



Sussex Area News

Newsletter of the Sussex Area of NAFAS

www.sussexareanafas.org.uk www.facebook.com/SussexAreaNAFAS

Charity No. 292377

HAPPY NEW YEAR

Beat the January Blues

With the newsletter 'Jolly January 31 day Challenge' who can complete the most activities!

Please see the back page for more details.



Sussex Area of NAFAS
Diamond Anniversary 2021



Save the date!

Sussex Area of NAFAS
presents

Flower Power

An exhibition of floral design
to celebrate the Sussex Area's
Diamond Anniversary

Thursday 9 September
to Sunday 12 September 2021

Leonardslee Lakes
and Gardens
Lower Beeding
Horsham RH13 6PP



Sussex Area Virtual Winter Show

Noticeboard

Please send your articles and photographs to the Editor Duncan Ward email: info@boxworthflowers.com

How many words can you create from the word 'Champagne'?

see the back page for the answer

Dates for your 2021 Diary

April 2021

NAFAS Virtual National Show

6-9 May 2021

RHS Malvern Spring Show

18-22 May 2021

RHS Chelsea

21- 23 May 2021

National Flower Show, Hyland House, Chelmsford

29-31 May 2021

Kent Garden Show

3-5 June 2021

Chichester Flower Festival

25-27 June 2021

Blenheim Palace Flower Show

5-11 July 2021

RHS Hampton Court

9-11 July 2021

Kent County Show

7-12 September 2021

RHS Wisley

9-12 September 2021

Sussex - Flower Power

15-19 September 2021

Winchester Cathedral Flower Festival

Flower Power

9-12 September 2021

I am sure with Christmas coming members will want to heed the words of St. Paul 'Take a little wine for thy stomach's sake.' The only thing is he didn't finish the sentence which should read 'and then collect the corks for 'Flower Power' at Leonardslee in 2021.'



Any unwanted corks leftover from the Christmas festivities will be gratefully received. Please let me know and I will arrange collection.

With many thanks, Gaenor
Telephone: 01798 812719.

Constance Spry Floral Decorator

The Garden Museum in London, is holding an exhibition on Constance Spry in March 2021.

If anyone has memories and reminiscences to share or items and photographs to lend or copy, please get in touch with Katherine Kear email: chairman@nafas.org.uk The curator of the exhibition is Shane Connolly who like Constance Spry was a Royal wedding florist.

www.gardenmuseum.org.uk

The Garden Museum,
5 Lambeth Palace Road, London SE1 7LB

National News

New NAFAS website

The new National NAFAS website has been launched with some new booklets downloadable from www.NAFAS.org.uk

Show work for beginners £1.99

<https://www.nafas.org.uk/pc/digital-handbooks/>

Free downloadable booklets

- **The Power of Flowers** – published in 2020, The time has come to recognise the powerful contribution flowers can make to our lives.
- **The Element of Colour** – published in 2020, Colour abounds in nature and it is a highly expressive element of design to which the viewer responds immediately and spontaneously
- **The Element of Texture** – published in 2020, Nature is beautiful through variety. Though texture has less obvious appeal than colour, the unique characteristics and textural variety of plant material add a stimulating dimension to any design.

<https://www.nafas.org.uk/about-us/free-downloads/>

NAFAS Virtual National Show

April 2021

The Spring....The Happy Time of Singing Birds has come

This is our first Virtual Show, and it will have everything you would expect. Each week for the first three weeks of April there will be a demonstration, talk and 'how to session' viewable on all our various media platforms including the new website. These will be provided by our National Demonstrators, Speakers and Teachers. The full list of these platforms will follow nearer the time.

Wafa

The Post Show Brochure of The Grand Floral Affair, Wafa India 2020, is downloadable from

<https://www.nafas.org.uk/wp-content/uploads/2020/12/Post-Show-Brochure-of-The-Grand-Floral-Affair-Wafa-India-2020.pdf>

National Chairman's Challenge

The January competition title is "Burns Night" and if you wish to enter then please send a photo of your design to sussexareaofnafas@gmail.com by 29 January 2021. All the entries received from the various Sussex clubs will then be reviewed and the best one to represent Sussex will be selected and forwarded to HQ.

The NAFAS Board will award points and the Area with the most points at the end of 2021 will receive a small prize. Please note that by entering you are allowing NAFAS to use your photo wherever it chooses.

During the last week of April all the judged competition entries will be on view.

The Schedule 'Springtime' created by our National Judges Committee has a wonderful variety of 12 classes. A feast to look forward to.

