# Rachel Lydia Rand

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https://dottrombone.com
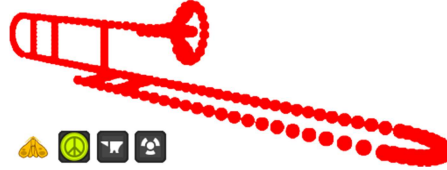
**Enterprise Software Engineer (C# / ASP.NET / PHP / Javascript)**
**Multi-instrumentalist Musician**
**Political Candidate**
**Author**
**Music / Political Blogger (since 1999)**

## Music

**Trombone**, Piano, Bass, SP404 (2023): https://dottrombone.com/music/RMT_Rands_Thing.mp3
**Piano, Keyboard, MC-307 Groovebox (2023):** https://dottrombone.com/music/4a.mp3
**Piano (2023):** https://dottrombone.com/music/RM%20Love.mp3
**Bass**, **Groovebox (2002):** https://dottrombone.com/music/Dirty_Pot_Rachel_Lydia_Rand.mp3
**Chromatic Pennywhistle**, Piano (2023): https://dottrombone.com/music/RM Quality.mp3
**Conga Drums**, Bass, Piano, Groovebox, Trombone (2001):
https://legacy4.dottrombone.com/musicFolder/WhatsWrong.mp3
**Trumpet**, Reason 1 Software (2005):
https://dottrombone.com/music/TrumpetDrums_Rachel_Lydia_Rand.mp3
**Upright Electric Bass**, Trombone, Piano, Drums (2020):
https://legacy4.dottrombone.com/musicFolder/simmer3.mp3
**Upright Electric Bass**, Trombone (2021):
https://legacy4.dottrombone.com/musicFolder/loopMixers/anaLuisa/AnaLuisa.mp3
**Guitar (2018):** https://legacy4.dottrombone.com/musicFolder/incremental.mp3
**Baritone Ukulele (2018):** https://legacy4.dottrombone.com/musicFolder/finale.mp3

**Composing:**

Almost all of the music on my website since 1999 is original improvisations/compositions of mine.  I started more formal "songwriting" in 2018, but I have essentially never included lyrics.  I learned to sing about 25 songs in 2020-2023 by transcribing the chords and melody on the piano using my Dot Trombone Transcriber app and then learning to sing them with all my instruments.  My writing is heavy on politics and not of a lyrical nature (yet), so I prefer to call myself a composer instead of a songwriter.  I do my thing(s).

**Performing:**

I am capable of playing 8 hour, improvised, solo performances.  I am not interested in forming bands with other people.  I would consider one-off session work.  I want to take my music/political show on the road to promote my website.  If that doesn't generate fans, support and money, then I wish to use my non-musical skills to make a living.  I'm not into

the social scene and culture of bands and traditional concert events at all.  I'm very much an artisan worker, although I believe I am a good performer.

**Software Engineering**

**Quatris Healthco / athenahealth:** Wrote and maintained multi-threaded WinForms apps and services to archive millions of medical records daily.  Wrote and maintained ASP.NET Core 3-6 web applications.  Advised a team of 5 analysts on the proper usage of this software.

**Malarkey Roofing Products:** Wrote and maintained a PHP/MySQL web application that supported a sales staff of 50+ people in support of $500M+ annual sales.

**Belle & Wissell:** Wrote the [Conflict Simulator museum app](#), the [Harley Davidson Engine Wall museum app](#), and an app for SAM (Seattle Art Museum).

**Fitwall Fitness Studios:** Coded iPad apps that collected heartrate information from the clients at 16 stations in their studios during their 40 minute classes.  Coded their "Big Screen" app (iPad mini) that displayed the heartrate information for the class in real time and cued the move changes in the program.  The iPad apps and the Big Screen app were time synced showing synchronized looping video of the workout moves.

**Arduino Projects:** My Arduino code is running in at least one licensed electric car on the road and I've coded one industrial machine with Arduino controlling stepper motors.  Both projects connected with Android phones and tablets using Bluetooth and USB.

**Learning.com:** Coded the prototype framework for the first Learning.com app.  Coded and maintained EasyTech lessons.

**Fablevision:** Coded the Aha! Math series of games (with 3-4 other developers).  Coded the Sid the Science Kid website and website games (with 1 other developer).

**Apps I publish:**
> [https://legacy4.dottrombone.com/apps](https://legacy4.dottrombone.com/apps)
> [https://dottrombone.com](https://dottrombone.com) (look in the Apps section)

**Collision Detection:**
> [https://dottrombone.com](https://dottrombone.com) (look in the Code section)
> [https://dottrombone.com/assets/js/collisionDetection.js](https://dottrombone.com/assets/js/collisionDetection.js)

**Servers:**
> I've been running an onsite Ubuntu server since 2014.  I've been running an onsite Microsoft Server Essentials 2019 machine since 2022 and used it as my email server for a year.

