Embracing the AI Age With Practical Applications for Seniors

By Hewie Poplock

hewie@hewie.net

Sun City Center Computer Club



Education, Information and Service to the Computer Community of Sun City Center!



Ladies and Gentlemen. The President of the United States!

George Washington

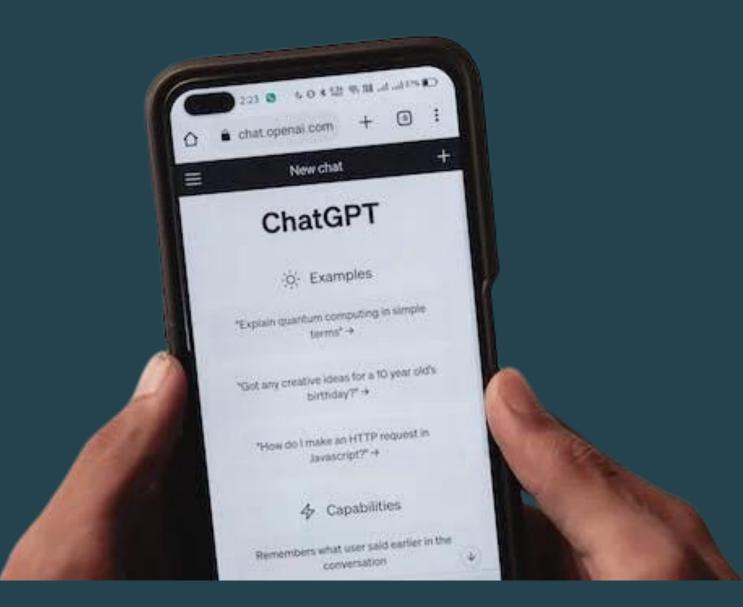


Artificial Intelligence (AI) is a technology that helps computers to think and learn like humans. It is like a brain for computers that can help them to do things that normally only humans can do, such as recognizing faces, playing games, and even driving cars. Al is used in many things we use every day, like smartphones, video games, and even some toys. It is a very exciting field that is growing fast and has the potential to change the world in many ways!

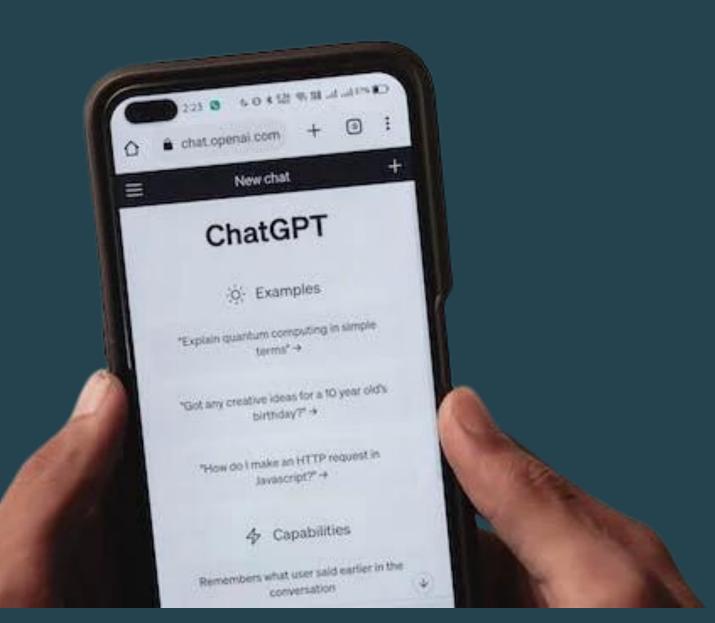


What is Al?

ChatGPT is a chatbot that can have conversations by generating responses that sound human. It has been trained on tons of text data to learn patterns about how we use language. When you give it a prompt, it predicts the next word that should come in the response by looking at the words you used and the patterns it has learned. So, it can come up with responses that make sense based on what you typed.

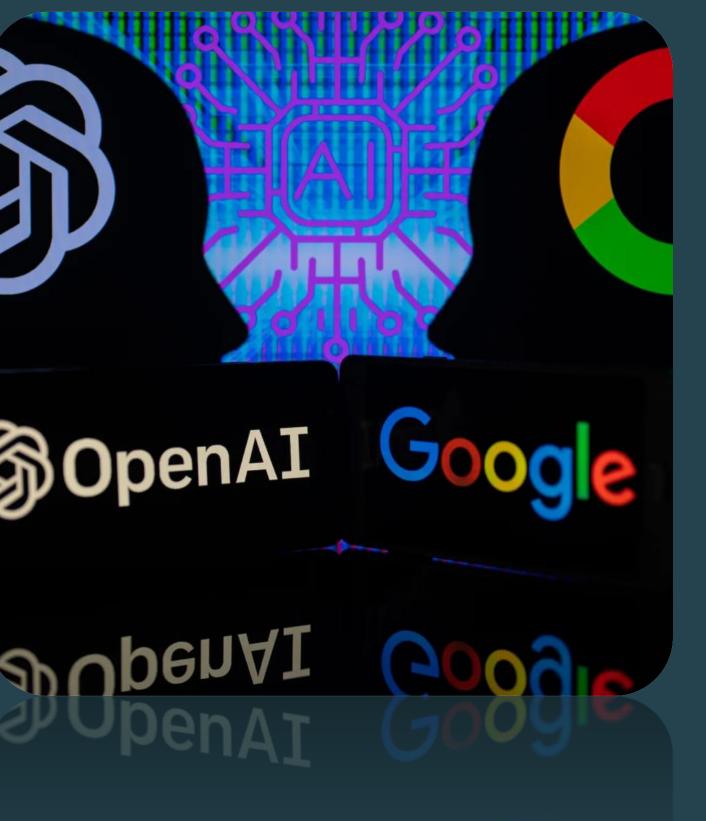


The technology behind it is complex, using neural networks which are inspired by the human brain. But basically, it has been shown lots of examples of conversations so it can imitate that. It's pretty good at responding sensibly on common topics but can get confused about obscure stuff it hasn't seen examples of before. The key is it doesn't actually understand language or have real thoughts - it just uses statistics to guess the next word that would sound reasonable to continue the conversation.



An AI search and a Google search are different ways of finding information on the internet. An AI search can talk to you like a friend and give you answers using its own words. It can also learn from your preferences and past searches to give you more personalized results.

A Google search can show you a list of websites, images, or news articles that are related to what you type in the search box. It can also give you snippets of information from different sources, but it cannot write its own answers. An AI search is more interactive and creative, while a Google search is more informative and comprehensive.





The 1950 World Series was won by the New York Yankees. They defeated the Philadelphia Phillies in a four-game sweep to claim the championship. This victory marked the Yankees' 13th World Series title.

< 2/2 > いのののや~

Al using ChatGPT.40

Who won the 1950 World Series?

Google	Who won the 1950 World Series?
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1950 World Series / Champion

New York Yankees

People also search for

1951 World Series New York

People also ask :

six runs remains the lowest for a four-game sweep, later equaled in 2005.

949 World Series New York

Wikipedia https://en.wikipedia.org>wiki>1950_World_Series 1950 World Series - Wikipedia

and a

Who played in the World Series in 1950 and who won?

Who was the MVP of the 1950 World Series?

What was the score of the 1950 World Series?

Who was the MVP of the Phillies in 1950?



Tools

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 The A to Z of Artificial
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1950 World Series 🗉 🕐

The 1950 World Series was the 47th World Series between the American and National Leagues for the championship of Major League Baseball. The Philadelphia Phillies as 1950 champions of the National League and the New York Yankees, as 1950 American League champions, competed to win a best-of-seven game series. Wikipedia

Radio: Mutual

TV announcers: Jim Britt and Jack Brickhouse





















10 key moments in this video 🗸



1950 | New York Yankees vs Philadelphia Phillies | MLB ... /ouTube · TG Classic Sports

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Baseball-Reference.com
https://www.baseball-reference.com > Playoff Index :

1950 World Series - New York Yankees over Philadelphia ... New York Yankees over Philadelphia Phillies (4-0). 1949 WS 1951 WS. Dates: October 4 - 7, 1950.

Baseball Hall of Fame
 https://baseballhall.org> discover > inside-pitch > ford-...

Whitey Ford wins Game 4 of 1950 World Series Whitey Ford, dubbed the "Chairman of the Board" by teammates, is the all-time World Series leader in wins (10) and strikeouts (94).

Adelphi University https://home.adelphi.edu > 1950s

The World Series - 1950s ... Series IMPORTANT MOMENTS 1950: Reliever Jim Konstanty gets stars in Game 1, and dominates; Yankees pull out wins in 9th and 10th innings of Games 2 & 3 to win ...

Baseball Almanac https://www.baseball-almanac.com>yr1950ws 1950 World Series

Reynolds came in to get the last out, making the New York Yankees 5-2 winners and repeat champions. Woodling, who tied Granny Hamner for the World Series ...

National Museum of American History



~ ~

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1915 World Series Boston Red

Champion: New York Yankees ~ Dates: Oct 4, 1950 - Oct 7, 1950

Location: Shibe Park, Yankee Stadium

More about 1950 World Series →

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1950 World Series / Champion

New York Yankees



1950 World Series (4-0): New York Yankees (A.L.) over Philadelphia Phillies (N.L.) The winning margin of six runs remains the lowest for a four-game sweep, later equaled in 2005.



Wikipedia

https://en.wikipedia.org > wiki > 1950_World_Series

1950 World Series - Wikipedia

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Series New York Yankees

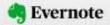




1915 World Boston Red



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October 17, 2023

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How Millennials Killed Mayonnaise The inexorable rise of identity condiments has led to hard times for the most American of foodstuffs. And that's a

The 1950 World Series was the 47th World Series between the American and National Leagues for the championship of Major League Baseball. The Philadelphia Phillies as 1950 champions of the National League and the New York Yankees, as 1950 American League champions, competed

X

▶ Videos :



Yankees win 1950 World Series | 10/07/1950

MLB.com Oct 25, 2017



1950: The World Series of 1950 (Phillies vs. Yankees)

YouTube · JDP2 Oct 1, 2021



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Whitey Ford wins Game 4 of 1950 World Series

Whitey Ford, dubbed the "Chairman of the Board" by teammates, is the all-time World Series leader in wins (10) and strikeouts (94).

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The World Series - 1950s

... Series IMPORTANT MOMENTS 1950: Reliever Jim Konstanty gets stars in Game 1, and dominates; Yankees pull out wins in 9th and 10th innings of Games 2 & 3 to win ...

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Who won the 1950 World Series?

* Sources

1950 World Series - Baseball Almanac	Yankees win 1950 World Series 10/07/1950 - MLB.com	1950 World Series, New York Yankees vs. Philadelphia Phillies	0 🕶 🖸 📹 🔇
🕼 baseball-almanac · 1	∎ Mlb · 2	🔰 americanhistory.si · 3	View 5 more

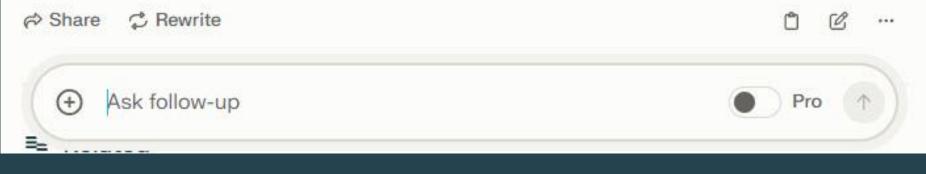
Answer

The 1950 World Series was won by the New York Yankees, who defeated the Philadelphia Phillies in a four-game sweep, clinching the championship on October 7, 1950. This victory marked the Yankees' 13th World Series title and their second consecutive championship, as they had also won in 1949 ³ ⁵.

