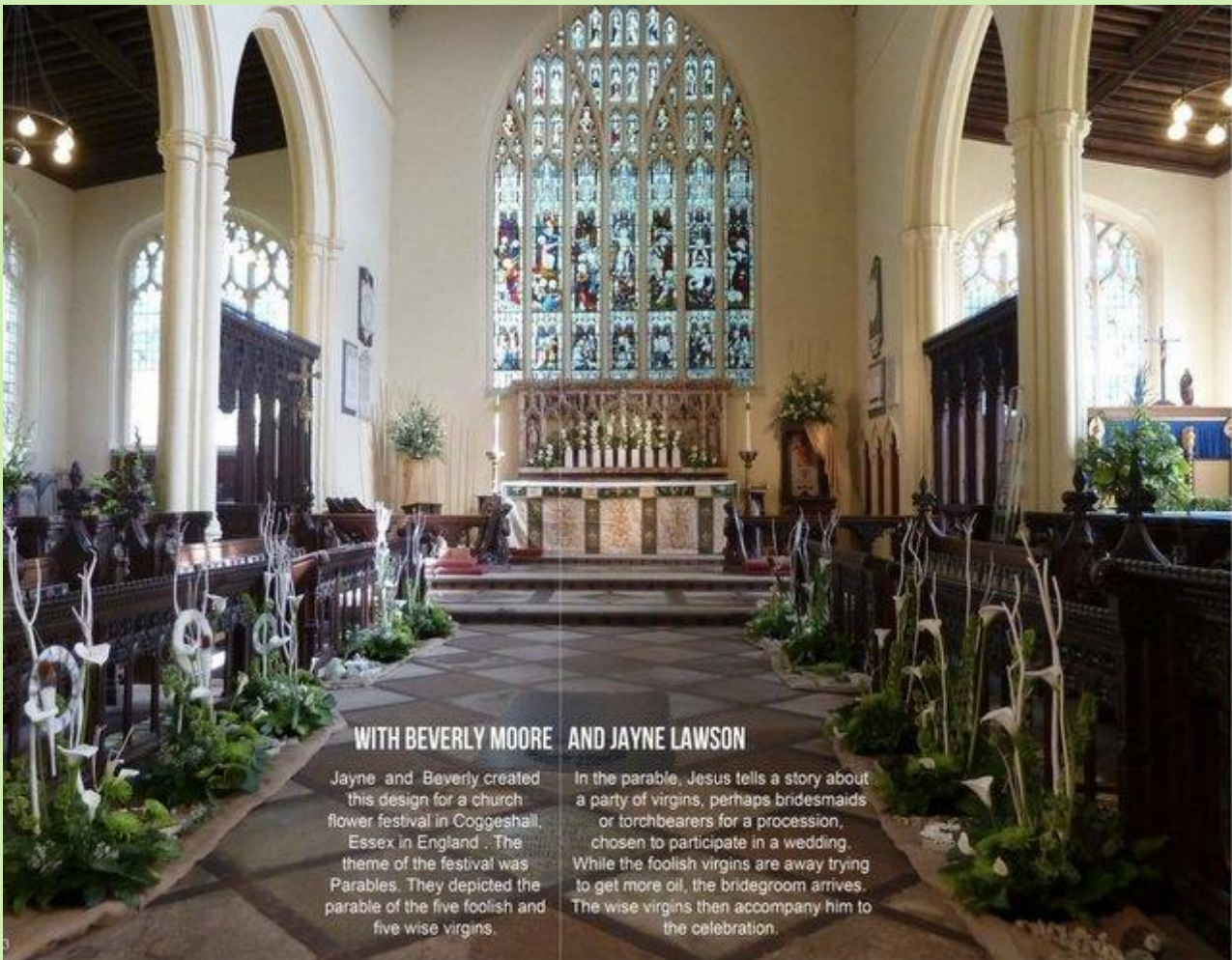
floral design 51

"The structures were made by my husband David," Beverly continued. "They were wooden frames covered with chicken wire, Modroc (Modroc is another name for plaster impregnated bandage,) was then applied and finally it was all sprayed with a spray paint resembling stonework."

"Inside the frames were shelves with trays holding floral foam. The flowers were positioned through the openings we had made to emulate cracks in these historic rocks."