Schedules have been sent to Club Chairman and are available on the NAFAS website -

<https://www.nafas.org.uk/nafas-virtual-national-show-competition-schedule/>

Competition Applications - Forward completed Application Forms to:
nafas_judges@outlook.com
between 10 -17 January 2021.

Entries will be accepted in order of receipt.

Area News

Sussex Area of
NAFAS
Diamond Anniversary
2021



Club Anniversaries 2021

*Our Congratulations
to:*

Burwash Flower Club
(60 years in February
2021)

Cuckfield Flower Club
(40 years in March 2021)

Members Day

Monday 8 March 2021
will be a ZOOM Meeting.

Speaker:

Susan Horne "Oh I do
like to be beside the
Seaside"

Demonstrator:

Vanessa Wellock
title TBA

Area Council Meetings 2021

Monday 8 February
Monday 10 May
Monday 9 August
Monday 22 November

Area Chairman

Sometimes, a year can be so devastating and so terrible, that starting a new year can't be anything but wonderful. And oh boy! Have we got a wonderful year coming up for Sussex members!

The highlight this year has to be the Sussex Area's 60th Anniversary celebrations at Leonardslee Lakes & Gardens. Every member will have the opportunity to join in and contribute to the spectacle. We very much hope that you will visit too. Tickets will be on sale shortly and the revenue from every ticket sold before 9th June will come directly to us – this is very important so please support us.

Before our big party, we're planning a virtual Members' Day on Monday, 8 March. Steep learning curve for us and I'm very grateful to our speaker, Susan Horne, and demonstrator, Vanessa Wellock, for taking the plunge to Zoom and provide entertainment for us. We hope to run a raffle too and arrange break out rooms so that you can

have your packed lunch with your friends. With a bit of luck and a tail wind behind us, the day will be as normal as we can make it.

This is in addition to our usual workshops and meetings, which your hard-working JDS&E and Executive committees organise for you.

A New Year is also a time to count our blessings. How lucky are we that we live in a place and a time when vaccines are available and, despite the restrictions, we still have a lot of freedom and choices compared to many in this world? To paraphrase that uplifting song by Anthony Newley: It's a new dawn, it's a new day, it's a new year, for us, and we're feelin' good.

Keep Safe

I'm not very
good at making
flower jokes.

But thistle do.

Someone keeps
sending me
bunches of
flowers with the
heads cut off.

I think I'm being
stalked.

What happens
to a flower
when it gets
embarrassed?

It turns rosy.

The Spirit of Winter Virtual Show

A huge thank you to everyone who entered this virtual show.

We had almost 50 entries, with the most entries in Classes 1, Welcome and class 4, Over to you, but also a lot of you went on the Winter Walk, and a few amazing designs from members who brought out the bling. It seems though that, at heart, we are loving our natural plant material.

All the photographs can be seen in the Gallery at <https://www.sussexareanafas.org.uk/galleries/winter-show-2020/>

To see the designer, please 'hover' your mouse



over each design, the name and club of the designer will then be shown. In addition, if you click on any photograph, the designer's name is also visible.



I hope you will continue to support our virtual shows this Spring and maybe beyond this, and my wish is that we can all get together again soon. For now I send my best wishes to you for a much better 2021.

Linda Porrett

JDS&E Judges Representative

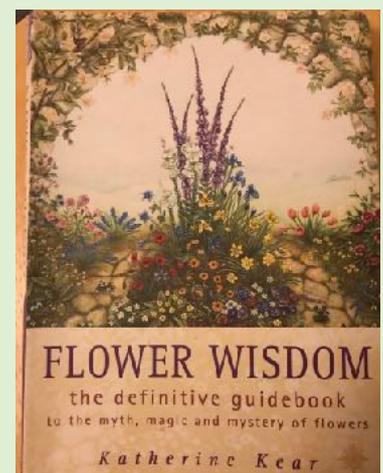


Book Review

Flower Wisdom - the definitive guidebook by Katherine Kear

An enchanting book from our new National Chairman; written in 2000 about the myth, magic and mystery of flowers. Each flower is described by its botanical properties, origins, folklore, health and well-being. Packed full of interesting and uplifting information about our favourite flowers, over 20 flowers are featured such as the snowdrop, lily and rose.

RRP £12.99 <http://www.katherinekear.co.uk>



10 Questions to.....

This month Sue Seath, newly elected President of Sussex Area responds:

Q What is your favourite flower?

I love the majority of flowers, but my favourite is a rose. (The more the better!)

