

GEMs for Enquiring Minds

Issue
October 2026

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

GEMs email: GEMS@u3aonline.org.au
General email: enquiries@u3aonline.org.au
Website: <https://www.u3aonline.org.au>

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Days of the year – 9th October –
Ageism Awareness Day

Breaking News

Website Makeover

U3A Online's new-look website has just been launched. It is designed for ease of use, improved navigation and to keep you better informed of our services and what we have to offer. Do check it out here at: www.u3aonline.org.au.

Announcement - AGM

This is to notify you the Annual General Meeting of U3A Online Incorporated will be held via Zoom on Friday 13 November 2026 at 3pm AEDT. If you wish to join the meeting, please register your interest in an email to secretary@u3aonline.org.au. Further details and a link to the Zoom meeting will be sent to you in due course. We welcome your participation and look forward to your response.

Fees Rise in the New Year

From January 2027, U3A Online's membership fees will increase due to changes in the way merchant transaction fees must be charged. The new fees for membership and renewals will be:

- Individual membership: AU\$37, up from AU\$35
- Partner membership: AU\$12, up from AU\$10
- Group membership: AU\$85, up from AU\$80

Members whose membership expires during 2027 can take advantage of the current lower fees by renewing before the end of December 2026.

Your 12-month renewal period will be added to your existing membership, so you will not lose any time by renewing early.

Ageism

Ageism Awareness Day is held on October 9 each year. An interesting article on **Ageism** was published by U3A Network Victoria on 1 September 2026. It suggests that while we often think about diversity in terms of culture, gender, disability, background or experience; ageism is part of that diversity. Ageism is also part of inclusion because older people need to feel respected, valued, listened to and be able to participate fully in society. Find out more about this aspect of ageism on the U3A Network Victoria website:

[Ageism: The Inclusion Issue Hiding in Plain Sight - U3A Network Victoria](#)

Artificial Intelligence - AI

GEMs now includes a topic about Artificial Intelligence. At this stage it is information from Australian Government resources and will expand to other sources in future editions.

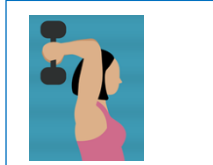
A Closed Mind Gathers No Thought ▶

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).



Artificial Intelligence (AI)

- [Artificial Intelligence explained](#)
- [Growth and opportunities](#)
- [Australia's National AI Plan](#)



Physical Health

- [Why a 10 minute very slow jog boosts mood and brain power](#)
- [Exercise may work better for keeping weight off rather than losing it](#)
- [Best exercises for improving blood pressure](#)



Emotional Health

- [I'm on a communication diet and you should be too!](#)
- [Is the "addictive personality" real?](#)
- [How the world gets its colour back](#)



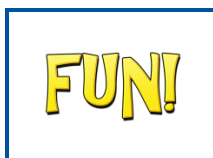
Social Health

- [Are micro social interactions the antidote to loneliness?](#)
- [The health benefits of humour and laughter for seniors](#)
- [The secret health benefits of partner touch in older couples](#)



Intellectual Health

- [245 million years old fossil still has its stomach and intestines](#)
- [The ice blasting from Saturn's moon Enceladus is stranger than scientists believed](#)
- [Earth's day isn't exactly 24 hours](#)



Fun

- [The grand "chonkion" of this year's Fat Bear Week has been announced](#)
- [Floriade – a festival of flowers – video](#)
- [40 things only older people say](#)



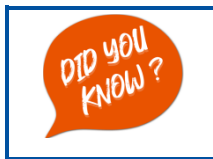
Technical (Thanks to Ask Leo)

- [Why do they make it so hard to recover accounts?](#)
- [How do websites keep passwords secure?](#)
- [The 50 year takeaway](#)



Security (Thanks to Scambusters)

- [Suspicious Facetime calls – who is really calling you?](#)
- [Friendly fraud – when the customer is the scammer](#)
- [Did you sign out of your account?](#)



Interesting

- [SpaceX's Starship reaches orbit for the first time](#)
- [Call it Genghis Khan's final victory](#)
- [Newly discovered iron minerals might hold primordial water from when Earth formed](#)

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.