"Stonehenge" - detail

“The Parable of the Five Wise & Five Foolish Virgins”





The November edition of Floral Design, New Zealand, from which the previous item was taken, was entitled “Paper, Rock, Scissors” (you probably remember the children’s playground game...) With flowers & foliage expensive during the winter months & difficult to obtain during lockdown, it’s useful to have a ready supply of plant-based alternatives – paper and cardboard! Those of us shopping online will probably have a plentiful supply of bags, boxes, sheets & rolls in smooth, crumpled, corrugated & perforated finishes. Caroline Barnes, Stowmarket & District Flower Clubs reminds us of ways to use these versatile products:

“I did an exhibit at the last Ely Flower festival (2018) where designer Roger Woolnough asked me to work without using any flowers. I chose to use mostly paper based products - recycled books, paper and corrugated cardboard together with a few dried leaves, seeds, seed heads etc. There was just one tiny flower for anyone who cared to hunt it out. The title was University years and I chose to represent Work (academic), Rest (social relaxation) and Play (games and music).”

Get ready to roll, pleat & fold – inspired by Caroline’s designs (next page)



“University Years – Work” Caroline Barnes

“University Years – Rest” Caroline Barnes



“University Years – Play” Caroline Barnes



Our Chairman, Barbara Collins, reveals the secrets of her success:

“I’ve got a Little List”

Many years ago, at the age of 10, I always looked forward to the first week in October. Why? not only because the Fair was in town but I was allowed to sit backstage at the local Gilbert and Sullivan Society’s yearly production. A case of not what you know but who you know, my Father was Stage manager! The Society production was different each year but my favourite was always “The Mikado” and this started my love of anything Oriental. I saw it many times, the last being a production with Jasper Carrott at the Savoy Theatre. One of the songs in the Mikado is “I’ve got a Little List” now this may be coincidence but I have always been one of life’s great list makers.

At the end of a busy day, I make time to write a list for the next day, clears your mind for a goodnight’s sleep. I enter all sorts of things on the list from jobs in the house, garden and numerous emails. List making is now being suggested for helping people suffering from the effects of being at home for so long during the pandemic. A list made at night sees some form of structure for the next day and there is a sense of satisfaction when you can tick off all the items on the list. Many times, when organising a social event or Flower Festival I do end up with lists of my lists. In my term as Area Chairman, I am sure I will find lists essential.

So have a go, happy list making!



Learning from Experiences by Anne Bridge

I have never met anyone that knows it all but have experienced the odd few that think they do! So, when invited to judge the Flower arranging classes in the recent East of England Virtual Show, I found myself on a steep and quite different learning curve!

From 3D to 2D was the most significant difference that I faced as an experienced NAFAS Area Judge and soon found out that this was not going to be easy in any way, shape, or form. I had to take a different and very considered way of assessing what was in front of me. The first class had an astounding 47 entries and I needed to give them all the due respect for the effort that they, as competitors, had applied in submitting their entries. Note pad and pen I trawled the exhibits (spread over 5 emails) and jotted down notes as I went. This way I slowly whittled down to a group that were in the running for awards. From this step I, again, revisited the pictures on numerous occasions, not dissimilar from walking up and down the bench lines, to establish place awards and subsidiary awards.

On the many hours spent getting to a satisfying result (not necessarily to the nonplacement entries), I realised some of the ways that the exhibitors could have improved the presentation of their entries and how important it was to get a good photo. Not a camera person and reliant on just my iPhone in most situations, I appreciated what could be achieved with the easiest of devices, as it boiled down to not what the picture was of but how you took the picture! (A lightbulb moment ...my friends know I have these at times!) We first had the amazing 'tablets' with large and colourful images that everyone craved for, to the extent that you couldn't get anywhere near what you wanted to photograph for the 'sea' of flapping e-book cameras. They did have an invaluable use to us competitors as if you took a photo of your end, or near end exhibit it could quite clearly show up some problems that you had not seen with you naked eyes, balance, impact and outlines being the most usual that needed a few tweaks.

So, from these experiences, now as a judge I hope that the following will be of help to all competitors taking part in 'virtual shows' and special good luck wishes to those that have entered the National Virtual Show.