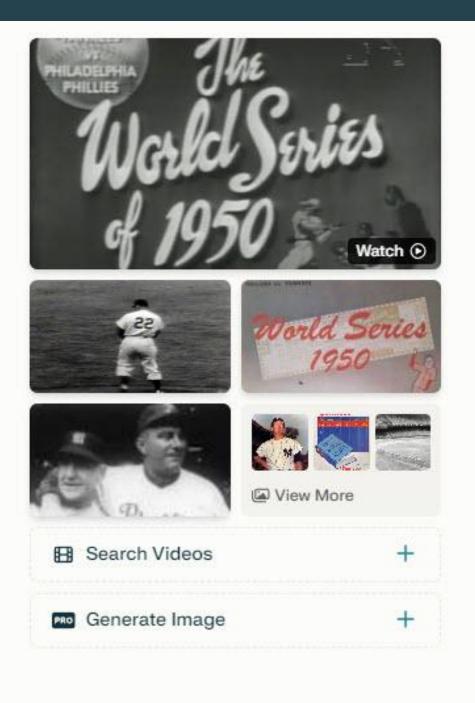
The series featured the following results:

- Game 1: Yankees 1, Phillies 0
- Game 2: Yankees 2, Phillies 1 (10 innings)
- Game 3: Yankees 3, Phillies 2
- Game 4: Yankees 5, Phillies 2

Key performances included strong pitching from Yankees' starters Vic Raschi, Allie Reynolds, and Whitey Ford, with Ford earning the win in the final game 1 5 7.



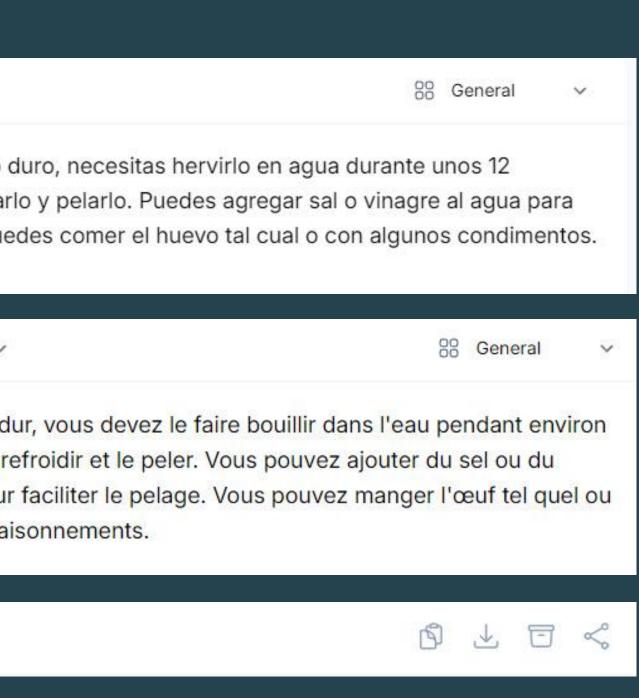
Al using perplexity.ai



Translate

OpenL https://openl.io/

Automatic detection	29 credits left	Spanish	~
To hard-boil an egg, you need to boil it in water for a it down and peel it. You can add salt or vinegar to the to peel. You can eat the egg as it is or with some sea	e water to make it easier	Para hervir un minutos, luego facilitar el pela	o enfriarl
Automatic detection	 28 credits left 	French	~
To hard-boil an egg, you need to boil it in water for a it down and peel it. You can add salt or vinegar to th to peel. You can eat the egg as it is or with some se	Pour cuire u 12 minutes, vinaigre à l'e avec quelqu	puis le re eau pour	
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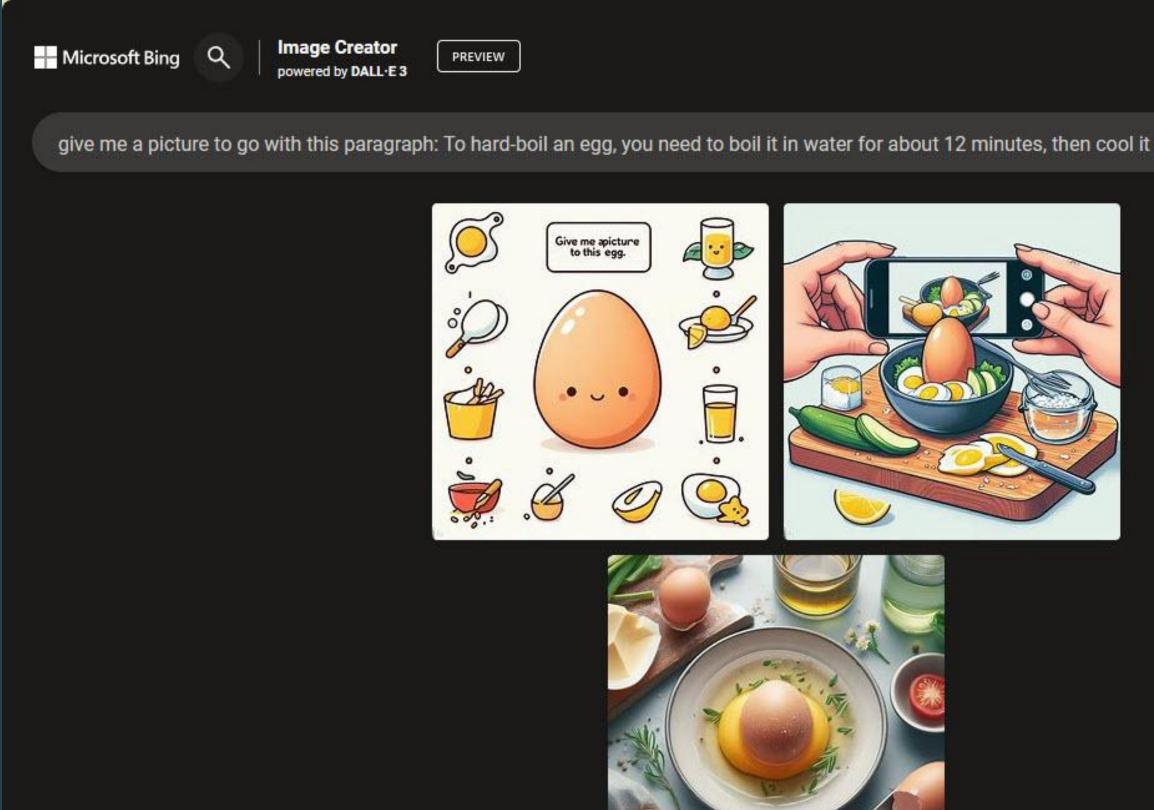
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- Lightning-Fast translations
- Upload files up to 100 MB in size
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Using Microsoft Bing Image Creator, I asked it to give me a picture using the same paragraph. Here are the results.



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Just asking for a picture of some hard boiled eggs...

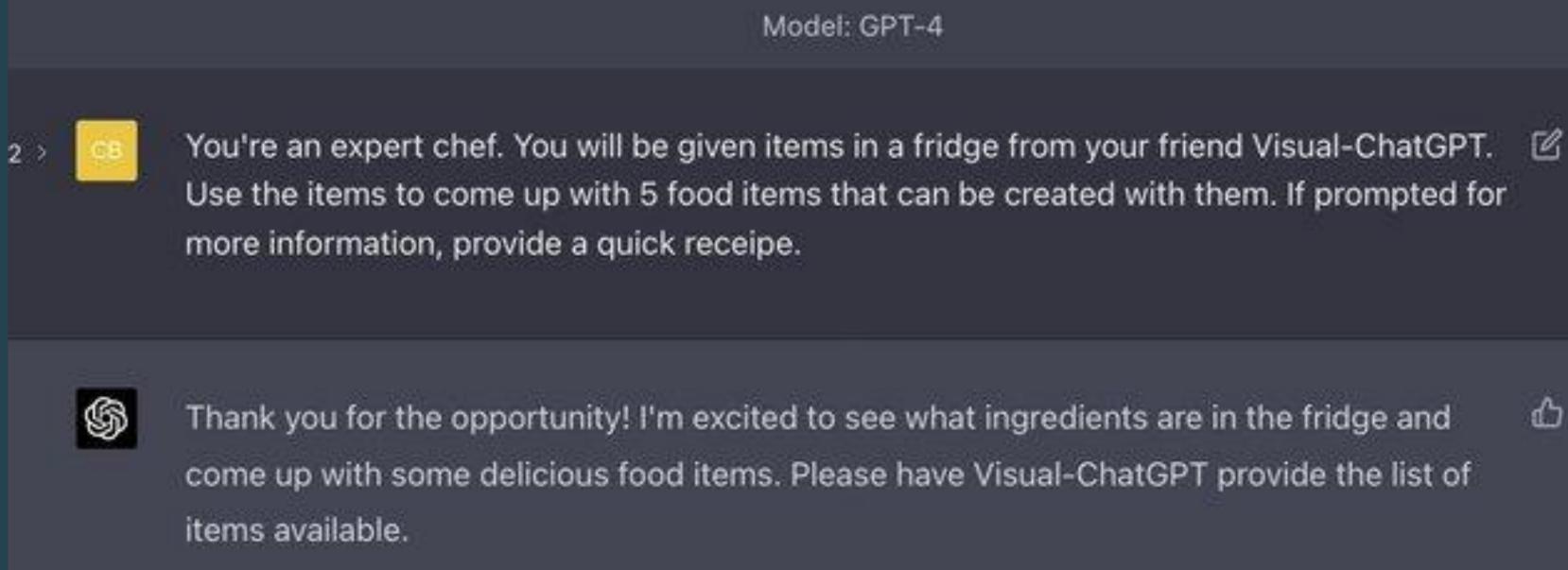
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some hard	boiled eggs		
Explore ideas	Creations		



A refrigerator full of food.



The prompt:







"The image you provided is a refrigerator with food items such as apples, oranges, bananas, eggs, a carton of milk, cheese, and a package of lunch meat and other items."

Response 1:

6

Based on the provided ingredients, here are five food items that can be created:

1. Fruit Salad:

Mix well and serve chilled.

2. Cheese Omelette:

Beat 2-3 eggs in a bowl with a pinch of salt and pepper. Heat a non-stick pan with a little oil or butter, pour in the egg mixture, and cook until it begins to set. Add grated cheese on one side, fold the omelette over, and cook until the cheese melts. Serve with your choice of bread or toast.

- Ham and Cheese Sandwich: place it on top. Enjoy the sandwich as is or grill it for a warm, toasty meal.
- 4. Fruit Smoothie:

Blend a mix of apples, oranges, and bananas with a cup of milk (adjust the amount to achieve desired consistency) until smooth. For added flavor, add a spoonful of honey or a few ice cubes for a cold, refreshing drink.

Cheese and Fruit Platter:

Arrange slices of cheese alongside the apples, oranges, and bananas (cut into pieces) on a platter. This simple dish is perfect for snacking or as a light appetizer. Feel free to add crackers, nuts, or other accompaniments to enhance the experience.

These are just a few ideas, but you can get creative and mix and match ingredients to create even more dishes. Enjoy!

Combine diced apples, oranges, and bananas in a large bowl. Optionally, you can add a squeeze of lemon juice to prevent browning and a drizzle of honey for extra sweetness.

