

News from Crystal Coast Country Club

By Chip Chamberlin

On Monday April 11, The Country Club of the Crystal Coast (CCCC) hosted its first PGA Pro-Ladies Golf Tournament in the club's 38-year history. We had a wonderful turnout. The event started with a buffet breakfast and ended with a buffet lunch. Two teams tied for first place with a score of 1 under par 139, for this best 2 of 4 format. The two teams in the play-off were from Porters Neck Country Club, including PGA Professional Ryan Price and his playing partners Kathy Boyle, Nancy Fisher, and former CCCC member Barb Chambers. The other team was from CCCC, PGA Professional and General Manager Chip Chamberlin and his playing partners Bonnie Ferneau, Linda Smith and Susan Thomas. The play-off went two extra holes, and Bonnie Ferneau knocked in the winning putt on the second green. Low Pro went to "JJ" John Johnson, from Fallen Creek Golf Club, with a 7 over par 77.

CCCC is getting to be well known as a great site for special events—wedding ceremonies and receptions, reunions, business meetings, small parties, big parties,



From left to right: Bonnie Ferneau, Susan Thomas, Linda Smith and Chip Chamberlin, PGA.

little birthdays and big birthdays and tennis and golf events. If 2011 holds a special celebration date for you, our Club's facilities may be available. We encourage you to make your reservations early though, as booking for special events for this year have already surpassed those booked in the last few years combined. Come see us and consider that we might be just the right site for your next celebration.

The warmer weather brings with it a renewed commitment from many of us to get back into exercise and recreation, and what better way to do it than at a fine, local recreation facility. The Country Club of the Crystal Coast has joined with the Town of Pine Knoll Shores to create a Recreation Guest Pass Program. The recreation guest passes are being sold at Town Hall for only \$25, with the proceeds going to fund more town recreation activities. The pass will be good for 2011 and can be used for significant discounts at the CCCC. You can also join a tennis or golf league. Of course, if you are a member of CCCC, you are entitled to participate in any or all of these activities, and you'll pay member pricing. Come see us and get great pricing on golf, tennis, and other fun activities. Also, the day you play golf or tennis, you're a "member-for-the-day" and you can enjoy excellent dining too.

Our golf course is open to the general public on a daily basis. Walk-ons are always welcome. Or become a member and enjoy golf, tennis, swimming and bridge games, as well as great social and special events at very good prices. We are looking for you and your family to join us. Please come and visit us and we'll take you on a personal tour.

Enjoy Life Again.



- Degenerative Discs
- Herniated Discs
- Posterior Facet Syndrome
- Acute Back Pain
- Neck Pain
- Sciatica

Get back to life with Dr. Vettichira's customized SpinaCORE Program

C

Consultation & Diagnostics

O

Optimization of Medical Management

Medications and other modalities.
Epidurals, Nerve Blocks, Facet joint & trigger point injections.

R

Rehabilitation of the Spine

- NON SURGICAL SPINAL DECOMPRESSION
Accu-SPINA®, IDD Therapy®
- Stabilization & strengthening of the Cervical & Lumbar spine, Electrical Stimulation, Ultrasound techniques, Bracing, other Modalities etc.

E

Education & Maintenance

Education, Life-style modification,
Home Exercise program.



Call today for a Consultation with Susan Vettichira, MD

Board Certified Physical Medicine & Rehab Specialist, with additional fellowship training in INTERVENTIONAL SPINE CARE

Carteret Medical Specialists, PLLC • 252.726.4000
New Location: 147 Hestron Plaza, Suite 102, Hwy. 24
Morehead City • www.SpinaCore.com