1. Make sure that the picture is in focus. *Re do it as necessary!*
2. Take the picture LEVEL with the exhibit. *Looking down on it does not give a good perception of the elements and principles of design or even your interpretation of the class title.*
3. Keep the placement area free of any distractions. *Drapes and accessories should be a integral part of a design and not just decoration.*
4. Be careful with your lighting. *Avoid lights behind you, throwback light and shadows through lack of light.*
5. If in doubt leave it out! A maxim of mine that goes back decades and your PRE-PHOTO will guide you to the right decision.

If you just take note of these simple fixes it will give you a better chance. It still will not always make you a winner, but you will enjoy the process so much more when you know that the care you have put into your exhibit has also been exemplified in your overall photograph.

Good Luck ALL and stay safe.

“How Not To” We asked our photographic expert and keen competitor, Beverly Moore to illustrate the points that Anne Bridge has made about taking photographs which do justice to your competition design. In the collage below, 5 of the photos demonstrate the defects which Anne advises us to avoid. You should be able to identify the best shot which would be submitted for a competition. The answers are on page 24, so that you can’t cheat. It’s bit like “You be the Judge...” in the Flower Arranger Magazine.



Feeling Inspired

Several clubs have produced videos, primarily for their club members, but have also shared them to a wider audience via Facebook & YouTube. There was an excellent series of demonstrations from Stowmarket Flower Club in the run up to Christmas, showcasing the in-house talent of Vicki, Petrina, Juli, Di, Pauline and Brenda. They're still worth watching:

<https://www.youtube.com/watch?v=lcz7j57K5IU>

Terri Potter continues with her series of videos for Great Baddow Flower Club, using recycled and easily available materials.

<https://www.facebook.com/greatbadowflowerclub/videos/885659638641600>
(wooden container)

<https://www.facebook.com/greatbadowflowerclub/videos/438183537495575> (valentine design, but also suitable for other occasions)

Jonathon Moseley continues to be a source of inspiration

<https://www.facebook.com/jonathan.moseley2/videos/2557710734534160> (Jonathon Moseley spring arrangement)



An interpretation of Jonathon's design by Corinne Steward from Dereham Flower Club

Mig Kimpton's series of "Flowers for the Weekend" are very popular as he demonstrates ideas that are easy to achieve with limited resources during lockdown.

https://www.youtube.com/watch?v=WEL_o_N4iFQ

And on the NAFAS channel it's good to see Nick Grounds creating some East Anglian landscape

<https://www.youtube.com/watch?fbclid=IwAR0OxuS9Xee6CsQ5Ws4WsSgZ5hqMPVL8UHOvTTYQLf37mQ36oTRoz79PjoQ&v=JpvVI4nFb0c&feature=youtu.be>

"How not to..." continued



Answers: 1c; 2b; 3a; 4 d & f; The best shot in the collage is photo e. However, the photo above was taken 24 hours later, when the lilies had fully opened. Beverly believes this is to be an even better shot. Something else to add to the list.

Susan Horne, Area demonstrator, shows us how to make

A Spring Design using One bunch of Daffs and a Few Recycled Items



Items Used:

- Cardboard (recycled cardboard box)
- Wall paper (around 1 to 1.5 meters)
- Thick brown paper (around 1 to 1.5 meters)
- Glue
- A few Paper clips
- Empty macrobiotic drinks bottles
- Orchid tubes (optional)
- Flowers and foliage to suit your own taste (above I have used one bunch from a supermarket and a small amount of foliage from my garden)

Begin by cutting a length of cardboard
the piece I used is 81cm (approx. 32inches) long and 16cm (6inches) wide.



But it could be any shape and side you choose, this forms the base of the construction



I then covered the base in brown paper You could use wrapping paper or fabric –
whatever you have available.

Arranging the bottles on top of the base allowed me to decided on the pattern I wanted to
create and also made sure I had enough (as you can see from the photograph I had two
sizes)



Once I was happy with the design, I started to make tubes out of wall paper and brown paper to slot the bottles inside. I did not glue the paper to the bottles (this allows the bottles to be removed from the construction to fill or empty them without wetting the paper).

