Minutes 114th GMA

Monday the 22nd of June, 2026

STUDY ASSOCIATION STRESS

Decisions

The following decisions were made during the 114th GMA of Study Association Stress:

- **Approval of minutes of previous GMAs**
  - The minutes of the 113$^{\text{th}}$ GMA, held on Thursday, the 19$^{\text{th}}$ of February 2026, are approved.
- **Updates GMA Committees – Standardised Policy Committee**
  - The candidate board will write their policy using the document.
- **Updates GMA Committees – Social Safety Committee**
  - The CCPs may be presented during the Kick-in, including the CCP who could not yet attend the training.
- **Honorary Member Proposal**
  - The Honorary Member Proposal is accepted, including a budget of 100 €.
- **Letter Coffee Policy**
  - The GMA votes **not** in favour of the JDE Favorite Deal.
- **End of Year Report**
  - Statistics on the visibility of summaries (visits per course) are added to the report.
  - There will be a Stress trip next year, initiating the three-year plan.
- **Financial Report 2025–2026**
  - A bank balance/cash flow table is added to the preface of the budget explanation.
  - The office chairs do not need to be depreciated.
  - The depreciation of the computer screens, as decided at the 113$^{\text{th}}$ GMA, is reflected in the table.

Attendance List

Name	Initials	Function	Arrival	Departure
Lennard Köhne	LK	Secretary & PR 51st Board	18:51	23:51
Joost Op 't Veld	JO	Treasurer 51st Board	18:51	23:51
Maud Punte	MP	Internal Affairs 51st Board	18:51	23:51
Tristan Ettema	TE	External Affairs 51st Board	18:51	23:51
Kirvy Avila	KA	Educational Affairs 51st Board	18:51	23:51
Hugo Lubbers	HL	Secretary 47th Board	17:47	23:47
Chris van den Heuvel	CH	Secretary & Internal Affairs 48th Board	18:48	19:48
Roel ten Broek	RB	Treasurer & PR 48th Board	18:48	23:48
Ramon Groenewoud	RG	Chairman 49th Board	19:25	23:10
Tijn Jan Kooi	TK	Secretary & Internal Affairs 49th Board	18:49	23:24
Anne Hoogeveen	AH	Treasurer 49th Board	18:49	23:34
Lex de Jager	LJ	Chairman 50th Board	18:50	23:50
Job Visscher	JV	Secretary & External Affairs 50th Board	18:50	23:50
Lennart Hendriksen	LH	Treasurer & PR 50th Board	18:50	23:50
Ivo Naastepad	IN	Internal Affairs & Educational Affairs 50th Board	18:50	23:50
Jurre Spruijt	JS	Chair 52nd Candidate Board	19:05	23:11
Sebastiaan de Brouwer	SD	Secretary 52nd Candidate Board	18:52	23:12
Gershom van der Sluis	GS	Treasurer 52nd Candidate Board	19:53	23:10
Camiel de Jager	CJ	Internal Affairs & PR 52nd Candidate Board	18:52	22:33
Sarah Burdett	SB	External Affairs 52nd Candidate Board	18:52	23:10
Siem Jacobs	SJ	Educational Affairs 52nd Candidate Board	18:52	23:52
Anna Molteni	AM		19:00	23:23
Bogdan Maier	BM		19:00	23:21
Iris Maria Balotă	IB		19:00	23:23
Kiki van den Oever	KO		19:00	23:23
Krzysztof Tomczak	KT		19:00	23:33
Lonneke Nijenhuis	LN		19:00	23:23
Ruth Slappendel	RS		19:05	23:30
Nele Hake	NH		19:00	23:25

