

Hi Claire, Here's your July 2025 issue. Feel free to [forward to a friend](#)

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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.

RESEARCH GEMS

Your choices: Your quality-of-life. Links to brief, readable research summaries, published in the last 30 days, that 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 GEMs

- o [You're not done learning until you sleep](#)
- o [Is your desk killing you?](#)
- o [The neurobiology of habits](#)

Emotional Health GEMs

- o [The gene that hijacks fear](#)
- o [You can't buy love – but you can buy quality time](#)
- o [The relationship between sighs and emotions](#)

Social Health GEMs

- o [The time trap – why “five minutes” always takes twenty.](#)
- o [Relationships are not safe spaces why conflict matters](#)
- o [The silent cost of instant answers](#)

Intellectual Health GEMs

- o [Does Mars have a moon?](#)
- o [Rocks in Canada may be the oldest on Earth dating back 4.16 billion years](#)
- o [Roman army found in Netherlands beyond the empire's frontier](#)

Other Interesting GEMs

- o [Are cats the only animals that purr?](#)
- o [Amazing animals – a look at the weird and wonderful species that live on our planet](#)
- o [Fighting with fire – how prescribed burns reduce wildfire damage and pollution](#)

Fun GEMs

o [“Naughty bears” escape and steal a week’s worths of honey and take long nap \(video\)](#)

o [Tony Awards 2025 – the complete list of winners](#)

[Days of the year – 3rd July – International plastic bag free day](#)

TECHNICAL GEMS

o *Thanks Ask Leo for the following GEMs*

- [Where are my One Drive files?](#)

- [Fix printer problems with an uninstall and reinstall](#)

- [Size matters – when it comes to passwords](#)

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

- [Your next printer – Laser, Inkjet or all-in-one?](#)

- [Build your own PC?](#)

- [How to choose a desktop computer monitor](#)

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

o GEMs is compiled for U3A Online by Carol Williams in Canberra, Australia. Please [email](#) possible snippets for inclusion.

o U3A Online is run entirely by volunteers. We have [an amazing number of high quality non-award courses](#) for people who like to learn new things.

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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