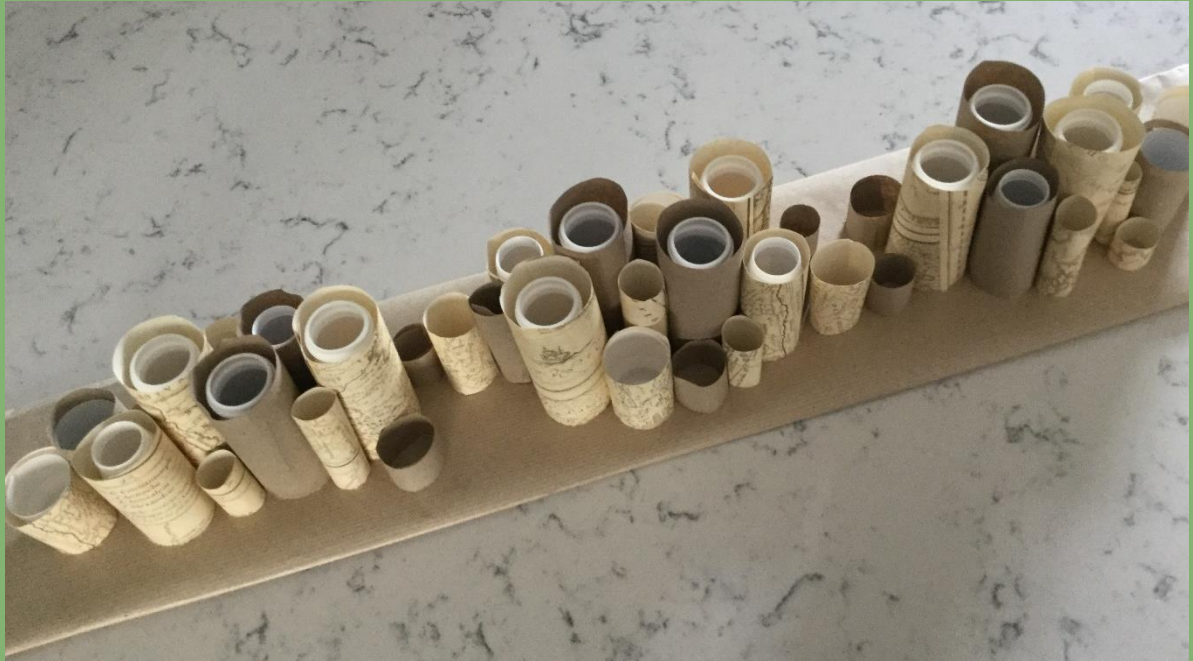


When I had a few tubes made I started to attach them to the base using a small amount of glue on the bottom edge of each tube.

I found the mid-point of the base and created a central group of tubes and then added two more groups towards each end of the base making sure I measured the space I was leaving between the tubes and the edge of the base. I was aiming to create a symmetrical pattern (the same on opposite sides). This helps to keep the design visually balanced.



I also made tubes of differing sizes and diameters - although they are too small to put the bottles in they will hold orchid tubes



Once I was happy with the design and the glue had dried all I had to do was fill the bottles with water and add the flowers and foliage.



Along with a small amount of foliage from the garden I also use contorted hazel stems to add height to the arrangement.



As the design had been created symmetrically, I will also be able to use it as a table centre.





I hope some of you will use my idea to create your own spring design; it is something that can be adapted to suit the season or occasion - adding decorative items like coloured eggs would give it an Easter theme.

And if you don't fancy making your tubes you could save the centres of kitchen roll, foil, etc as an alternative and cover them with fabric, wool or raffia.

Where do you get inspiration for your floral designs? How do you keep up with what's going on in the flowery world?

You probably subscribe to glossy magazines, but have you ever thought of using Instagram to provide endless images of all the things you like, and all the information on suppliers, events & floral celebrities? without the expenditure! You might prefer to set up an Instagram account (rather than Facebook) as you can make the account private – no-one can “follow” you unless you allow them to, but you can follow and enjoy everyone else. You do not have to post anything if you don't want to; you don't have to comment. Advertising seems better targeted/less intrusive than on other media platforms and comments gentler/less argumentative (than Twitter for example) We asked Ace Instagrammer Alison Purnell (Granta Flower Club) for her top 10 hits – she came up with 36! - listed on the next page. Type the first line in the “search” box – that's the one with the magnifying glass icon; the names are not case sensitive. The second line, in brackets is a brief description of the user profile. When you've found them click “follow”; if after a few days you don't find them interesting click “unfollow”.

We'd love to hear more Instagram recommendations for the next edition.