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Layer slices of lunch meat and cheese on a slice of bread. Add lettuce, tomato, or other desired toppings, then spread mustard or mayonnaise on another slice of bread and

Response 2:

The image you provided is a refrigerator with food items such as apples, oranges, bananas, eggs, a carton of milk, cheese, and a package of lunch meat and other items.

Come up with food receipe ideas that are tasty yet unique, and the average human won't be able to think of this. Only use the ingredients in the prompt.

9

Using the ingredients provided, here are five unique and tasty recipe ideas:

1. Caramelized Banana and Cheese Toast:

Slice bananas and cook them in a non-stick pan with a little butter over medium heat until caramelized. Place cooked banana slices on a slice of bread, top with grated cheese, and broil in the oven until the cheese melts. Serve as a sweet and savory snack or breakfast.

2. Sweet Orange Ornelette:

Beat 2-3 eggs in a bowl with a pinch of sugar, cinnamon, and a splash of milk. Heat a non-stick pan with a little butter, pour in the egg mixture, and cook until set. Add thinly sliced oranges to one side, fold the omelette over, and cook for a minute. Serve warm, garnished with powdered sugar and additional orange slices.

Apple and Lunch Meat Salad:

Thinly slice apples and lunch meat, then toss them in a bowl with a dressing made from equal parts mayonnaise and plain yogurt, seasoned with salt, pepper, and a touch of honey. Chill for 30 minutes before serving for flavors to meld together. This unconventional salad offers a unique combination of textures and flavors.

4. Cheesy Banana Pancakes:

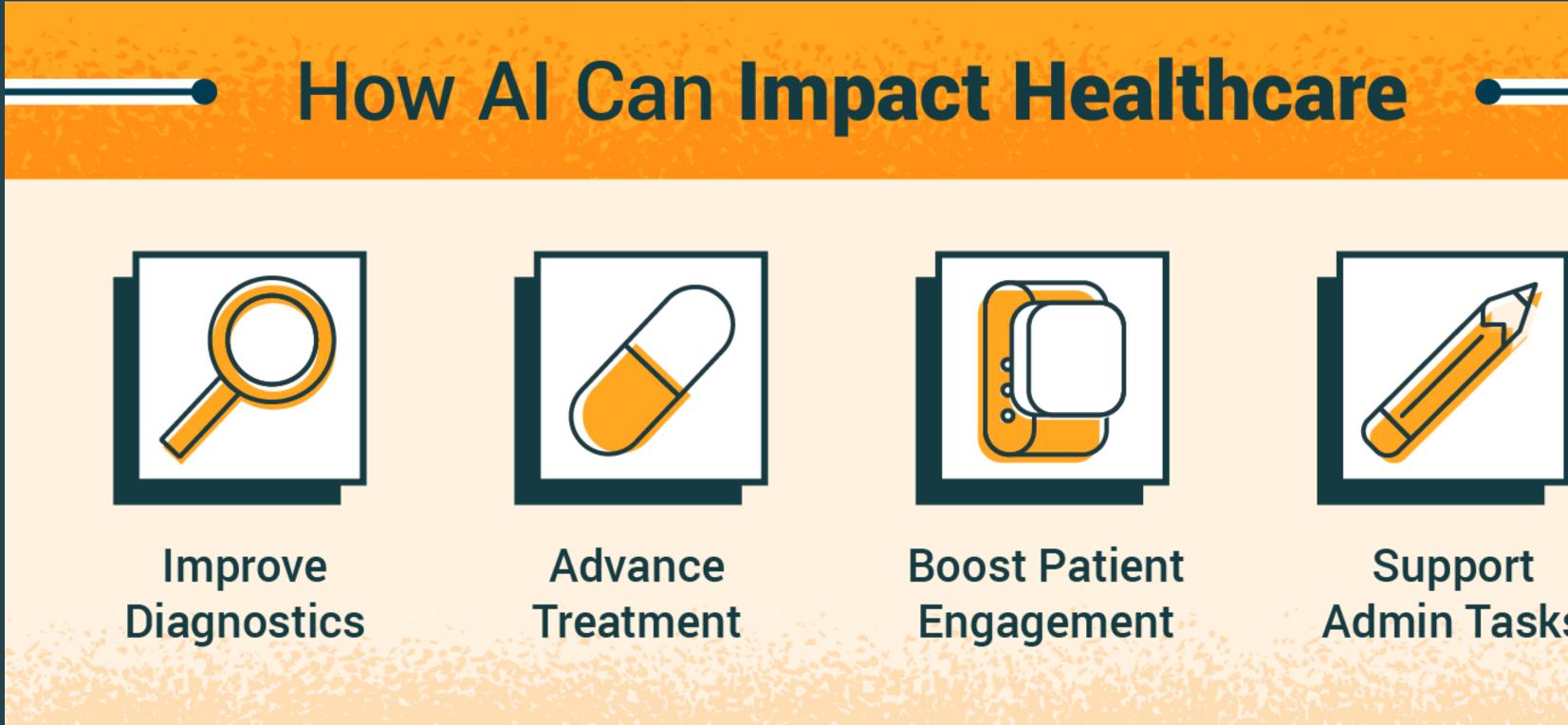
In a bowl, mix 1 cup of milk, 1 beaten egg, and a mashed ripe banana. Add 1 cup of allpurpose flour, 1 teaspoon of baking powder, a pinch of salt, and a handful of grated cheese. Mix well, Cook spoonfuls of batter on a greased non-stick pan until bubbles form, then flip and cook the other side. Serve warm with a drizzle of honey.

5. Fruit Stuffed Grilled Cheese Sandwich:

Layer thin slices of apple and orange with cheese on a slice of bread. Add a thin layer of cream cheese or butter on the outer sides of the bread to hold the sandwich together. Grill on a pan until both sides are golden and the cheese is melted, creating a unique fruity twist on a classic grilled cheese sandwich.

These recipes utilize the provided ingredients in innovative ways, offering new flavors and combinations that the average person might not think of. Enjoy experimenting with these unique ideas!

69



Admin Tasks

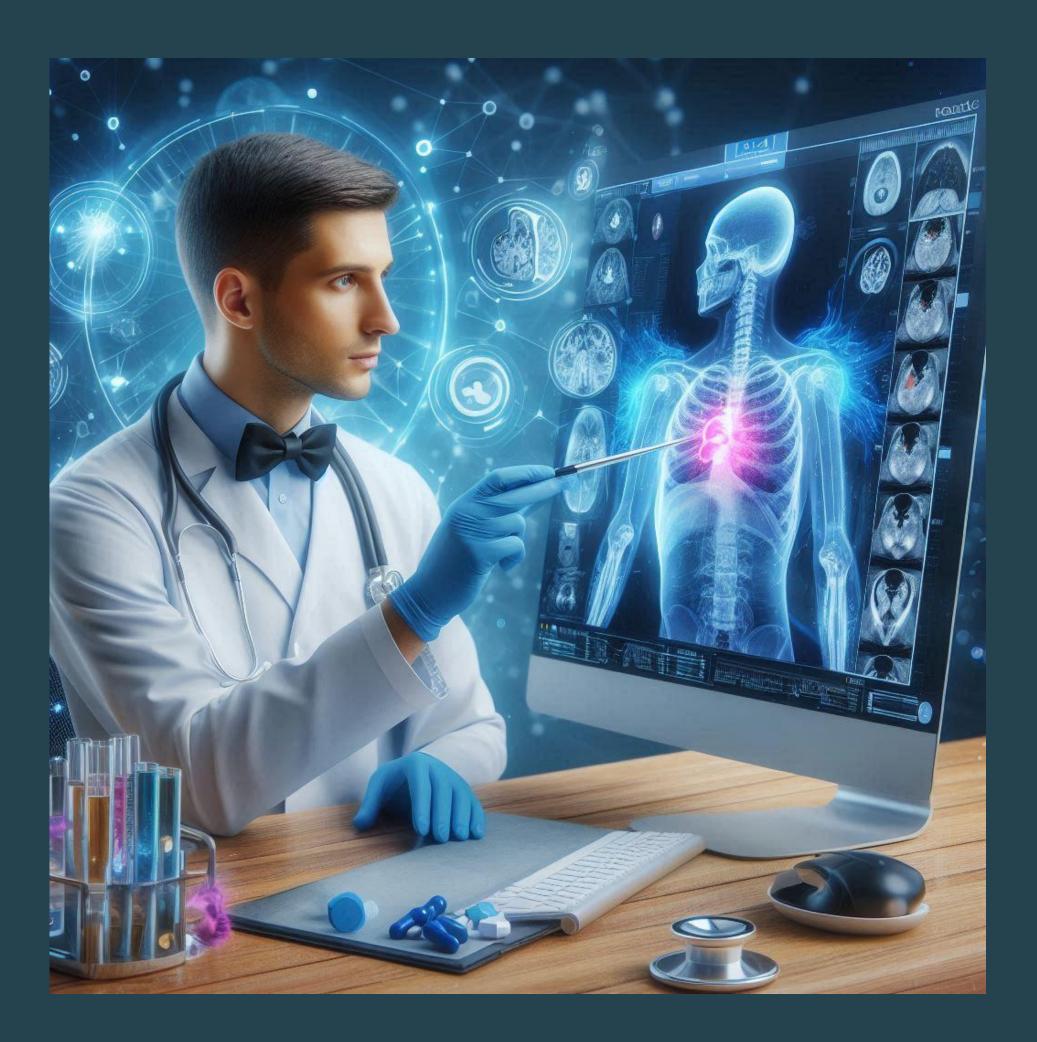
Artificial intelligence (AI) is being used in the development of medicines and vaccines, including COVID-19 drugs and other vaccines. Researchers are using machine learning-based models to discover new candidate drugs and vaccines.



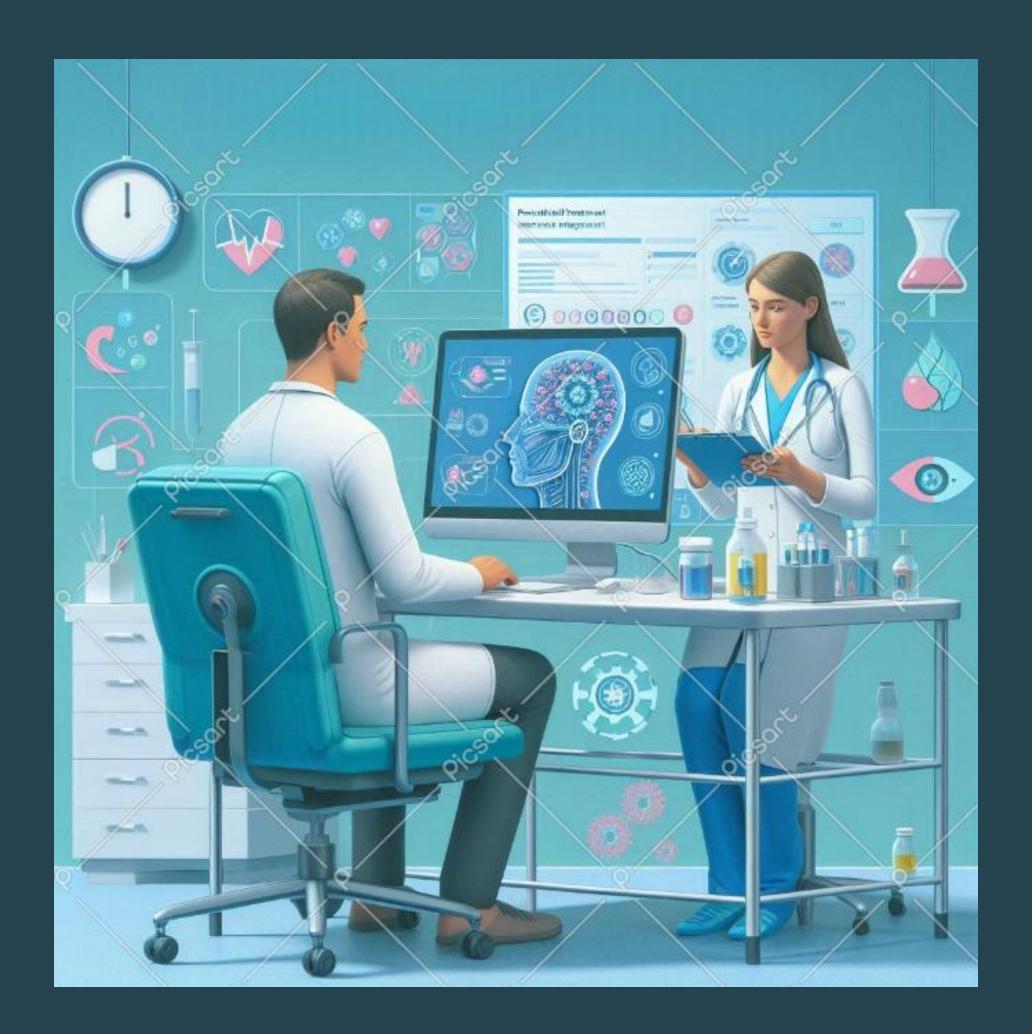
In addition, AI is being used to create proteins that may be useful as vaccines, cancer treatments, or even tools for pulling carbon pollution out of the air. Properly designed AI has the potential to make the healthcare system more efficient and less expensive, fill the gaps in access to quality care in the world's poorest places, and serve as an unblinking watchdog on the lookout for medical errors.