**Software Engineering Employment:**
> I still love coding software and I've got excellent coding skills, experience and mindset.  At this point in my career, I'm not willing to accept just any software coding job.  I would literally work in fast food than code on a project that I don't believe in.  And coding 40 hours a week is too strenuous for me.

**Author**

**Melodic Jazz Transcriptions** *by Rachel Lydia Rand* **(1992): on [Dot Trombone](#)**
**in||on:** *the autobiography of Rachel Lydia Rand* **(2018): on [Kindle](#)**
**The Log:** *Gender Transition and Career Revitalization in my 50's* **(2020-2023): on [Kindle](#)**
**Ridiculous:** *The Politics of Delusional Programming* **(2024): on [Kindle](#)**

**Politics**

My political site: **https://dottrombone.com/politics**

I ran for US Representative in Portland Oregon (congressional district 3) in 2018, 2020 and 2024:
**https://ballotpedia.org/Oregon's_3rd_Congressional_District**

Here are the two main videos that were made of my politics in the 2024 election:
KATU 2 (ABC) Know Your Candidates 2024: Rachel Lydia Rand
https://www.katu.com/news/know-your-candidates/rachel-lydia-rand-d-congress-district-3

Watch this video hosted by The League of Women Voters to see how I perform in a candidate forum:
https://www.youtube.com/watch?v=OOoS39CTEOw

Future Campaigning:

I declared that I am running for president in 2028 on my website when the May21st 2024 Primary results came in.  Doing an improvised solo music/politics performing tour in a motorhome is the thing that I want to do the most.

**My YouTube Channel**

**https://www.youtube.com/@RachelLydiaRand**

**Education**

Wilson High School, Portland Oregon:

Instructors: Thara Memory, Jack Quinby, Greg McKelvey, Marc Wolters

Berklee College of Music:

Instructors: Tom Plesk, Jeff Putterman

Other Trombone Instructors: Howard Lamb

Software Engineering:

I am essentially self-taught as a software engineer/developer/architect.  I spent 2004 writing video game engines on paper using trigonometry while living on the streets and then continued writing software on paper for several years after getting off of the streets.

Self-Education:

I have extensive self-education in many different fields.  I have essentially been doing 6 hours/day of self-education for 40 years, usually starting my days at 4am by playing music and meditating.

**Awards and Accomplishments**

**Nomination to the McDonald's All American High School Band** 1988
**Best Overall Trombonist**, MusicFest USA 1989
Scholarship to Berklee College of Music 1989
**Commendation for Honor Recruit, US Navy, San Diego Basic Training** 1993
**Trombone Instrumentalist, US Navy** (featured soloist from day one) 1992-1996, 1997-2000
Trombonist, Memphis Jazz Orchestra 1993-1996
**Commendation from Admiral J.P. Reason** for Improvised Trombone Performance (1999-04-28)

Rachel Lydia Rand

**Skills Keywords:**

Trombone, Bass, Piano, Chromatic Pennywhistle, Drum Set, Hand Percussion, Double Bass, Upright Electric Bass, Trumpet, Guitar, Baritone Ukulele , Roland MC-307 Groovebox, Cakewalk, Sonar, Finale, WAMP, MySQL, Microsoft T-SQL, Stored Procedures, C#.NET Reflection, C#.NET Tasks, Microsoft Services, ASP.NET Core, Objective C (one project in 2011), Adobe AIR, PHP, Laravel, 660 Curries, Visual Studio 2008 Standard, Visual Basic, VBA, Excel, Word, Adobe Photoshop, Adobe Acrobat Pro, Ubuntu Server, Microsoft Server, RDP, Arduino, Custom Protocol Programming, Collision Detection, Trigonometry, Linear Algebra (to make a visual pinball tablet app), GIT Fork, hMailServer, 10-Key, Synthesizer Coding (coding synthesizers from scratch), web developer, Java (just a little Android programming),  Python/Flask/Postgres SQL (just a little Python web programming), windows GUI programming (I essentially coded a windows GUI twice in the 2000's [see the Dot Trombone App]), Composer, Author, Researcher, Political Candidate, Museum Apps, Bluetooth Programming, C# FTP Programming, HVAC Copper Pipefitting, Basic Carpentry, Zen Guru, Meditation, Yoga, Programmer/Analyst (seems like a reasonable combination of my skills), Bicycling, Bicycle Mechanic