

## PREPARING FOR NEVADA GRAND ASSEMBLY

### When should I begin to prepare for Grand Assembly?

Preparations for Grand Assembly 2019 begin the day after our 2018 Grand Assembly Sessions end – for the Grand Assembly Committee, the Adult Leadership Team, and the Grand Officers.

### Memory Work:

Grand Officers are expected to be word perfect in the presentation of their memory work during Grand Assembly, giving particular attention to ritualistic parts, which are well known to many of those in attendance. Immediately following Grand Assembly, each Grand Officer should have memorized (word perfect) the ritualistic work for her current appointment. This will ensure she is prepared to perform her duties as a Grand Officer and to fill in at her station throughout the year.

Grand Officers may be asked by the Supreme Officer to participate in other Grand Assembly ceremonies, such as the Pledge Ceremony and Majority. These parts should be memorized as soon as the assignments are made by the Supreme Officer.

Grand Lecturer, Grand Editor, Grand Bow Officers, Grand Flag Bearers, Grand Representatives and others who have special speeches, reports and tributes must have their remarks approved and memorized. (The requirements for these speeches and the submission deadlines are included in the Deadlines and Duties sections of the Grand Officer Handbook.) While these messages are not ritualistic, and therefore do not need to be memorized word perfect, Grand Officers are strongly encouraged to make a concerted effort to do so. It can be very difficult for the Pages to prompt girls who are not proficient in their work.

Grand Assembly often generates feelings of anxiety and fear, especially when speeches must be given from memory. Being well prepared can alleviate these feelings!

Grand Officers should never introduce themselves during Grand Assembly. If presenters are to be introduced, that will be done by the Grand Worthy Advisor or the Presiding Officer.

Prior to Grand Assembly, each Grand Officer must prove her memory work to her Assembly. Grand Officers have several opportunities to accomplish this, including Grand Officer Practice Day and regular Assembly meetings. **Grand Officers who have not proven their memory work prior to Grand Assembly will not fill their offices at Grand Assembly. NO EXCEPTIONS!** Grand Officers have an entire year to demonstrate their work. There is no excuse for not doing so prior to Grand Assembly.

### Build a Grandie Program:

The Build a Grandie program is intended to help Grand Officers prepare themselves for Grand Assembly during the Grand year, rather than waiting until the weeks or days before Grand Assembly. Through this program Grand Officers should have completed the following during the Summer and Fall terms: business cards, mascots, Grand Officer Jacket (if desired), and Trailer (and if applicable, Page) sash. Items to be completed prior to Grand Assembly, generally during the Spring term, include: pantaloons (and shift, if necessary) for the Pantaloon Parade, and costumes for reports, presentations, and protest.

### Grand Assembly music selections:

Grand Officers who are responsible for music for an escort, presentation, retiring march, etc., are encouraged to listen to and read the words of songs, paying close attention to the Rainbow appropriateness of each selection. While lots of popular songs are fun to listen to, the lyrics may

not be appropriate for Rainbow. If the songs thought to be Rainbow appropriate, the Grand Officers responsible for making the selections are to provide the songs (including the title, artist, version, and lyrics) to the DGAM prior to finalizing the selection. **The DGAM has final approval authority** for all music played during Grand Assembly. This is not negotiable.

#### What is worn and when during Grand Assembly?

- Pants may not be worn in the Grand Assembly room, by either Rainbow members or female adults, beginning with Saturday morning's practice!
- Each Grand Officer's dress will be ready to wear PRIOR to her arrival at Grand Assembly, which simply means Grand Officers need to have met their fitting schedule with the Grand Dressmaker. The Grand Officer dresses ARE A SECRET, which is a longstanding Nevada tradition. PLEASE, KEEP IT THAT WAY!!
- Hairpieces are worn by Grand Officers at all times beginning with Friday's practice, except during the Grandie Party and Fun Night, which are appropriate occasions to let one's hair down (literally).
- Grand Officers will wear shifts, nylons, pantaloons, appropriate shoes, hoops, hairpieces, and hair bows to all practices (beginning on Friday afternoon). Because shifts will be worn for long periods of time, they should be made in a comfortable style. Mini-skirts and crop-tops are not acceptable; a cut-out back, provided appropriate undergarments are worn (and not seen), is acceptable.

Ankle-length pantaloons must be worn under Grand Officer dresses at all times. Pantaloons should cover the ankles, but not drag on the floor or ruffle over the top of one's shoes. Grand Officers often enhance one pair of pantaloons, or make a special pair, to wear during the Grand Officers' Pantaloon Parade (contest). *Because pantaloons are undergarments, a clean pair should be worn each day!!!*

Shoes are to be CLEAN, white, approved (Grand Officer) shoes, which have been "broken-in" prior to Grand Assembly. Grand Officers must wear nylons during Grand Assembly, either knee highs or pantyhose, whichever is most comfortable for the Grand Officer.

Hoops are worn during practices to assist with spacing during floor work.