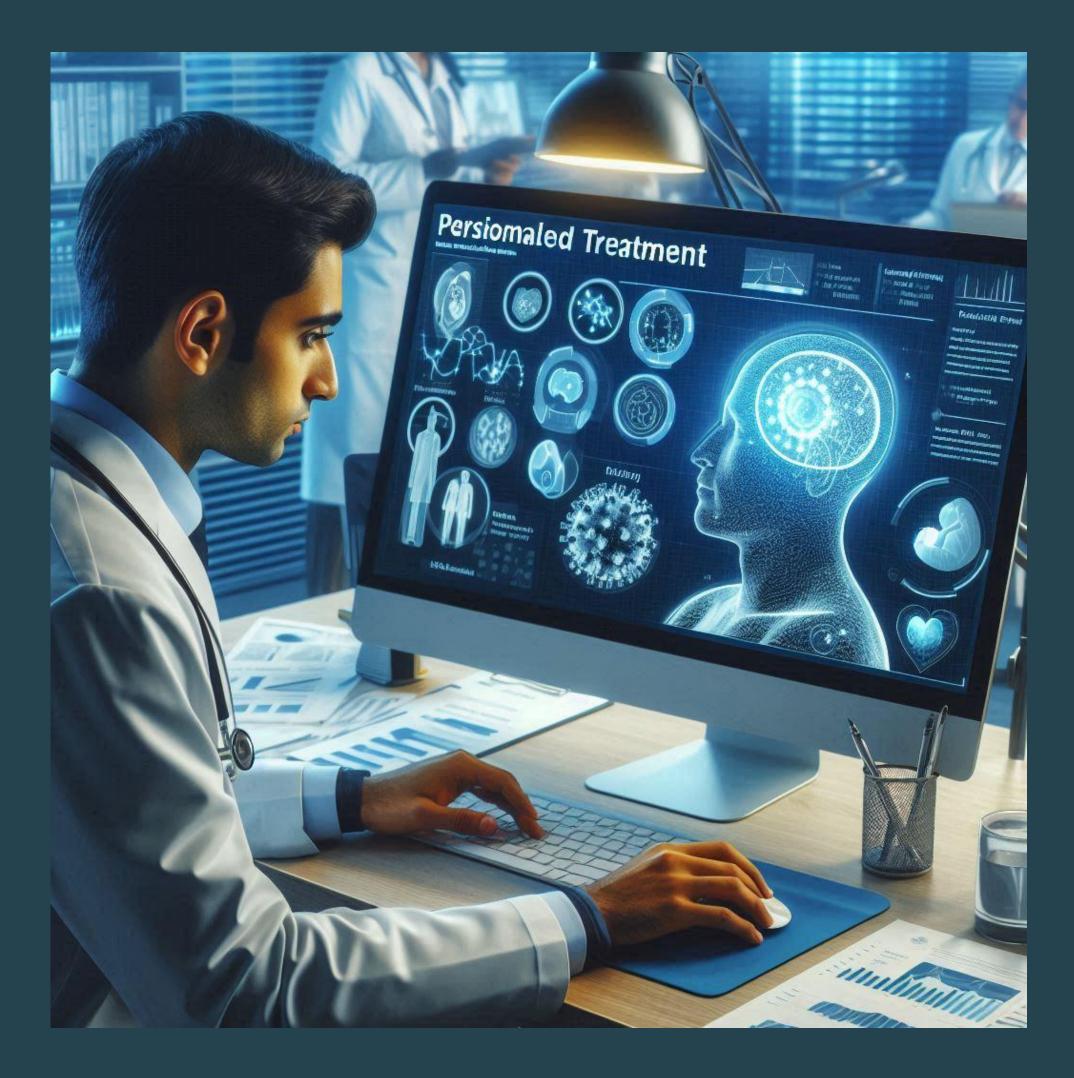
1 - Improving Diagnostics: Imagine Al helping doctors diagnose diseases more accurately and quickly. Research is developing AI models that can analyze medical images, such as X-rays and scans, to detect early signs of diseases like cancer. This could lead to faster treatment and better outcomes for patients.



2 - Personalized Treatment: Research is also exploring how AI can personalize treatment plans for patients. By analyzing a patient's medical history, genetics, and lifestyle, AI can help doctors tailor treatments that are more effective and have fewer side effects.



3 - Enhancing Accessibility: In many parts of the world, access to quality healthcare is limited. Research is using AI to develop tools that can help bridge this gap. For example, they're creating Alpowered systems that can screen for eye diseases using smartphone photos, making it easier for people in remote areas to get diagnosed and treated.



4 - Predicting Health Risks: Al is even venturing into predicting health risks before they become serious problems. By analyzing large amounts of health data, AI can identify patterns that may indicate an increased risk of developing certain diseases. This could allow for early intervention and preventive measures.



Predicting health risks

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"While AI for imaging will not come all at once, early adopters of AI in their practices will be ready to be future leaders in health care."

- Bibb Allen, MD, FACR, CMO of ACR Data Science Institute

Source: Radiology Today

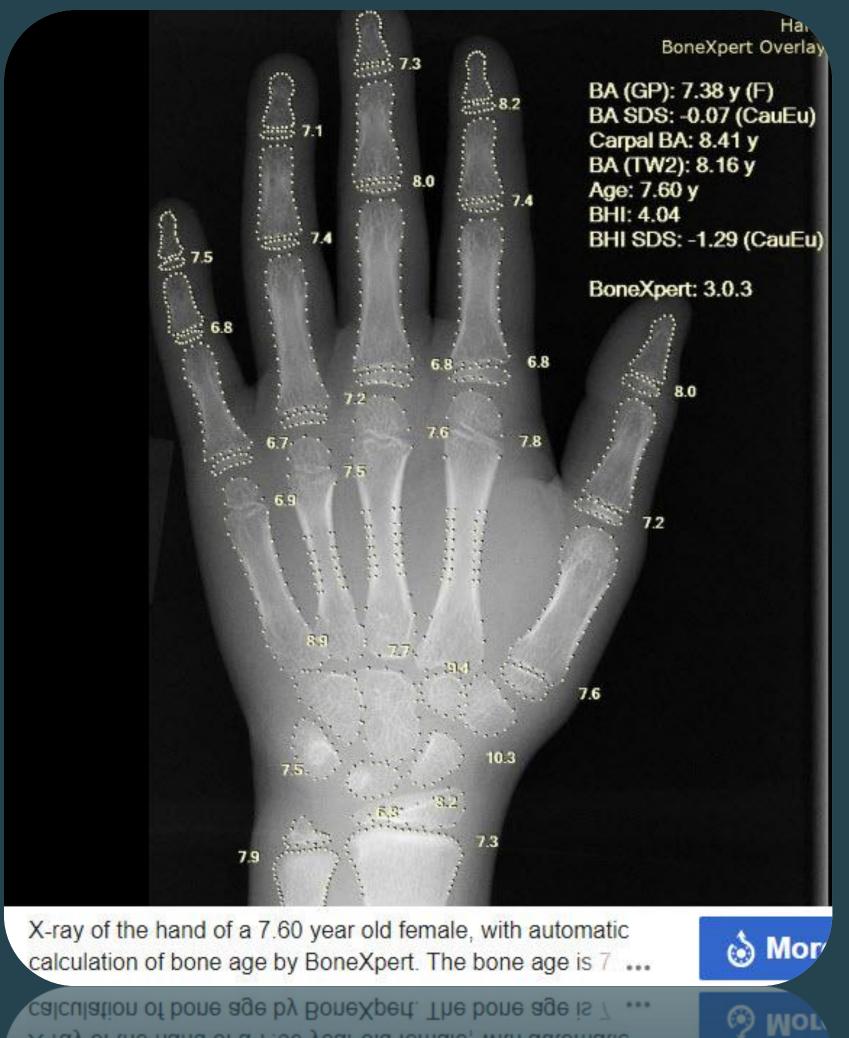
"AI has the potential to markedly improve productivity, efficiency, workflow, accuracy, and speed." -Eric Topol, MD

"AI will not replace radiologists; instead those radiologists who take advantage of AI may ultimately replace those who refuse to accept it."

Source: Clinical Imaging

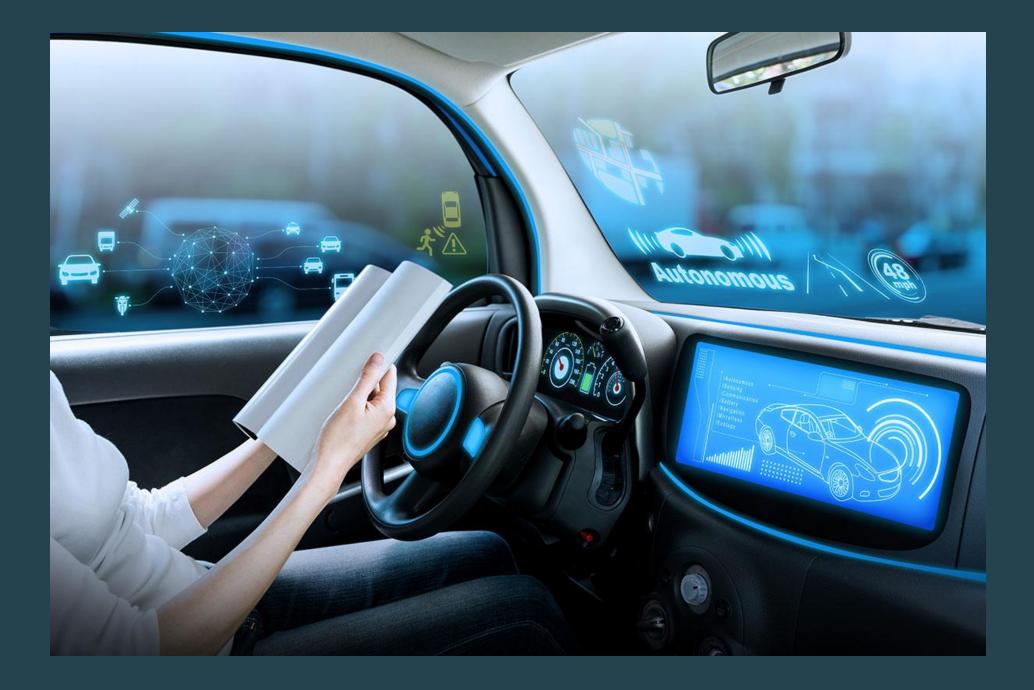


In medical imaging, AI is being used to review thousands of images and detect diseases through Computerized Tomography (CT) and Magnetic Resonance (MR) Imaging. It may be particularly useful in settings where demand for human expertise exceeds supply, or where data is too complex to be efficiently interpreted by human readers.