Endorsements

Name	Endorsed By
Anna Molteni	Jad Shannak
Anne Hoogeveen	Renee Seuntiens
Gershom van der Sluis	Leon Wagenaar
Iris Maria Balotă	Natalia Bielecka
Job Visscher	Nienke Hamster
Joost Peter Olivier Op ’t Veld	Britt Kester
Jurre Spruijt	Lydia Mak
Kiki van den Oever	Arel Ozchelebi
Kirvy Avila	Maud Willemsen
Krzysztof Tomczak	Martina Monclús
Lennard Köhne	Robbe Heusinkveld
Lennart Hendriksen	Stef Hendriksen
Lex de Jager	Stijn Dollenkamp
Maud Punte	Kris Savonije
Ramon Groenewoud	Mika Hoekstra
Roel ten Broek	Monique Willems
Sarah Burdett	Wessel Roeten
Sebastiaan David de Brouwer	Babette de Brouwer
Siem Jacobs	Ruvinya Weerakoon
Tristan Jari Ettema	Sanne Rams

Agenda

Agenda points: For Discussion (D), For Voting (V) To Inform (I), General point (G)

Organizational points:

1. Opening	G
2. Determining the Agenda	G
3. Announcements	G
4. Documents Received	G
5. Approval Minutes of Previous GMAs	V
a. 113th GMA, held on Thursday, the 19th of February 2026	

Discussion Points:

6. Updates GMA Committees	
a. WBTR Compliance Committee	D
b. Standardized Policy Committee	
c. Social Safety Committee	
7. Letter from the 52nd Candidate Board	D
8. Letter Coffee Policy	D, V
9. Honorary Member Proposal	V

Reports Board 2025-2026:

10. End of Year Report	I
11. Financial Report 2025-2026	I
a. Budget Explanation	
b. Budget	

Closure:

12. Question Round	G
13. Closure	G

Minutes

1. Opening

GMA opened at 19:17

2. Determining Agenda

CH would like to move the honorary member proposal earlier in the agenda. **LK** accepts this change and moves the proposal to agenda point 7.

3. Announcements

JO mentions that Roy Koers is absent with notice **LK** mentions that Natalia is absent due to personal reasons therefore he is chairing the GMA and **JO** is acting as secretary. **LK** apologises for spelling mistakes that were in the agenda.

4. Documents received

- Standardized Policy Draft – Agenda Point 7
- Letter from the 52$^{\text{nd}}$ Candidate Board – Agenda Point 8
- Letter regarding the Coffee Policy – Agenda Point 9
- Honorary Member Proposal – Agenda Point 6

5. Approval of minutes of previous GMAs

5.1 Decisions

- The minutes of the 113th GMA, held on Thursday, the 19th of February 2026 are approved.

5.1.1 Additional information

6. Updates GMA Committees

6.1 WBTR Compliance Committee

6.1.1 Additional information

JV WBTR committee is almost done; by-laws are at the notary and will be presented at the Change GMA. The changed bylaws do go into effect later than the mandatory deadline; however, this is not a problem.

6.2 Standardised Policy Committee

6.2.1 Decisions

- The candidate board will write their policy using the document.

6.2.2 Additional information

LJ mentions that the changes proposed at the 113$^{\text{th}}$ GMA have been implemented in the new version. **LJ** asks the GMA if the document is complete enough to start using it. **JV** asks if this has to officially be approved and when this will happen. **LJ** would be in favour of doing this now, in order to let the candidate board use the document for writing their policy. **LK** asks if the GMA requires a vote on this document, this is not the case.

6.3 Social Safety Committee

6.3.1 Decisions

- The CCPs may be presented during the Kick-in, including the CCP who has not yet been able to attend the training.

6.3.2 Additional information

RB one of the CCP's has taken the Training now. However one could not attend, question is if they can be presented as CCPs during the Kick-in. The GMA agrees that they can be presented.

7. Honorary Member Proposal

7.1 Decisions

- The Honorary Member Proposal is accepted including a budget of 100 €

7.2 Additional information

CH mentions that Timo does a lot more then what he needs to for Stress and therefore thinks the Honorary Member role fits him well. **CH** also asks for some budget for a gift and some cake in the Stress room for this reveal. **JO** counts 46 votes in favour therefore this is accepted.

8. Letter from the 52nd Candidate Board

8.1 Additional information

JS clarifies the contents of the letter by explaining a part-time board and how this differs from an ad-interim board making clear that they are a part-time board. **JS** mentions that committees may not be guided by a board member. **JS** says that the board will focus on quality over quantity. **JS** mentions that more concrete plans will be included in their policy in september.

