

Cathy Waitinas
Flower Show Procedure & Design

Cathy Waitinas is an NGC Master Accredited Flower Show Judge and FSS Design and Flower Show Procedure Instructor. She is a member of Arissa and Garden Guild Garden Clubs, CFAA and the Society of American Florists. Cathy is an NGC Board Member Chairman of the TN Federation of Garden Clubs' State Headquarters. She has taught school and served 30+ years in the nuclear industry in safety and technical writing. Cathy and Jerry have 3 daughters and live out in the county near Oliver Springs where she has a woodworking shop in her basement. Cathy's carpentry projects show up in many of her design structures

Jan Griffin
Horticulture

After moving from the Seattle area to Florida all the plants I knew about would not thrive in Florida's climate. I joined a Garden Club and started my quest for learning about other varied and interesting plants. I became Flower Show Judge. Now I teach Floral Design classes as well as horticulture for Flower Show Schools and have developed several horticulture and design programs for clubs, judges, and civic groups.

Being actively involved in The Florida Federation of Garden Clubs and Florida Flower Show Judges keeps me busy. It has been my honor to serve as horticulture chairman for six state flower shows and several District shows.

My interests other than Garden Club are my family, golf, and working in my friend's florist shop. My comment to all my wonderful design friends is that you need great horticulture to create great designs

Flower Show School
Course II

A National Garden Clubs, Inc. School

March 23-26, 2026

Freemason St. Baptist Church

400 E. Freemason Street
Norfolk, VA 23510
757-625-7579

Virginia Federation of Garden Clubs



VFGC President – Sally Harrison

For more information contact:

Flower Show School Chairman – Frances Thrash
2109 Cocoa Circle, Virginia Beach, VA 23454-2213
francesthresh@cox.net
757-481-3484 or 757-478-5791

Flower Show School – Course II

Date: March 23-26, 2026

Location: Freemason Street Baptist Church, 400 E. Freemason St., Norfolk, VA 23510

Design & Flower Show Procedure: Cathy Waitinas

Cathy will teach tables, petites, & flower show procedure.

Horticulture: Jan Griffin

Jan will teach dracaenas with emphasis on sansevierias and daffodils.

Attendance at all Sessions is Required for Credit

Schedule:		Flower Show
Monday, Mar 23	3:45 – 6 pm	Procedure
Tuesday, Mar 24	8:00 – 9:00 am	FSP Exam
	9:15 am – 3:30 pm	Horticulture/Lunch
	3:45 – 5:45 pm	Point Scoring Test
Wed., Mar 25	8:00 – 9:00 am	Horticulture Exam
	9:15 am – 3:30 pm	Design
	3:45 – 5:45 pm	Point Scoring Test
Thursday, Mar 26	9:00 – 10:00 am	Design Examination

Hotel Information: Hotel is on your own, suggest Sleep Inn at Lake Wright, 1521 premium Outlets Blvd, Norfolk, VA 23502, 757-462-6251. (This is near the outlets and Ikea, just off the interstate – 10 minutes at most to the church.)

Required Books to have:

Handbook for Flower Shows, 2017 Edition, NGC Exhibiting & Judging, both available on the NGC Website for purchase or download.

Flower Show Procedure will cover review of Standard & Specialty Flower Show requirements, standard system of awarding, duties of flower show chairman & committee, writing a flower show schedule, and an explanation of Botanical Arts Photography Section & Botanical Arts Photography Award.

Horticulture will cover staging horticulture innovatively, petite horticulture, general requirements for horticulture Top Exhibitor Awards, judging qualities on the point scoring form, and commenting vocabulary,

Design will include table designs with the role of balance, color and texture emphasized, creative staging of tables, petite design and Top Exhibitor Awards for tables and petites, judging qualities on the Point Scoring form, and commenting vocabulary and procedures.

REGISTRATION FORM: Flower Show School-Course II

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Home Phone: _____ Cell Phone _____

Club _____ District _____

Credit _____ Non-Credit _____

Full Course with/without exam \$150 _____

(Includes tuition, two lunches, and reserved seating on Front rows.)

Flower Show Procedure (Mon.) \$40 _____

Horticulture & Lunch (Tues.) \$75 _____

Design & Lunch (Wed.) \$75 _____

Manual will be e-mailed (free of charge)

Printed Manual available at \$10 _____

Registration if preordered.

TOTAL _____

Dietary Restrictions _____

****No refunds after Feb 23, 2026**

Make check payable to **Virginia Federation of Garden Clubs, Inc.** with **Flower Show Schools** in the memo line and mail to: Registrar Val Story, 2122 Whithorn Hill, Jeffersonton, VA 22724-1873, 540-272-0975, valstory@aol.com