Artificial intelligence (AI) is used in autonomous autos to improve vehicle safety, increase fuel efficiency, and provide drivers with enhanced connectivity features.

Al technologies power self-driving car systems, and developers of self-driving cars use vast amounts of data from image recognition systems, along with machine learning and neural networks, to build systems that can drive autonomously.



Al is used to simulate real-world conditions to safety-test autonomous vehicles, and Stanford researchers surveyed the algorithms and say they are good, but work remains.

Tesla produces electric cars equipped with Autopilot, the company's Advanced Driver Assistance System (ADAS) that enables automatic steering, accelerating, braking, lane changing, and parking.

Tesla's approach is called "imitation learning," and their algorithms learn from the decisions, reactions, and movements of millions of actual drivers around the world.



A Simple Prompt

CHATGPT PROMPTING CHEAT SHEET

Act as a [ROLE]

- •CEO
- Inventor
- Analyst
- Teacher
- Marketer
- Therapist
- Journalist
- Advertiser
- Lawyer
- Interviewer
- Copywriter
- Website Developer
- Accountant
- Entrepreneur
- Mindset Coach
- Project Manager
- Prompt Engineer
- Recruiter
- Best Selling Author

"Acting as a [ROLE] perform this [TASK] in this [FORMAT]"

Create a [TASK]

- Headline
- Essay
- Recipe
- Article
- •Ad Copy
- Cover letter
- Analysis
- Blog Post
- Summary
- Sales Page
- Video Script
- SEO Keywords
- Book Outline
- Blog Article
- •Email Sequence
- Social Media Post
- Course Outline
- Product Description
- TikTok reel script

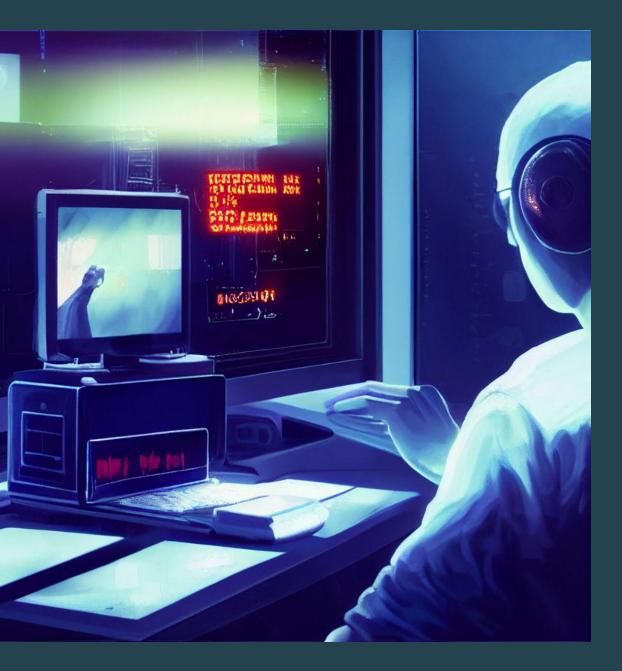
Show as [FORMAT]

- •List
- •PDF
- Bullet Points
- An Analogy
- •XML
- •HTML
- Code
- Graphs
- A Table
- Conversation
- Rich Text
- Summary
- ISON
- Markdown
- Word Cloud
- Spreadsheet
- Gantt Chart
- Plain Text file
- Presentation Slides

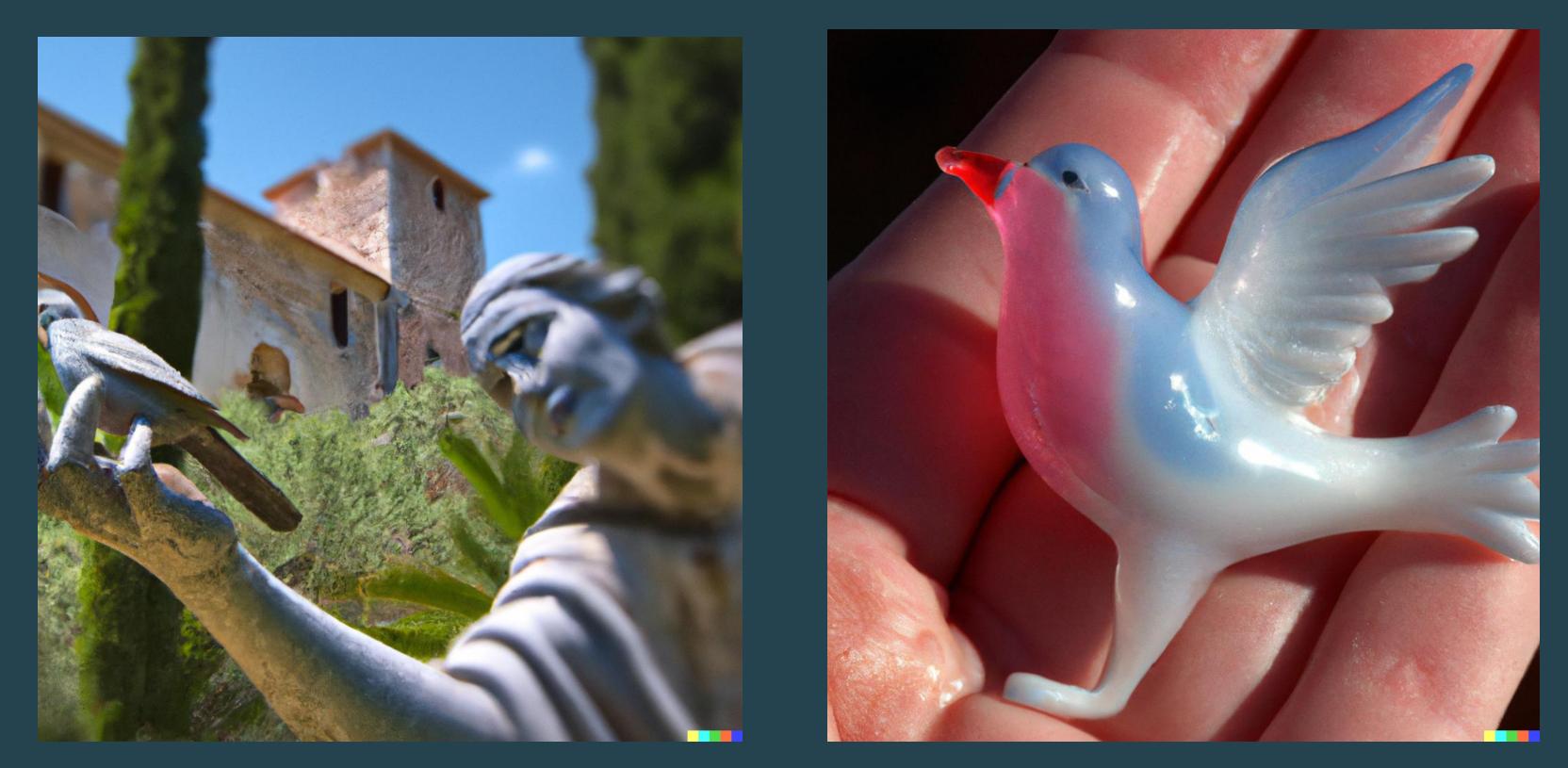
Prompt engineering is a technique used in artificial intelligence to teach computers to understand and respond to human language. It involves crafting the right questions or instructions to guide Al models to produce desired outcomes. A wellcrafted prompt can steer an Al model towards a specific output. It is used to train Large Language Models (LLMs), which are machines that can understand and generate human-like language.

Prompt engineering is enabled by in-context learning, which is a model's ability to temporarily learn from prompts. Being a good prompt engineer involves combining the disciplines of AI, programming, language, problem-solving, and even art to thrive on this career path.

What is Prompt Engineering?



A complex prompt – Dall-E 2 a bird in the hand::3 1980s::3 glowing::3 panorama::3 ultra wide angle lens::3 edgar degas::3 ceramic::3 --aspect 16:9



To add life to your image, you need to add various components to your prompts.

Action of the subject: This tells the AI what action is being taken. For example, a cat riding a bicycle. Action execution technique: This tells the AI how the subject is performing the actions. For example, a cat riding a bicycle boldly.

The mood of the image: The mood can be described using adjectives to convey the atmosphere or emotion of the scene. For example, a happy cat riding a bicycle with confidence. Background description: This provides context and

setting for the image and can include details such as location, time of day, weather or any relevant

elements. For example, a cat riding a red bicycle with confidence in the rain along a peaceful road



Choose a creation method



Stable Stable Diffusion A next-generation text-to-image algorithm

Night Cafe



DALL-E 2 OpenAl DALL-E 2 From OpenAl, an advanced text-to-image algorithm



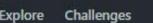
Coherent CLIP-Guided Diffusion More control and better composition than Artistic