Q Where was your last holiday destination?

My last holiday destination was Lanzarote with the family, where I love the climate, cleanliness, and the diversification of the countryside. However, I often visit the beautiful island of Jersey where my daughter lives and that feels like a holiday every time I go.

Q When did you first join a flower club?

I joined NAFAS and the local flower club East Preston Floral Club nearly 40 years ago.

Q What was the last garden you visited?

The last Garden in Sussex I visited was Nymans at Handcross when the snowdrops were out. However springtime at Highdown Gardens locally on the Downs is very beautiful and I go there frequently.

Q Have you entered Chelsea?

The only time I entered Chelsea was when I was invited to join the Sussex team in 2006. It

was such an experience, especially walking around the grand pavilion in the early hours of the morning, enjoying the silence, the beauty, the perfume and complete admiration of the artistic expertise of all the exhibitors.

Q Which club do you belong to?

East Preston Floral Club.

Q How long have you lived in Sussex?

I have lived in Sussex for about 55 years, originally coming from Surrey.

Q Where is your favourite Sussex place?

I really love many parts of Sussex - but the view of the Arun Valley stretching out before you when viewed from the top of Bury Hill.

Q Name a famous person you have met

Famous people - many years ago whilst working at Gatwick Airport on the south side, I met the four Beatles whilst they were filming there, and then again whilst with the Sussex team at Chelsea once again met Ringo Starr (I think the photo was in the Flower Arranger.)

Q Who would you like to receive some flowers from?

I always love receiving flowers from my husband, as this is always such a surprise because it happens so infrequently.

A Garden Verse

I am sharing a little verse that was pinned up in the greenhouse at a Scottish garden I visited.

Awake my Muse.
Bring Bell and Book
To curse the hand that cuttings took.
May every sort of garden pest
His little plot of ground infest
Who took the plants from Inverewe,
Falkland Palace - Crathes too.
Let Caterpillars, capsid bugs,
Leaf hoppers, thrips, all sorts of slugs
Play havoc with his garden plot
And a late frost destroy the lot.

Not the kindest of sentiments, but one can sympathise!
Jose Allen



CLUB News

What have you been up to?

From a man's shed

'A man's shed' took on a new perspective when 36 ladies from Horsham FlowerClub, including several guests from the former Crawley Flower Club, were treated to a wonderful Zoom Demo on an autumn theme from Graham King's garden shed.



succeeded in brightening up a dreary November day by bringing the warm and cheery autumn shades of nature's flowers to our computer/tablet screens.



Graham had hastily converted his shed into a studio after lockdown for our demonstration and although he was constrained by the space available there were no limitations to his creativity. He produced 4 exquisite arrangements ranging from a hand tied bouquet to a design of pendulous rose buds each enhanced by his unique hand-made crafts.

The weather outside was wet and windy, but Graham



We were unable to raffle the arrangements so Graham promised to place them on the doorsteps of locals in need of cheer. What a wonderful surprise would await them!

Thank you again, Graham, for an enthralling afternoon.

Graham kindly gave permission to reproduce his designs and forwarded us his website:
grahamkingcrafts.co.uk

and link to his Youtube channel
<https://www.youtube.com/watch?v=wr1yYHTWmbI>

Helen Macklearn
Secretary
Horsham Flower Club

My Special Treasures

I am an avid gardener and each season provides great pleasure and excitement.



At the very beginning of the year I have the joy of seeing my fantastic *Hamamelis mollis* (witch hazel) start to burst into flower. This particular specimen must be at least fifty years old and is about thirty feet tall (far above the RHS quoted maximum) how lucky I am to be able to cut branches of this sweet-smelling shrub to bring into the house and enjoy during the winter months.



However, soon it will be spring and how exciting it is to see the first snowdrops and early daffodils,



my favourites being the tiny *Narcissus* 'Tete-a-Tete' and the dainty *N.* 'February Gold' white daffodil season ending for me with white *N.* 'Thalia' and *N.* 'Quail'. The stars of the spring collection must surely be the gorgeous *Helleborus* (hellebore) which flourish and self-seed all over the garden.

I suppose the most impressive time in the garden is late spring/early summer when everything looks colourful with late tulips, drifts of *Gladiolus byzantinus* and *Libertia grandiflora* (with underestimated spikes of white flowers) and incredibly tall wild foxgloves. This is when

the garden is open to the public either for the local hospice or for the National Garden Scheme. I



usually achieve a record attendance with many flower arrangers coming to see what latest specimen they can identify and to admire my extensive *Hosta* collection (with no slug damage!)

