



AREA NEWS SUMMER EDITION 2025

Edited by Pat Laughton and Pauline Martindale

London and Overseas Area of NAFAS

President: Sheila Tasker

Chairman: Peter Bodnar

Chairman's Message

Tis the season of mist and mellow fruitfulness, I thought to myself as the train taking me to Gloucester Cathedral and the National Show Nature's Challenge made its way through the Cotswolds and Bath.

The competitive entries enthralled, entertained and inspired. The mini demonstrations, mini speaking events and workshop held many a person's eyes and attention. With the close of the show on the Saturday many friends turned their attentions towards Halloween, Diwali and the Christmas season. Before that though, be sure to take time to be inspired and enthralled by the autumnal spectacular that is going to become more and more evident as the nights draw in. Happy arranging to you all and look forward to seeing many of you at the forthcoming event on 22 October, your Area Chair, Peter Bodnar.

London and Overseas Area of NAFAS Invites you to come along and celebrate Our 65th anniversary

Where: Time and Talents, Surrey Quays Shopping Centre, SE16
(closest Underground Station is Canada Water and the shopping centre is accessible by bus and has ample parking for a three hour period)

Date: Wednesday, 22 October 2025 at 11am

The morning will begin with a quick Council Meeting followed by a celebratory drink and refreshments

At 1pm Brenda Evers (National Speaker) will entertain us with

"A Backwards Glance"

The event is open to all L&O members at no cost, but you need to reserve a seat
Please contact our Treasurer, Angela Woodley by 10th October if you would like to attend
Mobile: 07973 151791 Email: treasurer@flowerarranginglondon.org.uk

**From Peter Bodnar, Area Chairman
Blackheath Flower Club**

Sian and Richard organised a workshop last Friday 18th July with members using leaves and pins on a plate: colourful, modern coffee table arrangements were completed by attendees which just goes to show you don't need a demonstration every month and have hands on workshops where members can share skills and friendship through flowers.

A very Happy Day was had by all.



Bromley Flower Club



Bromley's flower show "Home and Away", celebrating their 65th Anniversary was held on Saturday 26th July judged by Gill McGregor. Eve Johnson won the Best in Show with her petite arrangement pictured opposite.



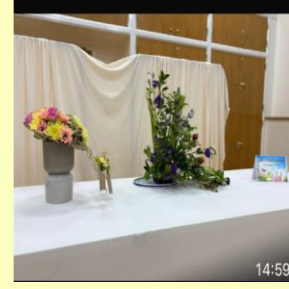
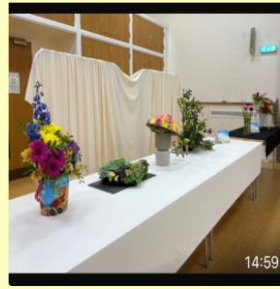
Ealing Flower Club

NATIONAL FLOWER ARRANGING DAY

Ealing Flower Club celebrated 'National Flower Arranging Day' on Friday 20th June when Committee members, Anne and Biddy along with frequent visitor, Carol, prepared a beautiful floral arrangement which was placed at the gates of St. Barnabas Church, Ealing, where their monthly Club meeting is held. The Floral tribute was accompanied with Club flyers and programmes helping to attract much interest from passers-by and the local community. Sun, Friendship and Flowers was definitely 'The Order of the day'!



Our September meeting was with Pat Dibben, National Judge and Speaker. Pat guided us through judging the arrangements made by the Committee and President? The theme was Summer Days. She spoke to us about things to look for when judging, also gave us a guide on what we should be looking for whether we are entering or just admiring. See below photos of the arrangements taken on the night.



Estepona FC

Dawn Short writes:

Welcome to our new floral year, we have some fantastic demonstrators and exciting events in store for you this year, starting off with a coffee morning in September with a Bring and Buy sales table.

Later at our September demonstration we are looking forward to meeting Delyth Price who is a National Demonstrator and National Judge.

In October we welcome L&O demonstrator Kathy Stangaard, followed later in the month by a hands-on paper craft day – “Let’s Wrap”, and a quiz night.

We are working on the Christmas lights coach trip to Malaga, and the Christmas lunch which was such a success and fun day last year.