Artistic VQGAN+CLIP Create beautiful images from a text prompt

https://creator.nightcafe.studio/





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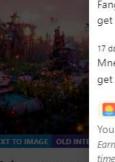
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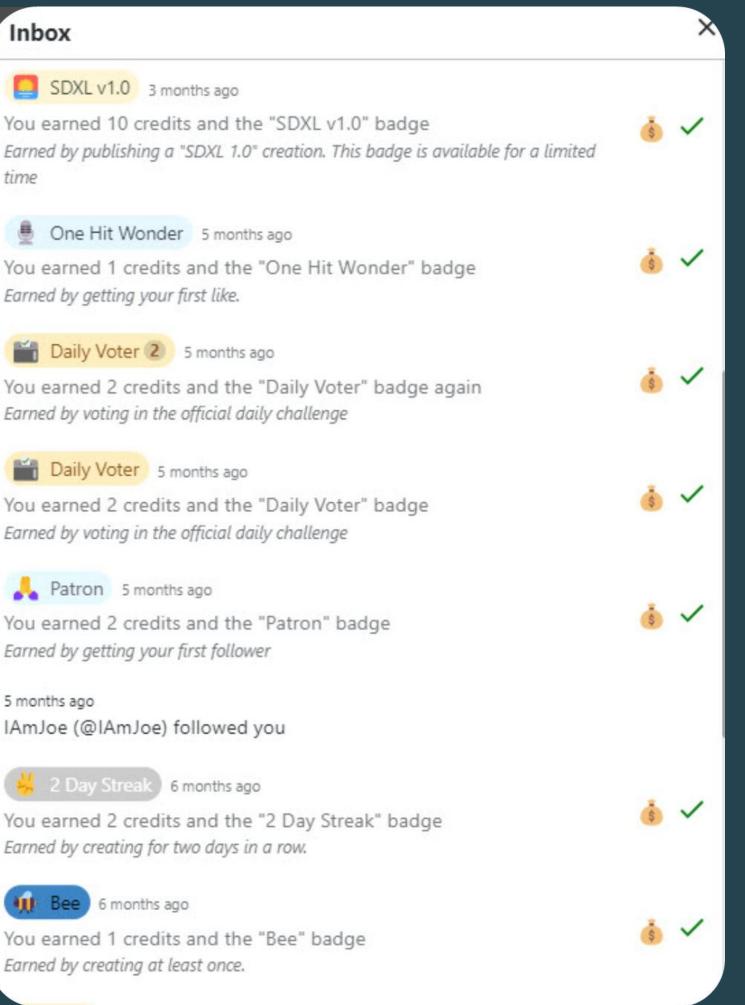
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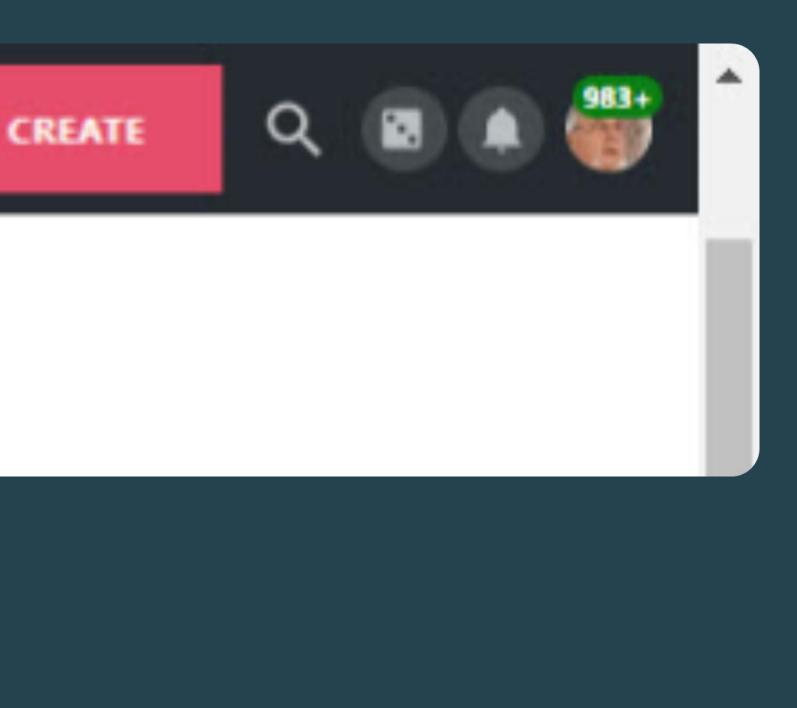
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My Creations

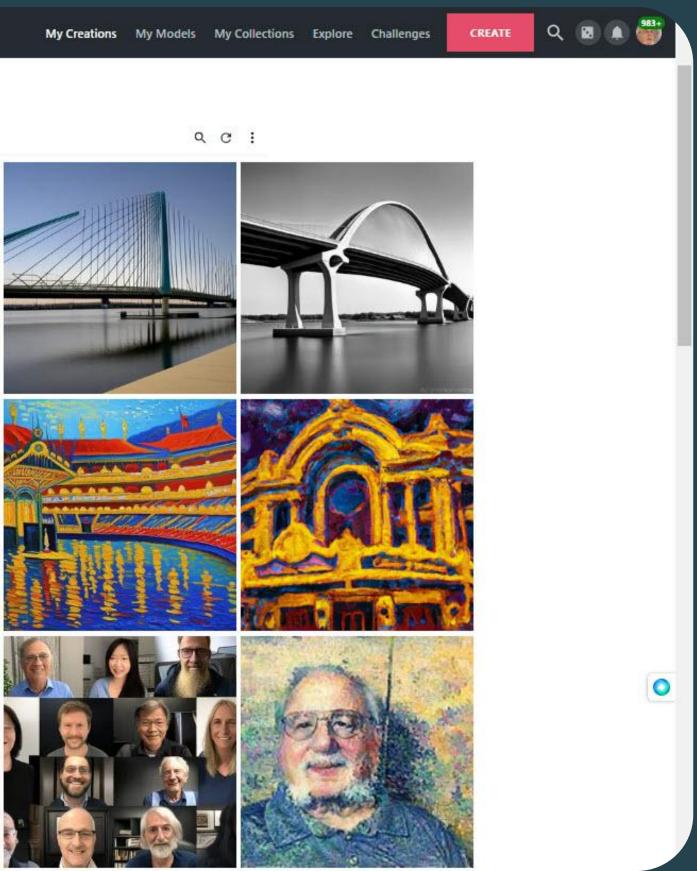
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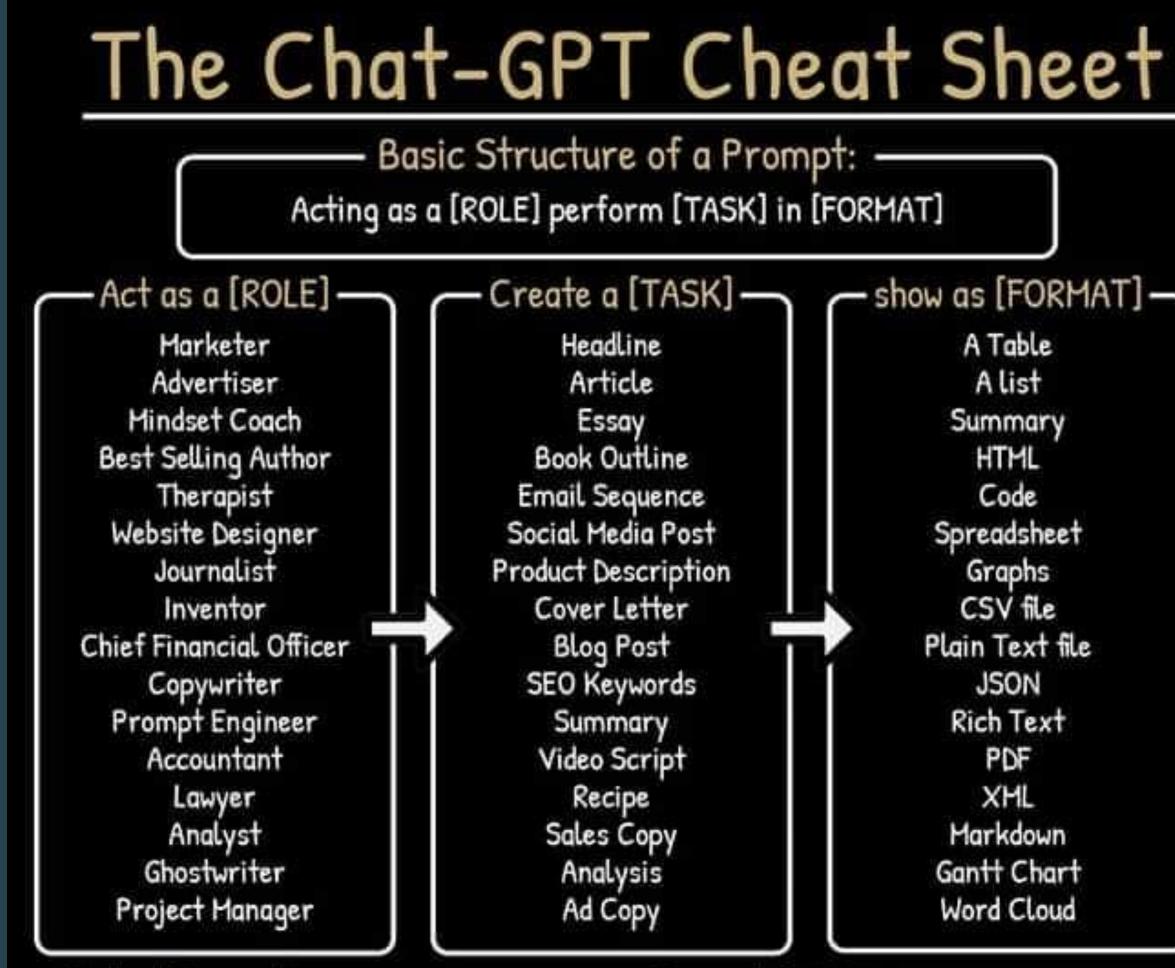












- show as [FORMAT] -A Table Alist Summary HTML Code Spreadsheet Graphs CSV file Plain Text file JSON **Rich Text** PDF XHL Markdown Gantt Chart Word Cloud

Linked Prompting

1 - Provide me with the ideal outline for an effective & persuasive blog post. 2 - Write a list of Engaging Headlines for this Blog post based on [Topic]. 3 - Write a list of Subheadings & Hooks for this same blog post

4 - Write a list of Keywords for this Blog.

5 - Write a list of Compelling

Call-to-Actions for the blog post

6 - Combine the best headline with the best Subheadings, Hooks, Keywords and Call-to-Action to write a blog post for [topic]

7 - Re-write this Blog Post in the [Style], [Tone], [Voice] and [Personality].

Effective Use of this Powerful Tool Can Propel Your Business To The Forefront Of This Modern Business Landscape.

Prompt Priming Lose Weight"

Prompts For Biz Owners - Give me a list of inexpensive ideas on how to promote my business better? - Acting as a Business Consultant, What is the best way to solve this problem of [Problem]. Create a 30 Day Social Media Content Strategy based on [Topic 1] & [Topic 2]. By eshanefozard

ZERO - "Write me 5 Headlines about [Topic]" SINGLE - "Write me 5 Headlines about [Topic]. Here is an example of one headline: 5 Ways to

MULTIPLE - Write me 5 Headlines about [Topic]. Here is an example of some headlines: 5 Ways to Lose Weight, How to Lose More Fat in 4 Weeks, Say Goodbye to Stubborn Fat. Find a faster way to Lose Weight Fast"

Text Prompt

I want you to act as an essay writer. You will need to research a given topic, formulate a thesis statement, and create a persuasive piece of work that is both informative and engaging. My first suggestion request is "I need help writing a persuasive essay about the importance of reducing technology waste in our environment".

Introduction

In our rapidly evolving world, technology has become an indispensable part of our lives. We are surrounded by a plethora of electronic gadgets and devices, from smartphones and laptops to televisions and kitchen appliances. While technology enhances our lives in numerous ways, its proliferation has also given rise to an alarming issue: electronic waste, or e-waste. This essay explores the pressing need to reduce technology waste in our environment, emphasizing the environmental, social, and economic consequences that call for immediate action.

Thesis Statement

The importance of reducing technology waste in our environment cannot be overstated; it is an urgent imperative driven by the need to mitigate environmental degradation, protect human health, and harness economic opportunities for a sustainable future.

B. Resource Recovery Recycling e-waste not only conserves resources but also provides a sustainable source of raw materials for future electronic production.

A. Extended Producer Responsibility (EPR) Governments can enforce EPR policies, requiring manufacturers to take responsibility for the entire life cycle of their products. This would encourage the design of more sustainable electronics.

B. Consumer Awareness Educating consumers about the importance of proper e-waste disposal and the benefits of recycling can lead to increased participation in recycling programs.

Conclusion

The importance of reducing technology waste in our environment is undeniable. The consequences of neglecting this issue are far-reaching, affecting the environment, public health, and economic prospects. We must act collectively to address the e-waste crisis, adopting responsible consumption and disposal habits, advocating for policy changes, and raising awareness. By doing so, we can protect our planet, improve human wellbeing, and secure a sustainable future for generations to come. Reducing technology waste is not just a choice; it is an imperative.

