

Fickle Finger of Fame Award Winner

We all know that rheumatologists do more than count joints—a lot more. The *CRAJ* decided to recognize such activity in the form of an award that will be presented annually. Aptly called the Fickle Finger of Fame Award, it will recognize accomplishments and endeavors outside the practice of medicine. A call was put out for nominations and it has been discovered that rheumatologists are an extremely talented bunch! We will have no trouble finding individuals to recognize in the coming years.

Without further ado,
we are pleased to announce that the inaugural winner of the

2004 Fickle Finger of Fame Award

is Vancouver's

Alfonso Verdejo!

Dr. Verdejo was nominated by Dr. Gunnar Kraag:

I have known Alfonso for 30 years, but it was only in the past several years that I learned of his extra-curricular accomplishments. To say that Alfonso doesn't blow his own horn is an understatement.

In 1996, Alfonso was Saskatchewan's bodybuilding champion in the 50+ age category and has had many successful competitions. I can only surmise that his inspiration came from working with me as a fellow at McMaster University in the 1970s. I don't recall kicking sand in his face at the Hamilton Harbour beach, but he must have noticed my physique and decided there was no way he was going to look like that. Body-building is not an activity that can be done without extreme effort. The discipline required is enormous. Not only is the training arduous, but to actually win and place regularly in competitions is a mammoth achievement. We all know about another famous body-builder's success in California...so don't be surprised if Alfonso becomes the Premier of British Columbia.

But that's not all, folks. Alfonso has made his mark in a second activity! What activity goes hand-in-glove with body-building? You might be thinking wrestling, tossing the caber or weight lifting. However, Alfonso's second extraordinary achievement does not even come close to any strength-related activities that may have come to mind. Alfonso is also an accomplished ballroom dancer! Not the take-a-class-because-your-spouse-decided-it-would-be-a-good-idea type of dancer, but once again, a serious, competitive, committed and successful dancer.

A veritable "twinkle toes."

Alfonso is Arnold Schwarzenegger and Fred Astaire rolled into one! Passion and excellence in both body-building and ballroom dancing make him the inaugural winner of this prestigious award.

Body-building and ballroom dancing at the highest level...just a few of the things your colleagues are doing outside the office. Stay tuned, because there is no end to the talent you will hear about next year.

– Gunnar Kraag, MD, FRCPC