

Saturday, March 8, 2025

I N T E R N A T I O N A L



W O M E N ' S D A Y

Guest Speakers

Women's Exercise Classes - Urban Sketching,
The Rock N' Roll Car Show, and
the Spring Artisan Showcase!

Safe!

Family - Friendly!

Women get in free all day!



Welcome!

Welcome to International Women's Day at Cypress Cove Nudist Resort!

We are thrilled to have you join us for this special celebration of women from all walks of life. Whether you're a seasoned visitor or a newcomer to our resort, we extend a warm greeting to each one of you.

As you embark on this journey of empowerment and camaraderie, we kindly remind you to register at the registration table upon your arrival. (Found at location 1 on the map, Old Cheeks.)

While registration is not mandatory for entry, we highly recommend stopping by upon your arrival. Why? **Registering ensures your guaranteed entry to the highly anticipated wine & cheese reception** waiting for you towards the end of the evening in the clubhouse. Don't miss out on this opportunity to mingle, network, and indulge in delicious treats as we toast to the achievements of women everywhere.

And if you're not quite ready to bid adieu to the festivities, why not end the night with a nightcap from Scuttlebutts Lounge? We invite you to gather around the fire pit for fireside chats. It's the perfect setting to share stories, exchange ideas, and forge connections with fellow attendees.

Thank you for being a part of this celebration. Here's to honoring the strength, resilience, and accomplishments of women, today and every day. Cheers!

New here? Embrace the unique experience of nudism! We understand that trying something new can be intimidating, but we assure you that our nudist environment is one of acceptance, respect, and body positivity.

Shedding clothing barriers fosters a sense of freedom and authenticity, allowing you to connect with nature and fellow attendees on a deeper level. So take the plunge, shed your inhibitions, and join us in experiencing the freedom of nudism at Cypress Cove.

We welcome you with open arms to a community where judgment is left behind, and acceptance flourishes.

Saturday,
March 8, 2024



*Schedule
OF
events*

FRIDAY: 3/7/24

8:00 PM MOVIE REVIEW: ACT NATURALLY
IN THE ANRL LIBRARY (ACROSS FROM LAKESIDE)

SATURDAY: 3/8/24

10:00 AM YOGA WITH MARY
IN THE GAME ROOM

11:00 AM LINE DANCING CLASS WITH LORETTA
IN THE GAME ROOM

12:00 PM LUNCH BREAK!
ROCK N' ROLL CAR SHOW STARTS

1:00 PM EMPOWERING VOICES: RESOURCES
IN DOMESTIC VIOLENCE
HOST: SHELLY WITH HELP NOW

2:00 PM FEELING SAFE IN A NATURIST SETTING
INTERVIEW WITH COLLEEN VIGIL

3:00 PM WOMEN'S CHOIR

3:30 PM WOMEN IN NATURIST BUSINESS
PANEL: CORI, LYNN, REBECCA

4:30 PM DRAW THE NUDE IN THE NUDE
HOSTED: COVE URBAN SKETCHERS

5:30PM WINE & CHEESE RECEPTION FOR
REGISTERED PARTICIPANTS
HOSTED BY BARBARA HADLEY AT THE CLUBHOUSE

Map of Events



1 - Registration & Event Stage

2 - Exercise Classes & Urban Sketching

3 - Vendor Tents

4 - Rock n' Roll Car Show

5 - Artisan Showcase & Wine & Cheese Reception

6 - Fire Pit

7 - Lakeside Restaurant

Guest Speakers

International Women's Day Moderator



Anna Rappaport is a distinguished actuary, consultant, author, and speaker with over six decades of experience in retirement planning, pensions, and workforce issues. She founded Anna Rappaport Consulting in 2005 after a 28-year tenure at Mercer. Anna is a Fellow of the Society of Actuaries and holds an MBA from the University of Chicago Booth School of Business. Her extensive work has focused on improving retirement security, with a particular emphasis on women's financial well-being in later life. Beyond her professional achievements, Anna is an avid artist and a passionate advocate for naturism and women's empowerment within the naturist community. As a cherished member of the Cypress Cove community for 49 years, she continues to inspire those around her with her dedication and vibrant spirit.

Facilitator



Susan Shopiro is a dedicated advocate for naturist communities and a prominent leader within the Naturist Society Foundation (TNSF). She serves as the Chair of the Naturist Action Committee (NAC), the social welfare and political activist sister corporation of TNSF. For over 15 years, Susan has been actively involved in TNSF activities, presenting seminars at Gatherings and Festivals and contributing articles to N magazine. After a 20-year career as a Computer Scientist across various industries, Susan retrained and practiced as a Physical Therapist Assistant for 12 years.