Title: E-Waste Crisis: The Imperative for Reducing Technology Waste in Our Environment

IV. The Role of Regulation and Awareness

A dog in a canoe





NightCafe

A dog in a canoe abstract vector fractal, wave function, Zentangle, 3d shading



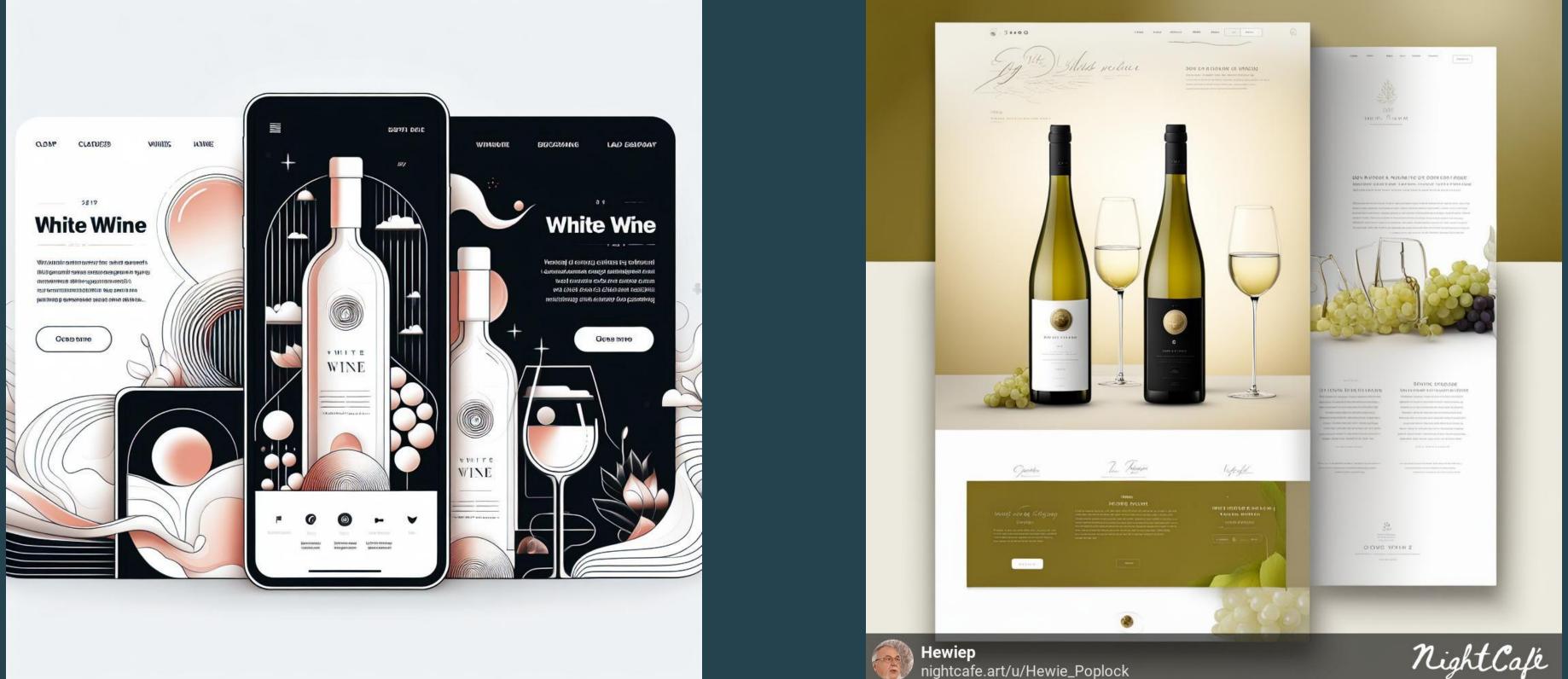


A dog in a canoe 8k resolution holographic astral cosmic illustration mixed media by Pablo Amaringo

NightCafe

UI design of a White Wine Company, Landing page, Modern, Classy, High end, High Resolution

Image Creator Dall-E 3



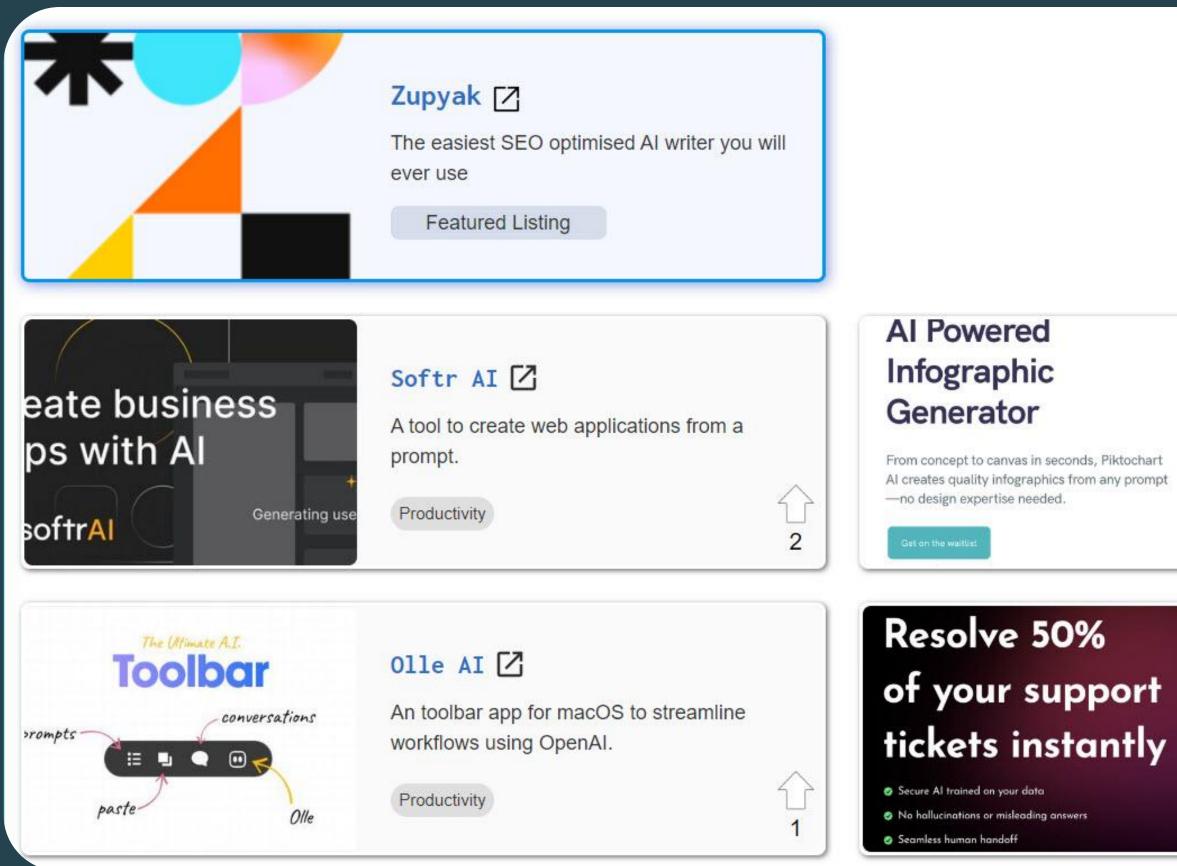
NightCafe



Al Tools List

- Try things like "You"	Tube" or "SEO" to find s	pecific tools for your ne	eds			
Al Detection	Aggregators	Avatar	Chat	Copywriting	Finance	
For Fun	Gaming	Generative Art	Generative Code	Generative Video	Image Improvement	
Image Scanning	Inspiration	Marketing	Motion Capture	Music	Podcasting	
Productivity	Prompt Guides	Research	Self-Improvement	Social Media	Speech-To-Text	
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https://www.futuretools.io/

Piktochart AI

A tool for visuals and infographic generation.

Generative Art

Resolve AI

A tool to build customer support agent to automate customer service operations.

