

Latest quality-of-life research and computer/Internet hints and tips. Previous newsletters are in the [GEMs archive](#).



GEMs for Enquiring Minds

A CLOSED MIND GATHERS NO THOUGHT (PWW)

March 2026

Here's your February 2026 issue. Feel free to [forward to a friend](#)

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[Days of the year – World Down Syndrome Day](#)

In February U3A Online, the publisher of GEMs presented a summary of the U3A movement in Australia to the Zoom-based RUTIS conference in Portugal. European-based RUTIS is “A network that Unites Senior U” and the theme of the conference was *Online Projects for Seniors*.

U3A Online - with its 30 year history of online courses and its goal to reach out to those in remote places and with limited mobility - was the lead presenter among several other European and world presenters.

To check out U3I Online courses on the web and to join U3A online, [click here](#). Online has 70 plus downloadable courses for self-study; membership is \$35 per year, and you can start any course at any time.

Contents

Physical Health GEMs

- o Why babies are cute
- o Scientists discover diet that tricks the body into burning fat without exercise
- o MRI shows that exercise can make the brain look younger

Emotional Health GEMs

- o Is it wrong to flatter?
- o Are you relationship material?
- o The best way to stop liars in their tracks

Social Health GEMs

- o Purpose is simple – courage is hard
- o What we get wrong about death
- o For the love of boredom

Intellectual Health GEMs

- o “Revolutionary” – Vera C Ruben Observatory found 800,000 items of interest in a single night
- o First animals on earth had no skeletons
- o Scientists discover a new way cells divide

Other Interesting GEMs

- o Blood Moon total lunar eclipse on 3 March
- o These strange animals can control their heat
- o Paleolithic humans invented an ‘early predecessor’ to writing at least 40,000 years ago

Fun GEMs

- o [Day of the Year – 21st March – World Down Syndrome Day](#)
- o [I need a break from my everyday life – funny video](#)
- o [Funny panda video](#)

TECHNICAL GEMs

- o *Thanks Ask Leo for the following GEMs*
 - [How does Cloud storage work?](#)
 - [Why am I being asked for additional verification on sign-in](#)
 - [What to do if I'm being harassed, bullied or stalked online](#)
- o *Thanks Bob Rankin for the following GEMs (scroll down Bob's articles for reader comments)*
 - [Change these settings to boost speed, security and privacy](#)
 - [Twelve things that cause computer crashes](#)
 - [convert iTunes to MP3](#)
- o *Thanks Scambusters for the following [GEMs](#)*
 - [Fake push notifications - don't take the bait](#)
 - [Sneaky ways scammers steal your money](#)
 - [Cruise ship scams – onboard and offshore](#)

The [Editor](#) welcomes your feedback and suggestions for change

- o GEMs is compiled for U3A Online by Carol Williams in Canberra, Australia. Please provide your feedback or [email](#) possible snippets for inclusion.
- o Tom Holloway's [monthly Signposts and archive](#).
- o Pass It On Network - [Pathways to resources for positive aging](#)
- o Earlier GEMs freely available from our [GEMs archive](#).