Empowering Voices: Resources in Domestic Violence 1:00 pm at Old Cheeks Pavilion



Shelly Gordon from Help Now Osceola will be leading an important discussion on domestic violence awareness, prevention, and support. As an advocate for survivors, Shelly will provide valuable insights into recognizing the signs of abuse, available resources, and how we can all contribute to a safer, more supportive community. Whether you or someone you know has been affected by domestic violence or you simply want to be informed, this talk will offer essential knowledge and guidance. Join us for this meaningful conversation and learn how we can work together to break the cycle of abuse.

Feeling Safe in a Naturist Setting 2:00 pm at Old Cheeks Pavilion



Colleen Vigil, a former U.S. Marine and Department of Homeland Security professional, brings a unique perspective to this year's International Women's Day discussion at Cypress Cove. With extensive experience in security and personal safety, she will lead a conversation on "Feeling Safe in a Naturist Setting," addressing the importance of awareness, confidence, and community in fostering a secure environment for women. As naturism continues to grow, ensuring that all participants feel comfortable and empowered is essential. Colleen's insights will provide valuable guidance on navigating naturist spaces with confidence while promoting inclusivity and safety for all.

Women in Naturist Businesses 3:30 pm at Old Cheeks Pavilion



Cori Traynham is the co-owner of Spa Oasis at the Cove, formerly Silver Lining Massage, which she and her husband rebranded to enhance the wellness experience at Cypress Cove. With a passion for holistic health and relaxation, Cori has been dedicated to providing top-tier spa services to the community. In addition to her role as a business owner, she is a licensed attorney in three states, bringing a unique blend of legal expertise and entrepreneurial spirit to everything she does. Her commitment to wellness and professionalism has helped Spa Oasis thrive as a destination for relaxation and rejuvenation.

Women in Naturist Businesses 3:30 pm at Old Cheeks Pavilion



Rebecca Ducham is a retired school social worker from Michigan with a lifelong passion for helping others. Married for 40 years, she and her husband have embraced the nudist lifestyle for over 25 years as proud members of the American Association for Nude Recreation (AANR). Two years ago, they became co-owners of Whispering Oaks Nudist Resort in Michigan, where they continue to foster a welcoming, body-positive community. In addition to her resort management, Rebecca plays a key role in assisting with the RBT Band, which has multiple bookings at Cypress Cove Nudist Resort. Her dedication to both the nudist community and the arts makes her a valued presence wherever she goes.

Women in Naturist Businesses 3:30 pm at Old Cheeks Pavilion



Lynn Sinnott is a strategic executive and naturist business owner with a strong background in leadership, communications, and program development. With a career dedicated to innovation and results-driven management, she has successfully pioneered new ideas and strategies across various industries. As the owner of Homes Au Naturel, Lynn specializes in helping buyers and sellers navigate the purchase and sale of mobile homes within the Cypress Cove community. Her deep understanding of both business and naturism allows her to provide personalized, professional service while supporting the unique lifestyle of Cypress Cove residents.



Dining at Cypress Cove

CHEEKS BAR & GRILL

407-933-3529

A Cypress Cove icon! Located poolside and providing delicious food and drinks all day

Hours:

Breakfast: 8:00 am - 10:30 am

Lunch / Dinner: 11:00 am - 10:00 pm

Bar: 8:00 am - 1:00 am

Specials for Today:

Grilled Chicken Baked Ziti & Garlic Bread - \$14.95

BBQ Burger with Fries - \$15.95
(Onion Rings, Pickled Jalapeño, BBQ Sauce)

Cocktail:

All Woman Everywhere \$9.00

(Ketel One Peach & Orange Vodka, Club Soda, Peach I.O.)

LAKESIDE RESTAURANT

407-933-3588

Reservations Suggested

Lakeside Restaurant blends casual fine dining with elegance and comfort. This International Women's Day, we honor two renowned female chefs by preparing a special dish inspired by their signature recipes.

Specials for International Women's Day:

Beef Tartare \$14.95

Sole Meuniere \$23.95

Hours:

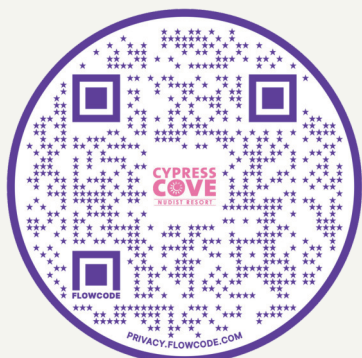
Dining: 5:00 pm - 9:00 pm

Entertainment: 7:00 pm - 11:00 pm

Scuttlebutts Lounge: 5:00 pm - 11:00 pm

Scan the codes below with your phone camera to check out the amazing menus at each of our dining locations!

CHEEKS BAR & GRILL MENU



LAKESIDE RESTAURANT MENU

