

Featured Download

## CyberDefender Anti-Spyware

- Free Spyware Scan
- Removes Viruses, Trojans, Adware, and more
- Blocks Pop-ups and Phishing sites

Download

[www.Cyber-Defender.com](http://www.Cyber-Defender.com)
[Feedback](#)
[Subscribe Now](#) | [Pay Bill](#) | [Place an Ad](#) | [Contact Customer Service](#) | [Contact The Detroit News](#)

 Archive: [Thu](#) | [Fri](#) | [Sat](#) |

[Home](#) [News](#) [Local](#) [Sports](#) [Autos](#) [Business](#) [Entertainment](#) [Lifestyle](#) [Opinion](#) [Classifieds](#)
[Local](#) [Metro/State](#) [Macomb](#) [Oakland](#) [Wayne](#) [Livingston](#) [Schools](#) [Commuting](#) [Michigan History](#) [Obituaries](#)

## Metro and State

[Metro and State RSS Feed](#)
[e-mail headlines](#)

 Print   Email   Comment   Read Comments   Text Size: ◀ A A A ▶   [Save and Share](#)

Wednesday, March 18, 2009

### Recipe for transformation

## Bakery serves up fresh start

Santiago Esparza / The Detroit News

More than baked goods are being created inside a building at Gratiot and McClellan -- a program is under way that participants credit with transforming their lives and helping move them from substance abuse to culinary arts.

The Capuchin Province of St. Joseph brothers -- which has been a fixture on Detroit's east side since 1883 offering everything from substance abuse counseling, free meals and organic gardening -- will open On the Rise Bakery to the public April 26.

A staff of five men and two supervisors make the cookies and breads in the program, which helps those recently released from prison or recovering from substance abuse get their lives on track. The men sell their baked items on Sundays at houses of worship across Metro Detroit.

Advertisement   "I had no idea I would love baking," Wallace Gilbert said last week while rolling dough for a coffee cake. "Now I am thinking about furthering my career in culinary arts."

Gilbert, 31, came to the program six weeks ago while struggling with substance abuse issues. He said the baking has helped him to keep a clear mind.

"It has everything I need," he said. "It makes you able to become a more productive member of society."

The brothers spent more than \$200,000 renovating the space, which they lease from the Detroit Catholic Pastoral Alliance. The funds came from grants, donations and sales of baked goods.

The men used to bake in a house on the city's east side, but moved to the new building in November.

**Dr. Oz Reports:**



[Dr. Oz features all natural anti-aging pill on Oprah](#)  
>> Watch Video

[Will science allow us to live to 125 years of age?](#)  
>> Learn More

[Anti-Oxidants can help increase energy level.](#)  
>> Read More

**LEARN MORE**

[Resveratrol-warnings.com >>](#)

Edward Collins, 60, of Detroit credits the program with turning around his life.

"I came to get something to eat and a bus pass, and I have been baking ever since," Collins said of joining the baking program more than two years ago. "To me it is like a miracle. I wasn't at the bottom of the barrel; I was underneath the barrel."

The men stay in a house owned by the Capuchins, and their bills are covered through the sale of baked goods.

The Capuchins will open a 1,110-square-foot store at the front of the 2,300-square-foot bakery. All profits are pumped back into the bakery.

"The men are who make it happen," Brother Ray Stadmeyer said.

"They are willing to work long hours. The program gives them hope. That is the payoff."

Program participants will live in the home and work at the bakery for two years. They are encouraged to save the minimum wage they earn, Stadmeyer said.

They must work 25 hours a week and attend 15 hours in classes or meetings. The bakers crank out 300 football-sized loaves of bread, 150 sweet-smelling pies, 500 cookies that look like softballs squished flat, 40 jumbo coffee cakes filled with real fruit and 100 each of cinnamon and onion rolls weekly.

Collins, who helps to run the bakery, was incarcerated for more than 30 years for various crimes before joining the Capuchins' program.

"I was able to get a new lease on life," he said.

"It has taught me to live within my means, which is something I could not do."

Monsignor Michael Bugarin of St. Joan of Arc Church in St. Clair Shores said program participants sell their goodies at his church three or four times a

year.

"Every time they are here, it is a sellout event," he said. "The bakery will be a big blessing for them."

One reason for the sellouts is the price of the baked goods. Cookies are \$1, bread costs \$3 per loaf, and cakes and pies are \$6.

The cost is surprising based on how large the items are, the bakers said. But bakery co-manager John Karnicki, 44, said the large size of the baked goods can't be helped.

"When you have men baking, everything is going to be big," said a laughing Karnicki, who has since graduated from the program "Our pinch and dash is a handful of this or that."