Shenfield FAC

Shenfield Floral Art Club
Invite you to
OUR CHRISTMAS SPECTACULAR DEM “SNOWFLAKES”
by
Tracey Griffin
(National designer of the year in 2017; Chelsea Florist of the Year Gold Medalist and
National Demonstrator and Teacher)
on
MONDAY, 10TH NOVEMBER 2025
at
THE BARDSWELL SOCIAL CLUB
BARDSWELL CLOSE
BRENTWOOD, CM14 4TJ

DOORS OPEN 7.00 PM: STARTS 8.00PM

TICKETS £18

PLEASE CALL: 07985319187 OR 01277 222353

Canadian Western Association, CWSFAC are the newest members of WAFA.

I was invited to do an Advanced Course for their Judges which took place on Zoom from October 2024 to April 2025. Many aspects of International Judging were covered during the Course including Schedule Writing and Vetting, Still Life, Writing Comment Cards, Judging Procedures at WAFA Shows and much more. Here are a few of the Judges with their Certificates.

Some of the Judges, led by Cindy Tataryn, President, will be attending the WAFA Seminar in Australia during August and the NAFAS National Show in Gloucester in September. Safe travels to all.

Valerie Best

Cindy Tataryn has sent the following pictures of two groups receiving their Advanced Judges Certificates.



Janice Jenkins, Lesley Goodbrand, Marlene Tambre, Cindy Tataryn.



Mei Leng Harper, Cindy Tataryn, Ann Peters.

JDS&E News

What a day we had in July when some members from Ealing Flower club travelled to Kent to support all candidates taking their Area demonstrators test. It was the most entertaining and enjoyable day had by all, especially meeting up with friends old and new.

Biddy Iall did wonders with her theme '**Out of the Button Box**' taking everyone on a journey with stories from her family all told through a button box with a successful pass. On behalf of the Area, we wish Biddy all the very best on her demonstrating journey and hope our clubs will enjoy and welcome Biddy as our new ambassador. A huge Thank you to the Chair, Cecilia Sleep, and all the committee of Kent Floral Art for the invitation and a great day out.



On the 30th July Angela Woodley was delighted to pass her Area Judges test in Mildenhall, Ipswich, East of England. Our area always supports members who wish to gain accreditation in any of the disciplines and a step forward with a new rewarding skill.

Out and about with our members

Karen Davies James writes: May be this will make you smile ... I recently went to RHS Hyde Hall near Chelmsford and BBC Radio 4 were recording the programme Gardener's Question time. It went out on air on 8th and 10th August and you can listen again via BBC sounds. Unbelievably amongst the 1000 people in the tent, they chose my question for the panel to answer so I was delighted ! <https://www.bbc.co.uk/sounds/play/m002ggy0> -

Chairmans Tip

It's that time of year when we start collating foliages in rediness for the festive season that can be used in arrangements for example *Fatsia japonica*/*Sterlitzia reginae*/*Aspidtra elatior* rolled around a tin or what you have in the garden or *Ilex aquifolium*. Try using Brilliant Gold/Silver Oasis paint spray to enhance the visual look of these materials which will save money by doing this yourself at Christmas and enjoyable. Let the foliages dry out before spraying outside in the garden.



CHRISTINE'S TWO MINUTE TIPS - September 2025

Blueberries seem to be in abundance at the moment and the fruit stall by Pret on Uxbridge Road

is selling very full bowls for £3. Sometimes they are a Kilo in weight.

Did you know they freeze wonderfully so now is the time to stock your freezer?

I always wash them when I get home and dry them on a tray covered with a tea towel topped with

kitchen paper. This makes them very easy to shoot into a freezer bag. No need to freeze them flat as they mostly stay separated but if they do clump up just drop the bag - sealed of course - on the floor and they will then flow easily. They only take 30 seconds in a micro wave to defrost on top of my porridge every morning.

If you are eating them to do you good as well as for their deliciousness, then the small ones are better for you. The antioxidant is in the skin so working on the theory that a mouse has a larger percentage skin to body mass than an elephant, therefore, smallest is king.

Jamie Oliver cooks them with chicken which sounds novel but bound to be delicious.

Enjoy doing yourself good.

Christine Pearce, Ealing FC



"So how do you go about organising a Nightingale Floral Art Charity demonstration?"

I was recently asked this question, so I thought I would explain. Once I have performed one, I immediately start to think about the next performance.