High summer also has its attractions with a colourful selection of *Phlox*, splendid varieties of *Agapanthus* and pots of colourful bedding plants. My *Callistemon* (scarlet bottle brush) trees which were all grown from seed now self-seed with abandon and I am continuously potting these seedlings to sell for charity. But it is as we approach the end of August and September that my real treasures start to take centre stage – my *Eucomis* (pineapple lily) collection. I have been nurturing these gorgeous exotic flowers for several years and they are grown in pots. The first flowers to open are the E.

Bicolour, a large bright green head of small flowers, this is followed by E. *Autumnalis* with its small dainty white spikes and by the time the tall elegant spires E.



'Sparkling Burgundy' with its creamy pink flowers start to appear, I am waiting to see if they are as beautifully striking as I remember from previous years – and they always are! They are so trouble free, I just let them die down eventually and put the pots under the *Rhododendron* bushes to overwinter before starting them off into growth after the last frosts of the winter.

My garden is only half an acre, but it is very full and even has space for grass areas (not pristine enough to be called lawns!) many *Phormium* plants, and a lot of trees and shrubs. I am fortunate to garden close to the south coast of England where we enjoy quite a mild climate so I don't have a greenhouse and many of my choice plants are grown in pots (which entails a lot of extra watering) but the garden has become my main hobby/interest as I've retired from demonstrating and I like to think that it helps to keep me active.



What a great pleasure it is in life to be able to garden and enjoy plants, particularly my special treasures.

Words and pictures by

Barbara Harris

Bexhill Floral Group and
Little Common Village Flower Club

Pressed Flowers

I have always dabbled in crafts especially anything to do with flowers.

I am lucky enough to have a very big garden so benefit from a huge variety of flowers and foliage. Several years ago I started pressing leaves and flowers and the first picture is one I made for our village show, fairly simple and not



too time consuming. It takes about 3-4 weeks for the material to press and dry so the beginning of autumn is an ideal time to gather all the wonderful colours. What I like most about this craft is you don't need a lot of equipment, heavy books will do as well as a press. Maybe what you do need is lots of patience.

The second picture is more geometric and uses lots of different leaves radiating out from a central point. Several weeks into our first lock-down I must have been



really bored and started doing picture 3. This is leaf patchwork and like the popular material patchwork we know as bedspreads, consists of carefully cut squares or triangles of leaves that are then stuck together in a pattern.



This is serious business and can either make you cross-eyed or just a bit loopy. As the leaves are very dry, they often break while being cut so you need quite a lot of material. The end result is reasonably pleasing so I am off "a-gathering" just in case we have another lock-down.

Please, no. There are only so many pictures you can have.

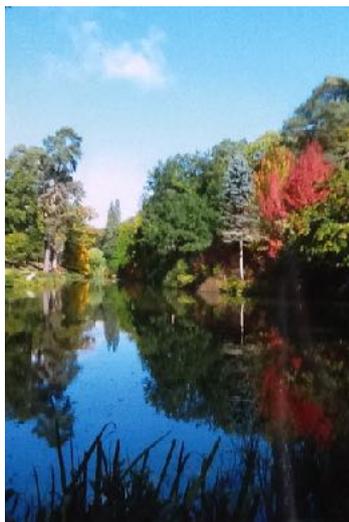
Words and pictures by

Sue Spooner

Cuckfield Flower Club

Leonardslee Lakes and Gardens

Leonardslee was first planted in 1801. It consists of Gardens, Parklands, Lawns and Forests.



Leonardslee closed on the 30 June 2010 and remained closed to the public for 9

years. Penny Streeter OBE - reopened the gardens to the public on the 6 April 2019, and what beautiful gardens they are. I visited the gardens in October with my husband.



The reds, yellows, and oranges of the Acers are such vibrant colours of the autumn the colours

light up the walks. The reflections from these in



the ponds were like looking at the world upside down as the day was sunny and crystal clear.

There is a Wallaby park to wander around and Deer park to walk through. Throughout the gardens there are flights of steps in between the walkways creating a short cut if required. In



addition to the steps there are buggy stops enabling you to jump aboard a buggy to lessen the walk both ways if needed.

It is important to make time to visit the Dolls House Exhibition. The exhibition is created in a 1:12 scale. It is captivating to all who visit, young or old. This exhibition showcases a Country Estate in the 1900's and is wonderful to walk around and view. There are two tiered steps in place around the exhibit for children and short people like me to be able to view the upper rooms properly. My advice is - *Do Not Bypass this Exhibit.*

There is also a large cafe, toilets, a large very well stocked shop and an outside nursery. Social distancing and sanitizing was well implemented everywhere we went with no negative impact on our enjoyment of the day. All of the staff were extremely pleasant and helpful.

