

## Events yet to add

### LB

- ~~Sus house day~~
- ~~Zumba~~
- ~~Open Day March Sat 29th~~
- ~~Deep ecology~~
- ~~Spooky men~~

("Strikethrough,"- use the keyboard shortcut Alt + Shift + 5 on Windows or Command + Shift + X on Mac. )

### LH

- ~~[March 29: Retrofitting Older Homes](#)~~
- ~~[Sat 26 April - Sun 27 April: April Open Weekend - Save the date.](#)~~
- ~~[Sat 26 April: Sociocracy In Action: Inclusive meetings that work.](#)~~
- ~~[Sun 27 Apr: Energy Efficient Buildings](#)~~
- ~~[May 3 - May 4th: Central Coast Edible Garden Trail](#)~~

NEV website calendar : <https://nararaecovillage.com/calendar/>

## ToC

[Sat 22 Mar: The Spooky Men's Chorale in concert at Narara Ecovillage](#)

[Sat 29 Mar \(morning\): Narara Ecovillage Open Day](#)

[Sat 29 Mar \(afternoon\): Retrofitting Older Homes to be more comfortable and energy efficient](#)

[Fri 11- Sun 13 April: Deep Ecology workshop with John Seed & friends](#)

[Sun 27 April: Energy Efficient Buildings with Geoff Cameron](#)

[Sat 3 & Sun 4 May: Central Coast Edible Gardens Trail: Buy your Early Bird tickets now!](#)

[Sun 4 May: Sustainable House Day: Save the date](#)

[Sat 21-Sun 22 June: Compassionate Communication \(NVC\) Weekend Workshop](#)

[Every Friday: Low-impact ZUMBA](#)

[Mons-Sats: Neville the Coffee Cart 8.30am-2pm](#)

---

## Events only: MARCH 2025 -Narara Eco Living Network

In this issue

### MARCH

- Sat 22: The **Spooky Men's Chorale** in concert at Narara Ecovillage
- Sat 29 (morning): Narara Ecovillage **Open Day**

- Sat 29 (afternoon): **Retrofitting Older Homes** to be more comfortable and energy efficient

#### **APRIL**

- Fri 11- Sun 13: **Deep Ecology workshop** with John Seed & friends
- Sun 27: **Energy Efficient Buildings** with Geoff Cameron

#### **MAY**

- Sat 3 & Sun 4: Central Coast **Edible Gardens Trail**: Early Bird tickets available!
- Sun 4: **Sustainable House Day**: *Save the date*

#### **JUNE**

- Sat 21-Sun 22: **Compassionate Communication (NVC)** Weekend Workshop
- #### **EVERY WEEK**
- Every Friday: Low-impact **ZUMBA**
  - Mons-Sats: **Neville the Coffee Cart** 8.30am-2pm

## **Sat 22 Mar: The Spooky Men's Chorale** in concert at Narara Ecovillage

\*\*Family-friendly event\*\*



Festival favourites Spooky Men's Chorale comes to Narara to carve out new territories of mighty sounds, exquisite tenderness, and charming stupidity, evoking musical worlds far beyond that suggested by this unassuming, casually hatted, black-clad appearance. They are just a bunch of blokes, but where they take you will blow your mind.

An evening of great music, entertainment, fun and laughs. Here's [a taste \(Youtube\)](#)

- **When:** Sat 22 March 2025, 7-9pm
  - **Where:** Narara Ecovillage Hall, 33 Gugandi Rd 2250
  - **Cost: Adult/full:** \$39 + 50c booking fee; **Financially challenged/ youth** under 30: \$20 + 50c booking fee; **Child:** \$5 + 50c booking fee
  - **More info & Registration** [Click here](#)
- 

## Sat 29 Mar (morning): Narara Ecovillage Open Day



The Open Day (talk and tour) shows what Narara Ecovillage is all about, and demonstrates how we are activating a resilient community with ecological, social and economic potential by:

- shared food growing, natural retreats and Permaculture spaces
- shared community and workplaces
- examples of highly efficient low-carbon homes now and in the next stage

All welcome.

