

June Issue 2026

Here's your June 2026 issue.
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CONTENTS

1. Breaking News

- 2. Physical Health GEMs
- Emotional Health GEMs
- Social Health GEMs
- Intellectual Health GEMs
- Other Interesting GEMs
- Fun GEMs
- Technical GEMs
- Security GEMs
- Interesting GEMs



[Days of the year –
21 June World Music Day](#)

Breaking News

COTA Australia

COTA Australia is the peak Australian advocacy body for older Australians, focussing on the rights, interests and good futures of Australians as we age. COTA Australia's analysis of the federal budget's impact on older Australians is available on their website and through their media releases. They noted that the new budget delivers mixed outcomes for older Australians.

Click here for their full comments about the budget -

[Read Media Release Here](#)

COTA Australia has another webinar coming up on 30 June to explain and answer questions about the recent Aged Care Reforms. Click here to register –

[REGISTER HERE - AGED CARE REFORMS WEBINAR 3](#)

U3A Online visits Qld State Conference

It was a great opportunity to renew friendships and professional contacts when U3A Online visited the Qld Network State Conference held at U3A Sunshine Coast in early May. The state governor the Honourable Dr Jeannette Young AC PSM opened the conference to mark the 40th anniversary of U3A in Queensland.

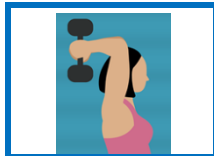
U3A's close association with the University of Sunshine Coast was featured during presentations, panels, and discussions. The conference also gave information on healthy ageing and advice on navigating financial aspects of the Residential Aged Care Act.

U3A Online Offers New Services

Read about the new services at this link – [U3A Online services](#)

◀ 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

- [The quiet eye in winning athletics](#)
- [Scientists say that just 30 minutes of exercise per week can transform your health](#)
- [The real reason exercise makes you stronger isn't what you think](#)



Emotional Health

- [How the brain learns that fear is no longer needed](#)
- [Maximum happiness as life's ultimate goal – not for everyone](#)
- [What is "sunshine guilt" and tips to manage it](#)



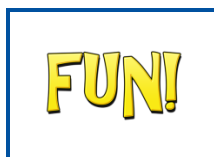
Social Health

- [Does psychotherapy still need a human](#)
- [The science of the smile – why it can be your best friend](#)
- [Are you listening or fixing?](#)



Intellectual Health

- [Scientists say evolution may work differently than we thought](#)
- [Astronomers finally solve Saturn's decades-long mystery](#)
- [This bizarre crocodile relative from the Triassic looked an ostrich dinosaur](#)



Fun

- [Days of the year – 21 June World Music Day](#)
- [Ranking unusual musical instruments for World Music Day](#) - video
- [Most people pat cats the wrong way](#)



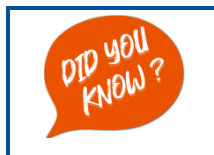
Technical (Thanks to Ask Leo and Bob Rankin)

- [Is your computer slow – find out why](#)
- [Send it later – the power of scheduled messages](#)
- [How do I secure a hard drive before I send it for repair?](#)



Security (Thanks to Scambusters)

- [Medical insurance fraud – fake claims but real victims](#)
- [Former school classmate scams – reconnecting or being targeted?](#)
- [Sharing location – are you sharing too much?](#)



Interesting

- [The rock formations in the Scottish Highlands and western Newfoundland](#)
- [Honey nearly immortal?](#)
- [Light's travel from the sun to the earth](#)

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.