9. Letter Coffee Policy

9.1 Decisions

- The GMA votes **not** in favour of the JDE Favorite Deal.

9.2 Additional information

LK introduces the perceived problem with the current coffee machine. **LK** mentions that costs would increase as more people drink coffee. **LK** explains and clarifies the options of the JDE offer presented. **HL** mentions a concern about the throughput time of a bean machine. **LK** mentions that this is a downside; however, it is worth it for bean coffee. **IN** mentions that he does not agree with an increase in yearly costs of 1000 € if there is currently a working machine in the room. **HL** asks what other ideas there are for spending money, considering equity decrease requirements, if the money is not spent on this. **AH** would like to keep half of the current machine for Tea and large events. **JV** mentions that the increase in coffee consumption should not be underestimated. **GS** asks why we are not partnering with a local company. **LK** mentions that these usually cannot compete with a conglomerate like JDE. **HL** proposes to Vote on the Favourite deal; however, with the note that a no might not necessarily mean that we dont go through with it, but we need more information before making a decision. **JO** counts 21 in favour, 21 against, and 9 blank; therefore, the deal will not be taken. **JO** mentions that we will come back at the Change GMA with a better overview.

10. End of Year Report

10.1 Actions Points

- Reflect on the budgeting with Upper Bounds

10.2 Decisions

- Add statistics on the visibility of summaries (visits per course)
- There will be a Stress trip next year, with which the three-year plan is initiated.

10.3 General

10.3.1 Additional Information

HL asks if the recommendations for the candidate board are meant as recommendations for a part-time board or for what Stress should do in general. **LK** mentions that they are free to choose which recommendations to follow. **RG** retorts that the Board has experience with how much effort fulfilling recommendations can take; therefore, the Board should narrow down the recommendations.

10.4 Educational Affairs

10.4.1 Additional information

LJ asks for figures on how often the summaries are downloaded. **LK** mentions that this is not possible. **IN** mentions that there were figures on summary site visits presented for the mid-year GMA; these should be updated to show the visibility of summaries. **SJ** mentions that summaries are shared amongst students; therefore, statistics do not capture the full picture of the usage.

10.5 Internal Affairs

10.5.1 Additional information

SD doesn't agree with decreasing the KIDS budget, as the KIDS committee expects to spend their entire budget this year. **LJ** asks if the Stress band should get their own budget to increase the chances of playing at events rather than relying on committee budgets. **JV** mentions that having the Stress band play is more of a board decision than a band or committee decision, as it is so expensive. **CJ** mentions that this could then be put under the board budget. **HL** mentions that it is not a big deal if a committee goes over budget, especially if they do something special, such as letting the Stress Band perform. **JO** mentions that that is what the upper bound is for. **JV** mentions that there is not really an issue here and that the Stress band not playing this year was more of an issue of changes within the band. **LJ** is not in favour of the three-year plan presented for the Stress trip; he would like to see a trip every year but thinks that the committee should start organising the trip in Q4 in order to start promotion in early Q1. **CJ** mentions that the three-year plan should be initiated with a stress trip next year. **JO** concludes that there will be a stress trip next year. **RG** is worried about the decrease in active Dutch students, as these students are most likely to take a board year, and is concerned that this is not presented as a problem. **MP** mentions that she sees this problem but does not have a solution at the moment. **JO** says that the influx of students has also decreased, explaining the decrease. **HL** does not see it as a problem. **LJ** mentions the importance of the active member training sessions to familiarise new active members with the working methods of Stress. **MP** says that this could also be done in the first committee meeting. **RS** proposes to organise trainings for new active members during the lunch break, not necessarily all at the same time. **HL** wants to make these trainings mandatory. **HL** does not see anything that stands out as unfair regarding the committee compensation. **IN** does not agree with cancelling the second piece of kids' clothing

10.6 Public Relations

10.6.1 Additional information

LJ would like to see the statistics in a table rather than in the text, especially for the year-over-year comparison.

