

May Issue 2026

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[Days of the year - 29th May – World Everest Day](#)

Breaking News

U3A Online introduces in May a new Group/Partner membership to make it easier for U3As and their members to access and participate in courses and events.

Under this model, when a U3A becomes a Group member of U3A Online, all that U3A's own members can access U3A Online through their existing member portal. For more information go to U3A Online by clicking [U3A Online Inc.](#)

Canberra Forums in 2026 now available

Recordings of the popular [Canberra Forums](#) series, zoomed by U3A Canberra, are again available to U3A Online members. Each virtual presentation is followed by some Q&A with attendees. Online members can watch as many sessions as they like or can re-watch to pick up details and references. Think of Lowy Institute Public Events or the National Press Club Address – informal and digging deep for expert opinion – for U3A. Notice of real time transmission of Canberra Forums and of Canberra Friday Conversations is also given on the Online website [U3A Online Inc.](#) Again, Online members can attend the real time meetings, before recordings of these appear on the Online syllabus.

COTA hosts Aged Care reform seminars

The Aged Care reforms introduced last year are significant but still confusing to some people. COTA and the Older Persons Advocacy Network are hosting 3 webinars in May and June to give answers to the most frequent questions asked by lay people like GEMS readers. [Click here](#) for more information and to register.

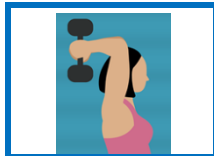


National Volunteer Week

[National Volunteer Week](#) is Australia's largest annual celebration of volunteering. This year's week is from 18th to 24th May. It recognises the contribution of millions of volunteers across the country. See the link above for more information.

◀ A Closed Mind Gathers No Thought ▶

Below are links to brief, readable research summaries published in the last 30 days, which may help to improve your quality of life. (NB If you read only the first and last paragraphs of each research report you'll normally get the key take-away message).



Physical Health

- [This one change to your exercise routine could add years to your life](#)
- [Closing your eyes doesn't actually help you hear any better](#)
- [Staying active in the cold: tips and strategies to stay warm](#)



Emotional Health

- [Why we need to take love seriously](#)
- [How to stop falling for the wrong things](#)
- [Nature gets you out of your head](#)



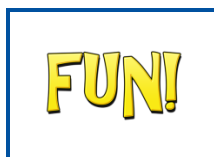
Social Health

- [Is our idea of well-being too small?](#)
- [Why workplace dynamics matter](#)
- [The decline of daily language](#)



Intellectual Health

- [The fluffy fossil that finally showed the world that birds are dinosaurs](#)
- [Scientists just found the Milky Way's edge and it's closer than expected](#)
- [Dragonflies can see a colour that humans can't and it could change medicine](#)



Fun

- [What math toys should toddlers have?](#)
- [Easy exercise – video](#)
- [Amazing – Emperor penguin chicks jump off 50-foot cliff in Antarctica - video](#)



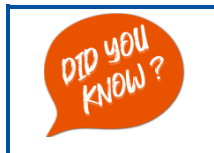
Technical (Thanks to *Ask Leo and Bob Rankin*)

- [How two-factor authentication works and why you need it right now](#)
- [My computer has started to shut down randomly. Could it be the fan?](#)
- [How to trace and report a scammy email](#)
- [Turbo charge your Internet](#)



Security (Thanks to *Scambusters*)

- [Friend requests – Are they opening doors to scams?](#)
- [Click the comments: harmless trend or hidden scam?](#)
- [Sharing locations – A criminal's roadmap to scams](#)



Interesting

- [Days of the year – 29th May - International Everest Day](#)
- [50-foot ancient snake discovered in India](#)
- [Scientists just found a chilling way life may have begun](#)

GEMs is compiled for U3A Online by Carol Williams in Canberra, Australia. The Editor welcomes your feedback and suggestions for change. Please email possible snippets for inclusion to GEMS@u3aonline.org.au Earlier GEMs issues are freely available on our website www.u3aonline.org.au. Copyright © 2026 U3A Online. All rights reserved.