So each time I go to the Floral Wholesalers or am out and about, I am always looking for items which I hope will help fill the stage with Floral Loveliness. Over time I will have purchased a quantity of vases and accessories which one month before the event I gather together to start working out, via sketches and drawings, what styles of design can be arranged in the containers and design how best the stage should be set up to showcase each of the 17 designs I make to go in the raffle. Once I know what design styles I am going to make, I then calculate what each design will contain with both flowers and foliage, to budget, and then produce a list of plant materials to order/purchase nearer the time.

Sometimes can use in glamour or which allows flowers, to more special. A week foam is cut to ready for order into the know I ensure of their order too what is on the wholesalers with regard to colour and flower varieties.



friends give me items I addition for extra glitz or give me foliage me to purchase extra make the designs even

before, all the floral size for each container soaking. I also put my wholesalers of items I specifically need to availability. I don't much as I like to see shelves at the

Two days before the demonstration, Ian, my husband, and I go to the wholesalers at 6.30am to collect my order and purchase the remainder flowers and foliage and after arriving home condition the flowers and foliage so they have a good drink of water and flower food. The floral foam is then soaked and attached to each container, as appropriate. For the

past few Nightingale Floral Art Demonstrations, local companies have sponsored the flowers which we are all so grateful as, well what can I say, "every penny helps to give more help to those who need it".





The day before the performance, I am up at 6am to make most of the 11 arrangements that are not demonstrated on the day and then we load the van and our car with the first consignment of floral designs ready to deliver to the hall that evening. It is there that we meet Roy, who is one of the key volunteers who runs, to keep open, Cuffley Village Hall, and whilst I set the stage with Cuffley FAC's tables and drapes as well as my own, Roy sets out the tables and Ian unloads the van and the car and then goes back home to collect what wasn't able to be brought in the first load.

At 8.30am, Roy, Ian and I are back at the hall to finish off all that is required: check the lighting and microphone system, arrange the larger floral designs before 11am when I love to meet and greet all the supporters of these Floral Art events.



I actually don't know exactly how many Nightingale Floral Art Demonstrations I have performed, but I am sure it is in double figures. I started to keep records in 2015, when it became clear that I would be able to do such an event to help raise funds for Nightingale Cancer Support Centre annually or even bi-annually. I do know some attendees have been to everyone of my demonstrations, and there are so many friends I know from the many local Flower Arranging Clubs, work colleagues or neighbours as well as the regular supporters of Nightingale of whom I have got to know and are all lovely caring people. The ambiance is wonderful, and lunch is really good, so it is a wonderful day out to have fun, food, friendship and flowers.

But why do I want to perform these demonstrations and donate my time, is to say thank you to Nightingale Cancer Support Centre on behalf of myself and our daughter, as we have

both benefitted first hand with the wonderful support we received when I had Breast Cancer and Kat our daughter was first diagnosed with a lifelong Blood Cancer, Essential Thrombocythaemia. A friendly face and someone to talk to can make all the difference when you start your roller coaster ride of treatments and life changes. So, thank you Nightingale Cancer Support from Kat and me and everyone who has benefitted from your support and help.

Gill McGregor

FESTIVE FLORAL ART DEMONSTRATION

Thursday 18th December, 11am (doors open)
Cuffley Hall, Maynards Place, Cuffley EN6 4JA



We are pleased to announce that after another brilliant demonstration this summer, International Floral designer, Tutor and Author, Gill McGregor, will be performing another festive themed Floral Art Demonstration. Many designs of floral loveliness will be created for all to behold whilst Gill shares her extensive flower arranging knowledge, hints and tips and fun anecdotes for a day of friendship and flowers, not to be missed.

Tickets are £32.50. The doors to the event will open at **11am** for all to enjoy tea and coffee before the entertaining Festive Floral Art Demonstration **which starts at 11:30am**. After the performance you can enjoy a lovely buffet lunch followed by the raffle to allow you a chance to win one of Gill's stunning floral designs, which can take pride of place amongst your Festive Decorations.

Places are limited and available on a first come, first serve basis.

To order your tickets please visit the Nightingale website re events
<https://www.nightingalesupport.org.uk/product/flower-demonstration/>

or phone: **020 8366 4333**

or email: **fiona@nightingalesupport.org.uk**