14. Rekha Naidoo
(Area Demonstrator)
15. Ilkley Flower Club
16. fleetflowerclub
17. Boundary Flower Club
18. Chester Flower Club
19. Midnight Garden Flower Farm
(Flower farmer in Cambridge)
20. Cut_flowers_of_shelford
(A member & her cut flower garden)
21. nafascheshire
22. newmarket_flower_school
23. dunx63
(NAFAS member and area judge)
24. Chippenham park gardens
25. mossandstonefloraldesign
(Seasonal foam free garden style florals)
26. merri flowers
(British cut flower grower in Bedford)
27. pipbensleyflowers
(3x Chelsea gold winner, author and florist)
28. migflowers
(Mig Kimpton, Floral designer)
29. Sheptonsnowdrops
(Town where horticulturalist first hybridised snowdrops)
30. twistedsisters_flowerfarm
(Sisters flowering in Bodenham)

1. phillipcorpsflowers
(London floral designer)
2. misspickering
(Floral designer in Stamford with lovely dog!)
3. tamasmezoffy
(winner of floristry world cup 2019)
4. jonathanmoseley
(Floral expert, demonstrator and writer)
5. ewgardens
(Easton Walled Gardens, classic 400-year-old garden in Grantham)
6. honeysuckle_and_hilda
(Florist, South Oxfordshire)
7. commonfarmflowers
(Georgie Newbery, flower farmer and florist in Bruton)
8. lucyvailfloristry
(Lucy Vail Floristry, award winning luxury floral designer, Tatlers top 5 best florist)
9. simplybyarrangement
(Sarah Statham, floral designer and teacher)
10. janepackerflowers
11. arthurparkinson_
(Arthur Parkinson, Pottery, Gardener, chickens)
12. sarahravenperchhill
(Sarah Raven, all things floral)
13. thewhitehorseflower
(The White Horse Flower Co, Lindsey Kitchin
Event florist, teacher)

31. kristengvy
(Kristen Griffith VanderYacht
Head Judge, Big Flower Fight)

32. niki at the cottage
(Niki
Seasonal journey from rural Suffolk)

33. themontydon
(Monty Don)

34. perchhillgarden
(Josie Lewis
Head Gardener at Perch Hill)

35. Willow Crossley Creates
(Flowers, Author, Design and Styling)

Looking forward to Easter

Sue Saini, Great Ellingham Flower Club, shared this design a few weeks ago via the club's Facebook page. She has used stems pruned from her Cornus shrub to twist into a basket shape. The idea could be developed into a wonderful design for Easter. Let's hope you have still to prune your shrub, or that at least you saved the stems – they always come in handy.





Spring door wreaths are very much the trend this year for Easter. This design is by Ann Maggs, Dereham Flower Club, uses mimosa, eucalyptus, rubus & pussy willow, and was shared via the club's Facebook page

Stop Press – late news from Stanway Flower Club.

Brenda Evers writes:

“Our online meetings are proving more and more popular, and those that are able to take part are enjoying meeting in smaller groups, via the break out room's facility, half way through the meeting. For our meeting on 12th February, we were delighted to welcome demonstrator Kathy Stangaard (London Area Demonstrator); this was the first time we had invited a demonstrator who was not a club member. Unfortunately, the first half of the meeting did not go well owing to technical problems at Kathy's end. These were resolved by the time we returned from our break out room groups, and Kathy was able to treat us to a fabulous demonstration.”

(Just a few of the photos, which were circulated in the club newsletter, are shown on the next page)



Tulips & alliums in a pot decorated by Grayson Perry



Carnations, stocks, roses & palm leaves around a central bunch of middolino sticks



An arrangement of lilies, roses, carnations & eucalyptus



A background of wired & glued canes; an orchid plant with its roots washed out is attached diagonally.

Photos: Kathryn Stangaard

The Media Team would like to thank all the contributors to this edition of Spotlight East. We're always delighted to hear about club activities (virtual or real) to enjoy your designs and to share in your success. Contact us on: newsletter.nafaseast@gmail.com

Please email words & (numbered) photographs separately, rather than displaying visuals within the text, as its easier to format the pages in this way. The closing date for items for the Summer edition is no later than 20th May; read it online from 1st June. Surely by then we will be back to some kind of normality and we will be able include news of your club meeting as they resume, your AGM's, workshops, club outings. Let's keep our fingers crossed!