What a wonderful day out!

Words and Pictures

Phyllis Stevens

Chairman

Horam and Heathfield Flower Club

Indulgence

A massage and facial,
how blissful, what fun
I'm so looking forward
to this

They gave me a
gown, said "come in
and sit down",
It's a treat that I really
can't miss.



My eyebrows were first on her "hit list" that day,
As she settled me comfortably in,
I really relaxed, 'til she tore off the wax,
And then tweezered the hairs from my chin.

Next she stretched out my back, like the torturer's
rack,
And asked me how I was feeling?
As she hammered my spine, I said it was "fine",
(Although all of my senses were reeling).

My calves were like rocks, so she pulled down my
socks,
And ground them down to a mush.
As I started to shiver, she pummelled my liver,
My whole body started to flush.

Is she done with me yet? P'haps she's really a Vet
used to horses and cattle and sheep.
Wish she'd discard that frown and put my feet
down,
I just want to go off to sleep.

I'll try and be strong, but I've been here so long,
And I feel that my ribs have been parted
One glance at the clock and oh! what a shock!
It's only half an hour since she started.

At last, what a treat, to stand on my feet,
As out of her clutches I slid.
I'm crawling off home, like a twisted old gnome,
And the agony cost fifty quid!

Irene Stovell

Ninfield Flower Group

Fabulous Flowers Pussy Willow

The Pussy Willow (*Salix*) is one of the first trees to break bud in late winter/ early spring, with the appearance of the catkins (the downy flowers). They are soft and silvery on long dark slender stems.



The catkins provide an important source of pollen and nectar for bees and other insects. The flower is covered in fine grey fur which resembles a tiny kitten. Perhaps this is why it is also known as palm kitten, as well as goat willow or goat sallow, grey willow or grey sallow,

Willows are associated with sadness and mourning. In the north of England the willow branches are used instead of palms to celebrate Palm Sunday.

They have been used to relieve pain such as headache or toothache.

In Poland there is myth that a willow tree pulled a group of drowning kittens out of a river. The furry blooms appear where the kittens held onto the branches.

The Jolly January 31 Day Challenge

Try as many of these challenges that you can, tell us about your successes and please send us some of your photos. Good Luck!

Make on Monday	Try on Tuesday	Write up Wednesday	Thrifty Thursday	Friendly Friday	Sharing Saturday	Slowly Sunday
<i>How many of</i>	<i>these can you</i>	<i>tick off?</i>		1 Phone a Flower Club friend and wish them a 'Happy New Year'	2 Re-read your favourite floral book	3 Take five flowers and find out their botanical name
4 Make a coffee table arrangement	5 Try 'You be the judge' in 'The Flower Arranger'	6 Pen a poem about a flower	7 Arrange some dried flowers	8 Give a posy of flowers to a neighbour	9 Share an article or design with the Area newsletter	10 Recall a previous competition entry, and find a photo of it
11 Make a phone call to your local florist and order some flowers	12 Try making a miniature arrangement	13 Create as many words from 'Fabulous Flowers'	14 Watch a video demonstration on YouTube	15 Phone another Flower Club friend	16 Surprise a friend with some flowers	17 Take five friends or family and think of a flower that is like them
18 Make space & tidy up your floral cupboard	19 Try creating a design incorporating a bottle	20 List five flowers being with 'J'	21 Create a design using some recycled materials	22 Sing a song about flowers	23 Share a skill that you have with someone else	24 Draw your favourite flower
25 Cook something that has a floral essence e.g. Lavender cake	26 Try and manipulate some leaves into a design	27 Write down ten flowers that are pink	28 Arrange some flowers in your favourite vase	29 Smile at every flower you meet today	30 Lend a non-club flower friend your 'The Flower Arranger' magazine	31 Make a list of words from 'Chrysanthemum'

You can create 150 words from the word 'Champagne'?

according to Google answers

And finally

Thank you for the feedback and comments on the third edition of the monthly newsletter. It's great to know that you enjoyed it.

Thank you to all contributors of articles and photographs. Don't forget to contribute your designs, and articles. Please send them in by Wednesday 20 January 2021. Next issues will cover:

February - Celebrating St. Valentine's Day,
March - Church Flowers

Happy New Year and stay safe. *Duncan*