



GEMs for Enquiring Minds

A CLOSED MIND GATHERS NO THOUGHT (PWW)

January 2026

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

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Days of the year –
28th January - International Lego Day

Are you a member of U3A Online? If not, we invite you to check out the online Courses on our website. Just click on this link [website](#)

We have over 70 Courses on a great variety of subjects. There are no prior requirements and no tests. You would be learning at home for pleasure all for a small annual membership fee of \$A35.

Don't forget that U3A Online has online courses available to members all through January. Don't suffer from those "what can I do?" blues - just go to the [Online website](#) and select from our list of 70+ downloadable courses. Membership for a whole 12 months is only \$35, and you can start any course immediately

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Physical Health GEMs

o [Are they really listening? Watch their blinks](#)

- o [Gray hair may have evolved as a protection against cancer](#)
- o [What's the fastest a human can grow?](#)

Emotional Health GEMs

- o [The anxiety behind exceptionalism](#)
- o [How to handle uncertainty](#)
- o [Why you act as a child around your family](#)

Social Health GEMs

- o [AI is getting better and better at generating faces](#)
- o [Why listening may be the most powerful medicine](#)
- o [Three tricks to control your shopping and spending](#)

Intellectual Health GEMs

- o [Mars dust storms are crackling with electricity](#)
- o [Ancient wolves could only have reached this island by boat](#)
- o [Most distant supernova: James Webb sees a star explode at cosmic dawn](#)

Other Interesting GEMs

- o [7 things you can do to thrive in 2026](#)
- o [Holiday meals and memories](#)
- o [What makes some dreams impossible to forget?](#)

Fun GEMs

- o [Top emojis for 2025](#) - video
- o [National Geographic pictures of the year 2025](#)
- o [Short video clips of nature](#) - video

- o [Days of the Year - 28th January - International Lego Day](#)

TECHNICAL GEMS

- o *Thanks Ask Leo for the following GEMs*

- [Help! someone is inside my computer](#)
- [What's a QR code and can you trust them?](#)
- [Four risks with free Wifi](#)

- o *Thanks Bob Rankin for the following GEMs (scroll down Bob's articles for reader comments)*

- [It's nice to share but!](#)
- [Here's how to boost your wife signal](#)
- [Try these Windows keyboard shortcuts](#)

- o *Thanks Scambusters for the following [GEMs](#)*

- [Instagram scams fool hundreds of thousands](#)
- [Why that great credit card offer could be a scam](#)
- [What to do if you fall for a technical support scam](#)

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](#).

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