

Delray Forum



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PEOPLE

MORT MAZOR SPECIAL CORRESPONDENT

Lakes of Delray Men's Club installs new board

Lakes of Delray Men's Club members gathered at the Delray Beach Golf Club recently for a luncheon to install its new board and honor community president Milton Weller.

"I am especially pleased we are honoring our esteemed Lakes of Delray president Milton Weller, whose dedication and service has been evident throughout his presidency," said Men's Club newly elected president Ed Sol. "You have put Lakes of Delray at the No. 1 place to live in Florida. Thank you Milt for your kindness, progressive attitude and understanding."

State Sen. Maria L. Sachs read a proclamation from the state recog-

nizing Sol for his "tireless service to the community."

As the luncheon service concluded, Sol invited the "First Lady of Lakes of Delray" Marcia Weller to come to the podium.

"The past eight years at Lakes of Delray have been great, as friends have become family," she said. "We are extremely proud of all that Milt and the board have accomplished in the community."

Sol introduced Milton Weller as "a Brooklyn boy who moved to Lakes of Delray eight years ago with his lovely wife Marcia," he said.

"His accomplishments are too numerous to mention as listed in the program. He loves and en-

joys being president and doing so much for our community. It's Milton's time to be recognized for his outstanding achievements at Lakes of Delray."

Milton Weller thanked the Men's Club for the honor.

"It was my luck to move into Lakes of Delray the day after Hurricane Wilma struck. I didn't know a master board from a POA; a condo association from a HOA, and was bewildered by all the rules—you can park here, but not there. What days can we flush?"

He thanked Stan Sugarman, the first vice president of the Lakes of



GIVING BACK Ed Sol, left, presents an award to Milton Weller, Lakes of Delray Men's Club president, for his work in the community. SUBMITTED PHOTO

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Personal chef adds gluten-free items to her menu

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After six years as a personal chef, Delray Beach resident Shelley Nachum is shifting her focus to gluten-free cooking.

Gluten is a protein found in wheat, rye and barley products that can cause issues in people with autoimmune disorders such as Celiac's disease.

After being diagnosed with Hashimoto's thyroid, an autoimmune disorder, in 2012, Nachum has followed a gluten-free diet. She also cut out dairy, soy and corn — food that is known to cause allergies and other issues.

"I noticed a lot of changes," said Nachum, owner of Short on Thyme. "A lot of people say this is a fad or trend but there's a serious need for this."

While she's done her own research on the subject, she's currently in the final weeks of

a gluten-free training certification offered by the National Foundation for Celiac Awareness, which is geared toward hospitality professionals.

"It's pretty comprehensive," she said. "Between that and my own knowledge, I feel pretty confident."

Nachum said she's prepared to take on clients who need to learn how to readjust their eating due to their illnesses.

"You have to be so careful with this, especially with Celiac's because they could end up in the hospital or die from even a bread crumb," she said. "I really enjoy helping people."

Nachum also asks potential clients about their needs, if they've been tested for any diseases or have been put on an elimination diet to pinpoint



Shelley Nachum

the cause of their symptoms.

She's purchased a separate set of cooking equipment for gluten-free clients and is changing her logo to reflect her new vision.

While she hasn't booked any gluten-free clients yet, she's received interest

through social media and has experience handling the special dietary needs of some of her other clients.

Nachum has cooked for Renaldo Pensa, 87, for more than two years, catering to his special dietary needs. Pensa is on a strict, simple diet that includes limited meat, no spices and sometimes the need for pureeing his food for gastrointestinal and digestive issues.

"I have [Gastroesophageal reflux disease]. That is the reason I cannot eat regular food," the Pompano Beach resident said.

Monthly, Nachum prepares dishes such as fish, pasta, rice and a few legumes that Pensa freezes and heats up when needed.

"I'm used to not having any flavor. It's all right for me," Pensa said. "When you have

this condition, you really don't have a favorite (food). Mainly fish is what I like."

In addition to her new gluten-free menu, Nachum still plans to cook the traditional, nutritious dishes she's built her career on.

"It's my passion, health and nutrition," she said. "It comes naturally to want to help people this way."

Part of that nature includes donating 10 percent of her sales to The Caring Kitchen of C.R.O.S. Ministries in Delray Beach, a tradition she's kept up since opening her business in 2008.

"Being in the food business, I work for people who can afford a personal chef so I decided to give back to people who can't afford to eat," Nachum said. "It's something I can do to help."