*You can reach Santiago Esparza at (313) 222-2127 or [sesparza@detnews.com](mailto:sesparza@detnews.com).*

**Article Tools:** [Print](#) [Email](#) [Comment](#) [Read Comments](#) [Save and Share](#)

**In the blogs ...****Nolan Finley's Blog**

**Nolan Finley:** Hats off to the Wayne County Prosecutor's Office for probing the financial dealings of Arthur Blackwell II, who was until recently the emergency financial manager of ... [Continued](#)

**Living in the D**

**Diana McNary:** Finally. Detroit is getting curbside recycling. It's limited, it's somewhat speculative, but it's still happening. I had first heard about this back in January, ... [Continued](#)

**Detroit After Dark: Melody Baetens**

**Melody Baetens:** Remember 2006? That's when a version of "It Came From Detroit," the rockumentary by James Petix and Sarah Babila first screened at the Detroit Film Theatre. A ... [Continued](#)

**More blogs****MORE IN: METRO AND STATE**

Driver charged in crash that killed White Lake Marine - 03/18/2009

Owners: Smoking ban would hurt bars, eateries - 03/18/2009

Mich. snowmobiling deaths down slightly this winter - 03/18/2009

Mayor Cockrel to Obama: Be my guest at Final Four - 03/18/2009

Judge orders retesting of evidence in quadruple slaying - 03/18/2009

Crowds pack fundraiser for crash victims' families - 03/18/2009

Martha Reeves annoyed by CNN show in suburbs - 03/18/2009

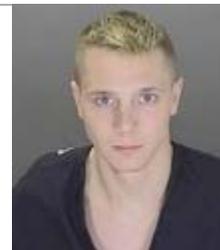
Oakland says Cobo deal sour - 03/18/2009

Mich. Senate: No tax hikes if home values fall - 03/18/2009

Owners fear smoking ban would hurt business - 03/18/2009

Trial moved for Bay City woman in daughter's death - 03/18/2009

Jackson County wants no-hitchhiker signs to hit road - 03/18/2009



## Site Index

|                    |                     |                  |                |                       |                  |             |
|--------------------|---------------------|------------------|----------------|-----------------------|------------------|-------------|
| <b>Essentials:</b> | <b>News:</b>        | <b>Autos:</b>    | <b>Sports:</b> | <b>Entertainment:</b> | <b>Forums:</b>   | <b>Life</b> |
| Home               | Nation/World        | Autos Insider    | Sports         | Entertainment         | Forums Index     | Life        |
| Page One PDF       | Politics/Govt.      | Drive            | Lions/NFL      | Music                 | Lions Talk       | Ho          |
| Sports PDF         | Elections           | Joyrides         | Pistons/NBA    | Calendar              | Wings Talk       | Foc         |
| Weather            | Religion            | Auto Shows       | Red Wings/NHL  | Movies                | Pistons Talk     | Re          |
| Horoscope          | <b>Local/State:</b> | Auto Reviews     | Tigers/MLB     | Movie Finder          | Tigers Talk      | He          |
| Lottery            | Metro/State         | Auto Photos      | Shock/WNBA     | TV Listings           | Ask John Niyo    | Fa          |
| Crossword          | Wayne               | Autos Talk       | MSU            | TV/Radio              | Big Ten Talk     | Far         |
| Sudoku             | Oakland             | Test Drive blog  | U-M            | Restaurants           | News Talk        | Tra         |
| Contact Us         | Macomb              | <b>Business:</b> | More Colleges  | Wine Report           | Autos Talk       | Mic         |
| <b>Multimedia:</b> | Livingston          | Business News    | High Schools   | Celebs                | Faith Talk       | Mic         |
| Photos/Video       | Commuting           | Personal         | Golf           | Performing Arts       | <b>Opinions:</b> | <b>Ot</b>   |
| News Photos        | Schools             | Finance          | Motor Sports   | Puzzles/Games         | Editorials       | Spe         |
| Autos Photos       | Michigan History    | Stocks           | More Sports    |                       | Letter to Editor |             |
| Audio Galleries    | Charlie LeDuff      | Technology       | Scoreboards    |                       | Blogs            |             |
| Video              | Obituaries          |                  |                |                       | Columnists       |             |
| Photo Store        | Death Notices       |                  |                |                       | Cybersurveys     |             |

**DON'T Pay For  
Teeth Whitening!**



[Read Her Story...](#)

**Learn How A Stay  
Mom Got Whiter -  
Less Than \$**

© Copyright 2009 The Detroit News. All rights reserved.

[Terms of Service](#) | [Contact](#) | [Help](#)