- **When:** Sat 29 Mar, 10.30am - 1.30pm
  - **Where:** Narara Ecovillage Hall, 33 Gugandi Road 2250
  - **Cost:** \$15 includes talk & walking tour around village, kids & NELN members free!
  - **More [Information & registration here](#)** If you have any problems accessing the booking site, email [info@nararaecovillage.com](mailto:info@nararaecovillage.com) using the subject line "Open Day"
-

## Sat 29 Mar (afternoon): Retrofitting Older Homes to be more comfortable and energy efficient



### Retrofitting Older Homes Workshop



Purpose-built sustainable homes can inspire us, but most homes in Australia already exist, so retrofitting for heating & cooling is vital.

Many elements of retrofits can be completed relatively inexpensively, or gradually over time in any home.

At this experiential workshop, learn to apply passive solar design principles to existing homes for energy efficiency and comfort.

- Tour retrofitted ecovillage Queenslander, *Dorothy*, [as seen on Restoration Australia](#) and meet owners Rosemary and Rafaele.
  - Join with experts to have fun planning a retrofit on a real existing home. Our expert for the day will be NatHERS Assessor Graham Hunt from Delisle, Wood and Hunt.
  - **When:** Sat 29 March, 1:30 to 4pm
  - **Where:** Narara Ecovillage Hall and two houses
  - **Cost:** \$20-\$69
  - **More info & Registration:** [Retrofitting Older Homes](#)
-

## Fri 11- Sun 13 April: Deep Ecology workshop with John Seed & friends



Deep Ecology is a philosophy which understands that the illusion of separation between humans and the rest of the natural world is the engine driving the 6th mass extinction currently underway.

This transformative workshop allows us to become aware of our rootedness in the living Earth and the renewal, empowerment and vision that invariably ensue.

- **When:** 4pm Fri, 11- 4pm - Sun 13 **April**
- **Where:** Narara Ecovillage Hall, 33 Gugandi Rd 2250
- **Cost:** Sliding scale from \$150-\$600 + accommodation (25% of the proceeds donated to the Rainforest Information Centre)
- **More info & Registration:** [HERE](#)



## Sun 27 April: Energy Efficient Buildings with Geoff Cameron



Narara Ecovillage has possibly the most eclectic collection of environmental houses in the country. Our highly sustainable new and retrofitted homes range from 7 to 9 stars, and now have a minimum requirement of 7.5 stars as well as a very low energy cooling requirement.

Owner-builder Geoff's hempcrete 'Powerhouse' is right at the top of the energy efficiency and comfort list. Geoff also has extensive experience with both ecovillage power and water companies – as well as being a productive permaculturalist.

This is definitely one not to miss – More information coming soon.

- **When:** Sun April 27: 1:30 – 5:30pm
- **Where:** Narara Ecovillage Hall, 33 Gugandi Road 2250
- **Cost:** More information soon!
- **More info & Registration:** [Calendar | Narara Ecovillage](#)



**Sat 3 & Sun 4 May: Central Coast Edible Gardens Trail: Buy your Early Bird tickets now!**



CENTRAL COAST  
**EDIBLE GARDEN TRAIL**



**EXPLORE**                      **CONNECT**                      **LEARN**

A weekend to explore edible gardens across the NSW Central Coast  
**3+4 MAY 2025**                      Tickets available now at [CCEGT.AU](http://CCEGT.AU)

The Central Coast Edible Garden Trail is a weekend of inspiration, connection and so much fun! There are plenty of interesting gardens around the coast to visit on both days.

Selected Narara Ecovillage gardens will be opening on **Saturday, 3 May ONLY**. The village will open eight gardens, including six home gardens and the Triplespan and Scribbly Gum Food Forest community gardens.

