



Friday
29th of August 2025

BUSINESS NETWORK CONNECTIONS

Newsletter

Vol. 3

THANK YOU TO OUR SPEAKERS!

August 2025 was packed with great information! If you missed it then you missed out of some fun, engaging, and informational days at BNC! Below is a recap:

August 6th– Marc de Claire with Cookeville Human Fund AND Gears & Giving spoke about the great causes and how donations are making great impacts in the community as well as in the lives of local kids who are struggling with illnesses to forget the illness for the day and be a VIP!

August 13th– Grace Johnson with the PEP Foundation spoke on the different programs they have to help the local school students with anything from hygiene items to food and how giving through them is serving our area kids in need!

August 20rd– Kathy May with Onmi Alternatives gave a wonderful presentation on the benefits of the right vitamins and minerals for our bodies and how everyone's health is like an onion and it takes time to peel back the layers to get the problems resolved. Also she brought samples of Celtic Salt which was wonderful!

August 27th– Round Table discussion on what work/life balance looks like. It was nice to be able to sit and just chat!

IMPORTANT DATES!!

- Last Breakfast BNC Meeting is Sept. 3rd @ 9am at The Doodle
- Last Lunch BNC Meeting at Big Tony's Pizzeria is Sept. 10th.
- First Lunch BNC Meeting at Tavern on the Green will be Sept. 17th

Member Spotlight



Introducing Randy Robbins. Randy is the owner of Fastrak Solutions and a long time member of BNC. He is such a wonderful man who is always willing to help. His wife Melissa has a catering business called The Right Choice Catering and he can often be found assisting her in her catering adventures.

Fastrak Solutions is all about the internet websites! Anything from marketing, website design and management, SEO, plus so much more! If you are needing to get started with a website, marketing, or even some help along the way, Randy is your guy!

Changes to BNC

Breakfast BNC– Since the launch of the Breakfast BNC meeting in June, attendance has been very low. The Board has decided that at this time it would be best to discontinue the Breakfast BNC meetings for now until BNC grows further to having a need for a second meeting.

Lunch BNC– BNC is very thankful for Big Tony's Pizzeria allowing us to use their space, however the pizzeria has grown in popularity for lunch within our community (Yay Big Tony's). It was brought to the Board's attention that hearing the presentations with the busy lunch crowds is difficult, so the Board voted to approve that on September 17th, we will begin meeting at Tavern on the Green for lunch.

UPCOMING EVENTS!

Sept. 1st- 7:30pm-8:30pm

Big Band Sound @ Dogwood Park

Sept. 5th & 6th

Fall Fun Fest on the Square

Sept. 14th - 2:30pm-5:30pm

Gears & Giving @ The River Church- Car show and benefit for 14yr old with leukemia

Sept. 20th- 10am-2pm

Dogapalooza @ Cane Creek Park

Sept. 26th- 6:15pm-10pm

Hip Cookeville Concert Series presents The Prince Experience @ CPAC

Sept. 27th- 6:15pm-10pm

Hip Cookeville Concert Series presents Noise Polution @ CPAC