10.7 External Affairs

10.7.1 Additional information

RG would like to see an overview of the attendance at external events. **JV** We would like to see statistics on how many people in total were reached through external events, as this could then be compared year over year. **JV** mentions that a maximum of 25% Dutch events, or two events per module, was set during the last year and is wondering how many Dutch events were held this year. **TE** Mentions that all events were in English. **JV** would like to see this in the report. **RG** asks if there are external events and income planned for the start of the next academic year. **TE** answers is that this is the case and he could provide an estimation. However, he would like to present full numbers during the change GMA. **JV** asks for the figure of what is spent on external events to be included in the report.

10.8 International Affairs

10.9 Alumni Relations

10.10 ICT

10.10.1 Additional information

LJ would like to see the goal of the PPP redefined, what exactly **HL** asks if the board will still have time to rearrange the SSS during the summer. **JO** mentions that this is unrealistic. **LK** mentions that this will not be done.

10.11 Other Plans

10.11.1 Additional information

RG Ramon reflects that the "How To GMA session" was a success, with first-years attending it. However, he does not recommend that this be done before the Change GMA but again for the mid-year.

10.12 Appendix

10.12.1 Additional information

JV would like to see a revised version of the OGSM with completed goals added.

11. Financial Report 2025–2026

11.1 Decisions

- Add a bank balance/cash flow table to the preface of the budget explanation.
- The GMA agrees that the office chairs do not need to be depreciated.

- The depreciation of the computer screens, as decided at the 113th GMA, is reflected in the table.

11.2 General

HL misses the equity decrease table, which is normally located in the preface. Even if there is now a different requirement for decreasing equity, the table could still provide a nice overview. **LJ** mentions that, as the goal shifts from equity to cash flow, the preface of the budget explanation should be redesigned to show the cash flow or bank balance on 31 August. As this is in the balance sheet, this could be added to this document. **HL** He mentions that the 60,000 is the number that is important for the GMA, as it is important to know whether it is easily reached or not. **RB** would also like to see how easily it was reached, if it was reached by spending a large sum last minute or just throughout the year. **JO** mentions that a cash flow for every quarter could be included, but he thinks that does not provide that much value. He is in favour of adding a table with the balance that the board ends up with, which will then be updated yearly. The yearly cash flow should be shown in a second column of his table. **HL** Agrees.

11.3 Administrative Costs

LH mentions that there were more than three audit committee meetings

11.4 Organisational Costs

RG asks if the office chairs should be depreciated. **RB** mentions that this is not required. **RG** asks why so much stuff went over the date for the SSS. **LK** mentions that snacks were purchased and then left in the boekenhok. They say that they did not expect the best-before date for candy to be so short at times. Furthermore, income was lost due to the crashing of the old snack system. However, nothing was thrown away, and all snacks that went over a date provided value to the members. **RG** asks if The Economist is still Job's fault. **JO** confirms this. **LH** asks if the postal charges are for the Constitution cards, Christmas cards, and Parents' Day invitations. **JO** mentions the Parents' Day postal charges are not represented here. **RG** asks why committee clothing went over budget. **JO** mentions that it's hard to estimate the number of active members, so going over budget by €85, corresponding to 4 additional pieces of clothing, was a good estimation.

11.5 Activity Costs

RG asks if the Ginza event is now also standard, like the Christmas dinner. **JO** mentions this is a nice event that fills easily and is easily organized and therefore he thinks so. **RB** mentions that it is an easy event to organize, especially with a part-time board next year.

11.6 Other Costs

RG Mentions in the minutes of the last GMA, the decision was made for the computer screens to be depreciated; however, it is not reflected in the table. **JO** agrees

11.7 Income

11.8 Organisational Income

11.9 Summary

RG asks how the summary has changed from a 9,000 € estimated decrease to a 9,000 € estimated profit. **JO** mentions this is a result of the study spaces being depreciated while the income is counted as income for this year. This accounts for 6,000 € of this increase. However, the rest is due to KIDS, WisCie, and Congress being under budget. **RG** as if there were any efforts made to decrease this. **LK** Mentions that the board is aiming for zero instead of a decrease of €7,000, which changes the image. **LJ** agrees that this changes the image; however, he would like to see this reflected in the preface.

12. Question Round

Questions are asked unrelated to the topics discussed.

13. Closure

GMA closed at 23:33