The village's constantly evolving gardens showcase diverse styles including raised beds, guild plantings, fruit and nut trees, chooks, food forests, a mini market garden, and all forms of composting and soil improvement methods. [See a preview here](#)

- **When:** Sat 3rd and Sun 4th May 9.30am-4pm
  - **Where:** Various locations on the Central Coast, NSW. ***Narara Ecovillage Gardens 3rd May only.***
  - **Cost:** Early Bird tickets \$20. Concession \$5 (before 26 March) Children free
  - **Registration:** [Click here for more info and tickets](#)
- 

## **Sun 4 May: Sustainable House Day: *Save the date***



Plan a day at Narara Ecovillage where you can visit half a dozen sustainable and retrofitted houses in one place, as well as see many others which make us possibly the most eclectic collection of environmental styles of houses in the country.



Bounded on three sides by Strickland State Forest yet only ten minutes from Gosford and 70 minutes from Sydney, the village has been here for a decade, but two of the homes date back a century to the site's fascinating origins as a horticultural research station.

After the tours, you can stay on for workshops on retrofitting, creating a community microgrid, and much more ...

- **When:** Sunday 4th May
- **Where:** Narara Ecovillage Hall, 33 Gugandi Rd 2250
- **More info:** Stay tuned!

Renew's annual [Sustainable House Day](#)

---

## Sat 21-Sun 22 June: Compassionate Communication (NVC) Weekend Workshop

**Narara ecovillage | education**

Learn *Compassionate Communication*  
(aka *Nonviolent Communication/NVC*)

**AN IN-PERSON  
WEEKEND  
INTENSIVE**

21st & 22nd June 2025  
**Narara Ecovillage, NSW**

Join us for an engaging and practical weekend exploring the transformative tools of Nonviolent Communication (NVC).

Designed to help you communicate with greater clarity, empathy, and confidence, this training offers practical strategies to navigate conflict, break free from reactive patterns, and build stronger, more connected relationships.

Whether you're looking to improve family dynamics, workplace interactions, or to be kinder to yourself, this workshop will provide valuable insights and hands-on practice in a supportive and inclusive environment.

Suitable for both beginners and those looking to deepen their NVC skills.

- **When:** 21st -22nd June 2025, 9:00am- 5:30pm
- **Where :** Narara Ecovillage Hall, 33 Gugandi Road, NSW 2250
- **Cost:** from \$375- \$500 pp
- **More info and bookings:** [Click here](#)

**Note:** This workshop also runs a few times a year online over 5 evening sessions: [more info.](#)  
[click here](#)

---

## Every Friday: Low-impact ZUMBA



The graphic features a pink and white sunburst background. On the left, a woman's portrait is shown next to the ZUMBA gold logo. The text reads: '11am Fridays Narara Eco-village Starts in April'. On the right, two columns list benefits: 'Increase' (strength, endurance, cardio capacity, bone density, flexibility, posture, mood, range of motion, balance, coordination, brain function) and 'Reduce' (aches and pains, falls risk, progression of osteoporosis, risk and progression of chronic disease: diabetes, heart disease, unwanted fat stores). At the bottom right, there is an illustration of three people dancing.

A low-impact dance class for those who are a bit older, managing an injury, new to dance or neurodiverse individuals. It's great exercise and fun.

- **When:** Every Friday, 11am-noon
  - **Where:** Narara Ecovillage Hall, 33 Gugandi Rd 2250
  - **Cost:** \$15 per session: first session **free!**
  - **How:** Just turn up. **Queries:** Carin: [brightdiets@gmail.com](mailto:brightdiets@gmail.com) or register [at this link](#)
-

# Mons-Sats: Neville the Coffee Cart 8.30am-2pm



Narara EcoVillage  
**Coffee cart**  
**NEVILLE**

*breakfast, lunch, coffee*

32 Gugandi Road, Narara  
**OPEN TUE to SAT**  
**8.30am til 2pm**

*local and natural and good*

walk through to:  
*Strickland Forest*

The advertisement features a central image of a person in a grey sweater holding a coffee cup, with a rainbow-colored steam rising from it. The background is dark green with stylized white and green foliage. An Instagram icon is in the top right corner, and a small illustration of a person walking a dog is in the bottom right corner.