- Jewelry at Grand Assembly is limited to Grand Officer pin/s, ONE small pair of stud-type earrings, and one small ring per hand. Watches, necklaces, bracelets, and facial piercings may not be worn. (Exception: Medical Alert bracelets ARE allowed and should be worn at all times!) Tongue piercings must be in a neutral color and not interfere with one's speaking ability. Masters of the Grand Cross should wear their Grand Cross to all practices and all Grand Assembly Sessions.

Below is a sample packing list for Grand Assembly. Please note, what should be worn or brought to each practice/event/session is noted; however, it may not be necessary to pack multiple sets of clothes for each event occurring on a single day.

## GRAND ASSEMBLY SAMPLE PACKING LIST

Friday	Upon Arrival	Hair piece must be worn (no hair bows today, please) Medical Releases for Grand Deputy Dressed mascot and pantaloons for display
	Official Photo	Long-line bra (recommended); Grand Officer shoes; nylons; hoop Grand Officer pins; Grand Cross (if a Master)
	Drill Practice	Shift; nylons; pantaloons; comfortable (and tennis shoes) may be worn
	Grandie Party	Casual clothes (walking shorts, jeans); comfy shoes; no hair piece required Secret Sister/Big-Little gift
	Bedtime	Printed copy of Grand Assembly schedule PJs; toiletries/cosmetics
Saturday	Practice	Shift; nylons; pantaloons; Grand Officer shoes; GO sweatshirt hairpiece; hair Bow; Grand Cross (if Master); hoop
	Fun Night	Rainbow casual; no hair piece required
Sunday	Vespers	Short dress; nylons; appropriate shoes Hair piece (worn all day); Grand Cross (if Master)
	Participant	Pastel colored short dress; white shoes
	Grand Cross	Short or long dress of your choice (not a shift!) Grand Cross of Color Card
	Participant Recipient	Pastel colored short dress; white shoes (robes will be provided for Bread Servers) Rainbow appropriate formal and shoes
Monday	Sessions	Shift, long-line bra (recommended); nylons; pantaloons; Grand Officer shoes hair piece (worn all day); Grand Cross (if Master); hoop Costumes, as needed, for reports/speeches
	Lunch/Dinner	Apron/s
	Protest	Protest costume; gifts for new Grand Officer/s
Tuesday	Session	Shift, long-line bra (recommended); nylons; pantaloons; Grand Officer shoes hair piece (worn all day); Grand Cross (if Master); Hoop costumes, as needed, for reports/speeches
	Installation	Rainbow appropriate formal; <i>not this year's GO dress!</i> hair bow; hoop; Grand Officer shoes
	Travel	Rainbow appropriate travel clothes
Grand Officer Necessities		Extra nylons Hair gel; hair spray; bobby pins Band-Aids; moleskin (for blisters) Feminine hygiene products (always, just in case...) Snacks (healthy!)

### Time management:

For Grand Officers (and the Adult Leadership Team), Grand Assembly is a whirlwind of activity – between practices, fun events, Assembly events, Sessions, and a few hours of sleep. In order to get all of the work accomplished and enjoy the fun, it is imperative that everyone be mindful of the limited time available for each activity.

A successful Grand Assembly requires the respect, support, and enthusiasm of all Nevada Rainbow girls, especially the Grand Officers. Therefore, Grand Officers are expected to:

- **Respect** each other and all of the adult workers by being on time (or early) to practices and Sessions. On time at Grand Assembly means being in line, ready to go (and quiet) 15 minutes prior to the scheduled start time. Additionally, be respectful during practice by sitting up straight and paying close attention to the entire practice. Information is shared during practice that may be beneficial in the future – when filling in for a local assembly or perhaps during a future Grand appointment. If questions or confusion arise, ask for clarification. Others may be equally confused.
- **Kindness** is essential throughout the year, and especially during Grand Assembly. Girls and adults often experience a range of emotions and expectations, sometimes struggling to work through moments of frustration and disappointment when things may not go as planned or practiced. Please grant girls and adults the gift of grace by allowing them time and space to work through this, without additional judgement or harsh words – in person, to another person, or on social media.
- **Support** each other by accommodating, within reason, the needs of others. Share space in the Grandie dressing room and rest rooms, etc. Clean up any mess you make and help those around you do the same.
- **Energize** each other by ensuring everyone get plenty of rest, drinks lots of water, and eats healthy meals. Consuming excessive amounts of candy and soda and surviving on two or three hours of sleep each night will not make this a very pleasant experience! Please remember and be respectful of the “Energy” drink ban (not allowed) at all Rainbow events!
- **Make a daily** shower schedule so everyone in your room showers EVERY day (and not just at Grand but every day of one’s life!!) and then stick to it. Procrastination (or hitting the snooze button just one more time) will not work if everyone in the room is to get showered -- and not showering is not an option -- eww!! **Posting** the shower schedule for each room eliminates the need for further negotiation.