



Sheena Salmons decorates the top crust of an apple pie at Bake My Day, the business she and her husband opened in August 2012.

# The Bakery on Main Street

*Sheena and Shane Salmons dish up sweet treats at Bake My Day in Goldendale*

by Jeanie Senior

Sheena and Shane Salmons marked two important milestones in August. The first was their one-year wedding anniversary. Several days later, on August 21, they celebrated a year in business at Bake My Day, the couple's bakery and sandwich shop on Main Street in downtown Goldendale.

The bakery is in a small brick building that has housed a variety of uses through the years: barbecue restaurant, cable office, shoe repair, pizza parlor, flower shop. Customers have told the Salmons that Bake My Day is Goldendale's first

stand-alone bakery in at least 30 years.

Sheena and Shane worked for three months to get the bakery ready. They cleaned and painted, acid-washed the floors, then brought in the kitchen equipment, including ovens and a proofer for raising yeast breads. They furnished the front with display cases, an espresso machine, comfy sofas, tables and chairs. Come winter, there is a pellet stove to add warmth.

"It wasn't at all cheap," Sheena says. "Our ovens are pretty heavy-duty ovens. We had to take the

door apart to get the ovens in here. That was Shane's part."

Sheena grew up in Lincoln, Montana, where she got her first job at a local restaurant as a dishwasher. By age 19, she was managing the business.

But "Montana has a lot of snow and I'm not much of a snow person," says Sheena, who opted to leave 40-below winters behind to attend the Culinary Arts School in Phoenix. "I fell in love with baking. Dessert was always my favorite part."

She worked as a sous chef at a Montana resort, and met Shane a few years ago when they both worked in Phoenix. Shane, whose father was in the Air Force, was born in Utah and subsequently lived in Hawaii, Japan, Germany, Italy, France and Turkey.

Shane got a soccer scholarship to Louisiana State, graduated with a degree in finance and moved to Europe, where he played semi-pro soccer for a German club for several years. Back in the U.S., he worked as a financial adviser, then in management with the Discount Tires chain and later with Costco.

Shane, who Sheena calls meticulous, is the go-to guy for the business. He is a trained barista. He makes deliveries around town when people call and order lunch or a breakfast sandwich. He slices deli meats and cheeses.

Also, "I clean and scrub," he says. "I hate dust, I hate messes. If anything breaks, I fix it."

Most of all, he provides support for Sheena. She says firmly, "He feels like he's not important, but he really is."

After Sheena's parents, Dean and Koko Christianson, moved to Goldendale from Montana five years ago, Sheena and Shane visited several times. Finally, the couple decided to move north.

Now they work six—often seven—days a week.

"It's long hours, but it's definitely worth it,"

Sheena says.

For a baker, "long hours" seems like an understatement. Sheena's days begin at 3 a.m., when she turns on the ovens, the proofer and the fryer and starts baking. Her daily output is impressive: donuts, maple bars, brownies, cupcakes, strudel, turnovers, muffins, sticky buns, cinnamon rolls, several kinds of bread and apple pies.

Everything the bakery sells is made there from scratch—no mixes, no frozen premade items.

"That's what a bakery is," insists Sheena, who hears a customer ask at least once a day, "Do you



**Behind the storefront of Bake My Day lies a plethora of made-from-scratch treats.**

make this here?"

"We started out with basic bakery items, now we're doing custom orders—gluten-free, sugar-free, low carb," she says. "We've also been doing a lot of wedding cakes, cakes for baby showers, birthdays."

Last Thanksgiving, Sheena filled orders for 150 pies.

"This is definitely a pie town," she says.

Shane and Sheena arrived at the business name Bake My Day after much debate. When they started serving sandwiches several months ago, they put a Clint Eastwood sandwich on the menu. It is made with roast beef, ham and a fried egg.

"He likes fried egg on his sandwiches," Sheena says. "We researched him."

In the best of all worlds, the couple says, the legendary actor and director will show up in Goldendale one day to sample the bakery's offerings. That truly would make their day. ■