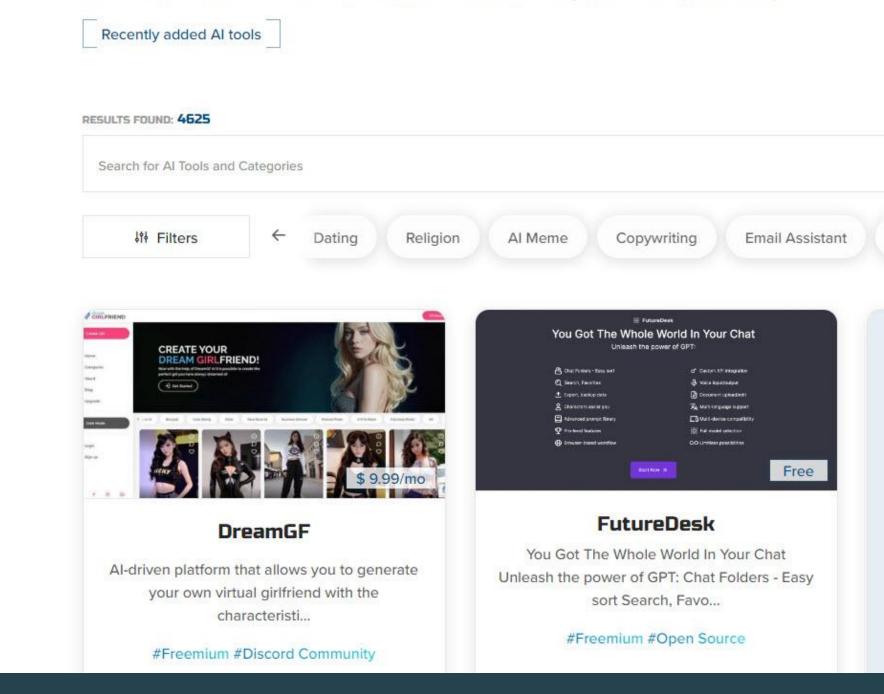
Chat





THE LARGEST AI TOOLS DIRECTORY

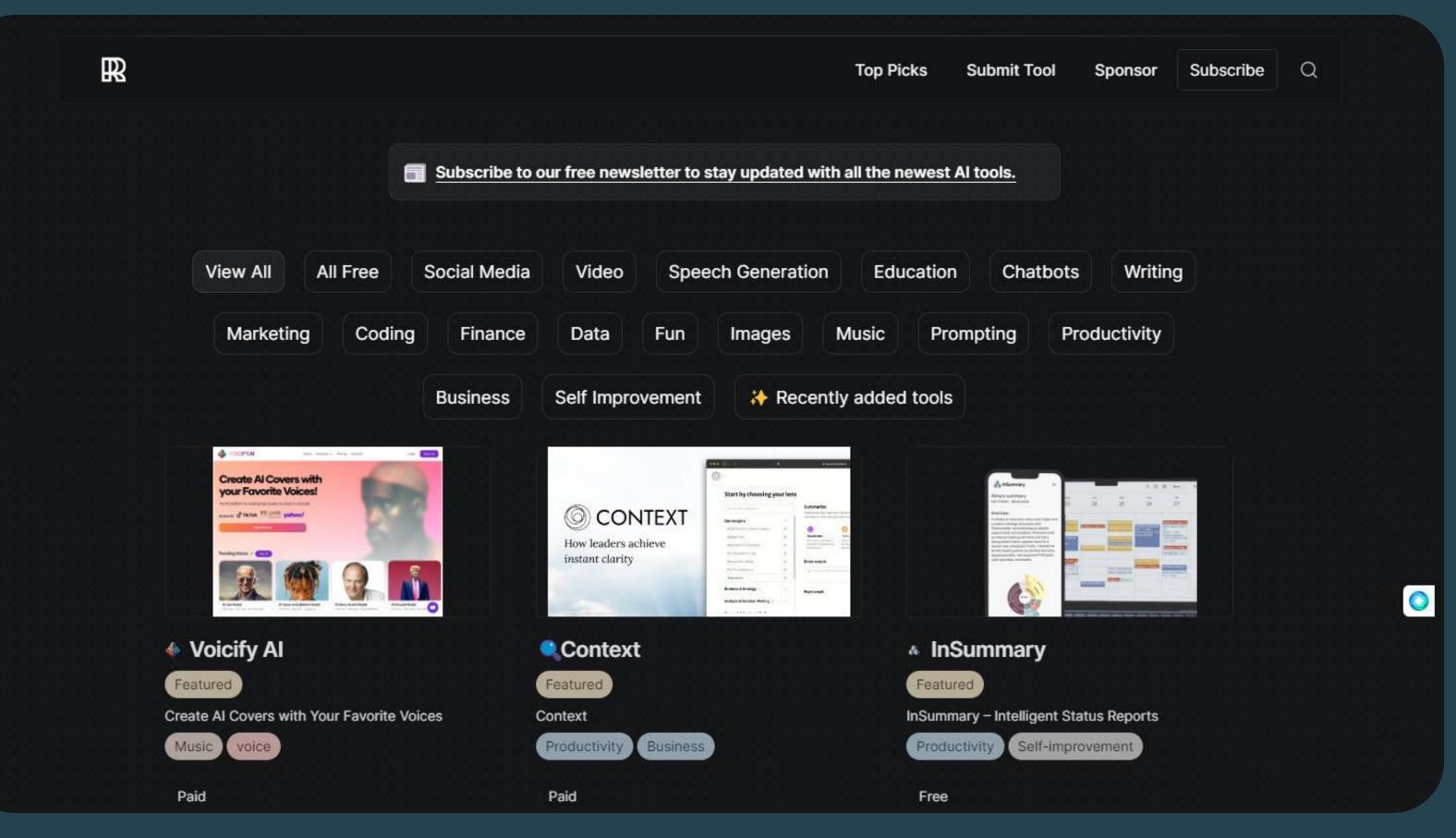
Al Tools Guru - news & education in one place for Artificial Intelligence Tools. Updated Daily!



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Stay Informed on AI Trends with These Newsletters in 2023

BY HEWIE POPLOCK





Exploring Artificial Intelligence Tools for Senior Empowerment

By Hewie Poplock

https://youtu.be/NNktjcoJIml

Hello, Hewie How can I help you today?

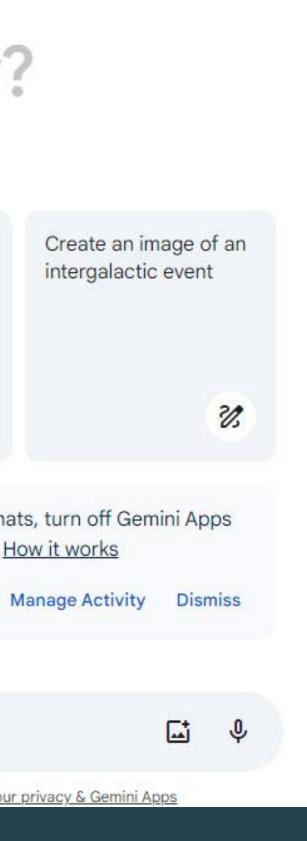


Humans review some saved chats to improve Google AI. To stop this for future chats, turn off Gemini Apps Activity. If this setting is on, don't enter info you wouldn't want reviewed or used. How it works

Enter a prompt here

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6





Compose a folk song inspired by earth, water, fire, and air Suno Terms | Privacy



Where are some of the most scer train rides with panoramic views Where are some of the most scenic



Create a packing list for a weekend getaway

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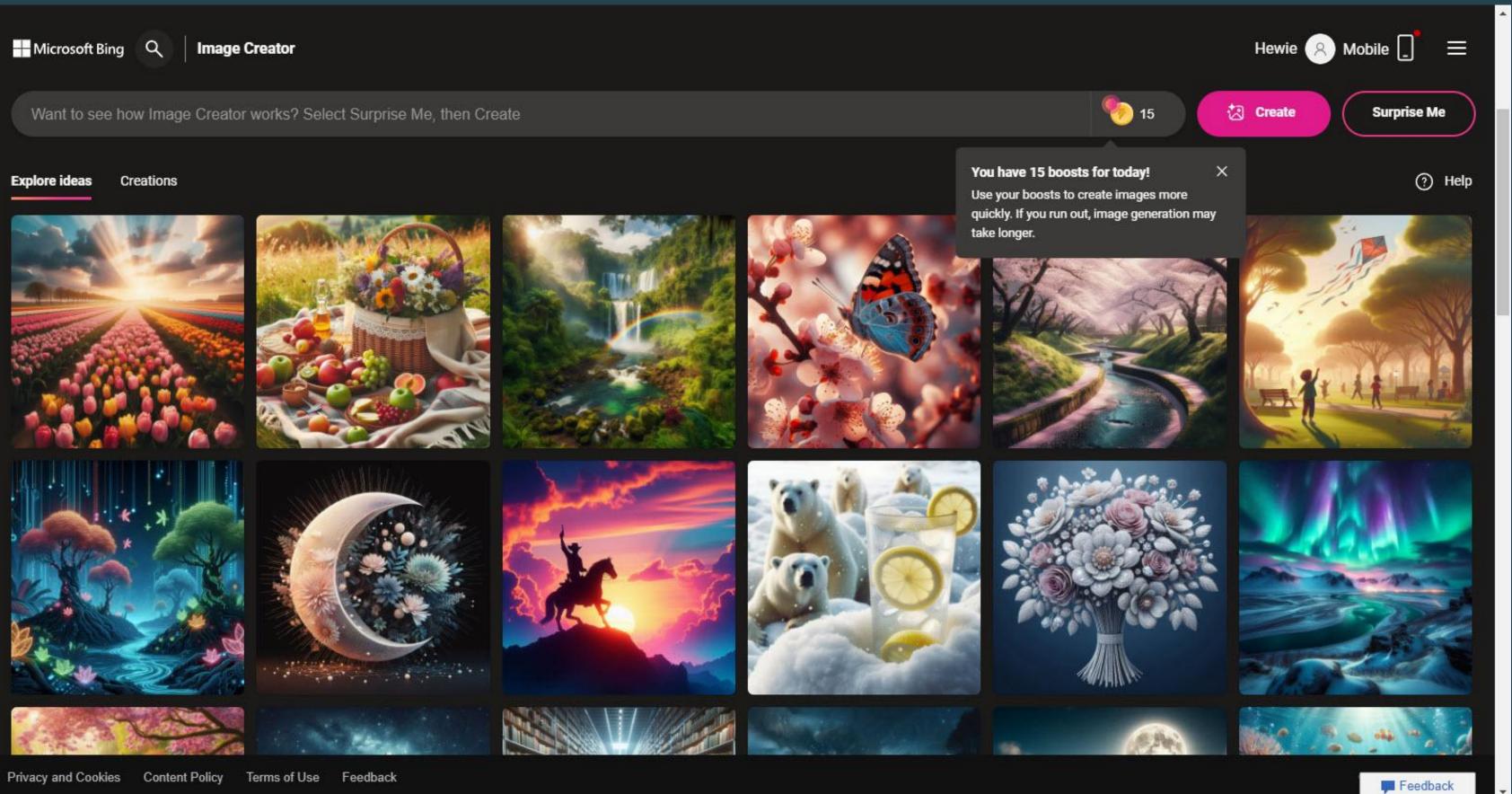




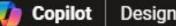


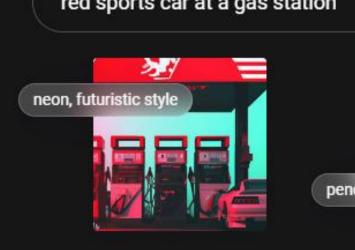




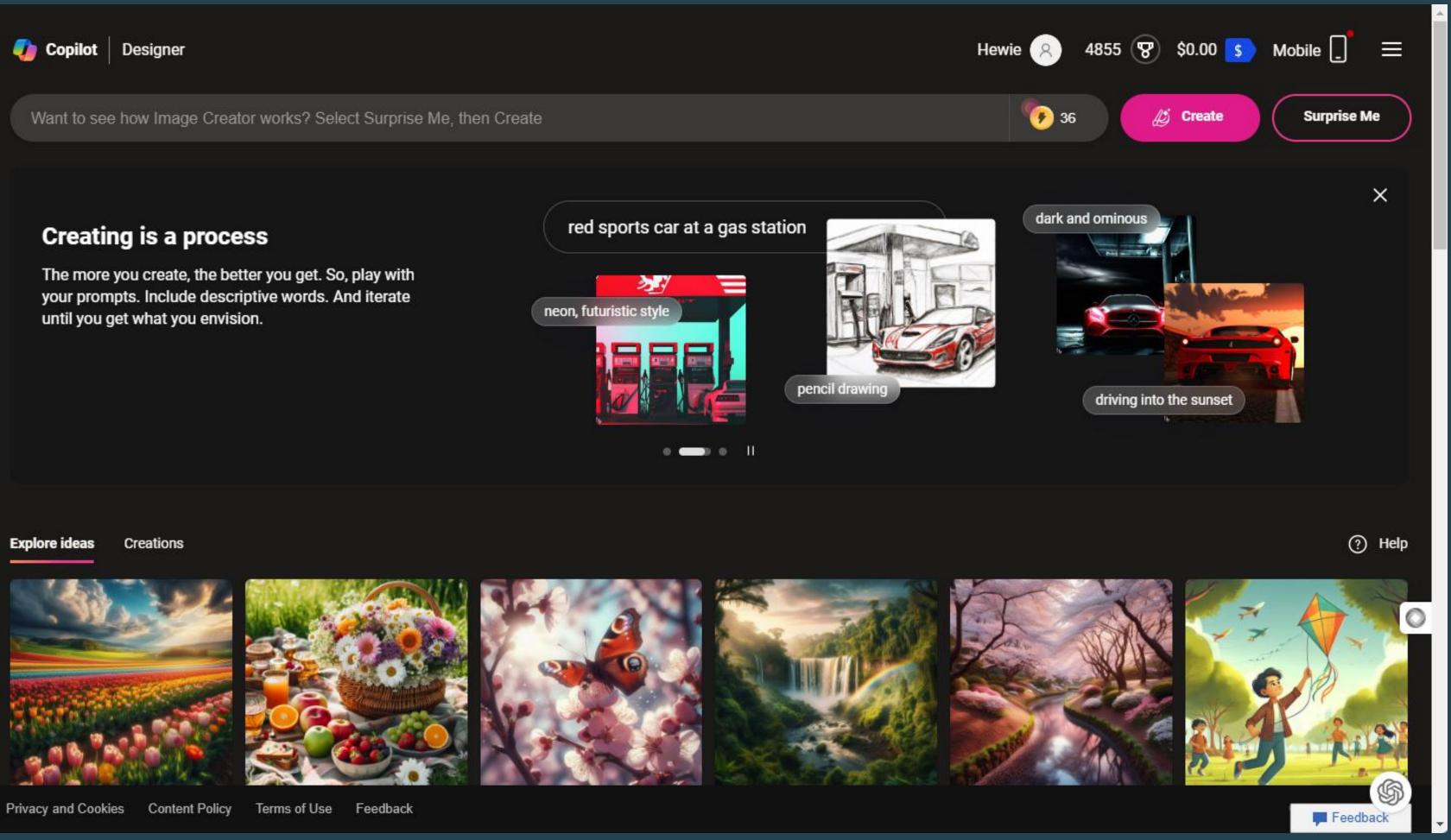


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Transform long form content

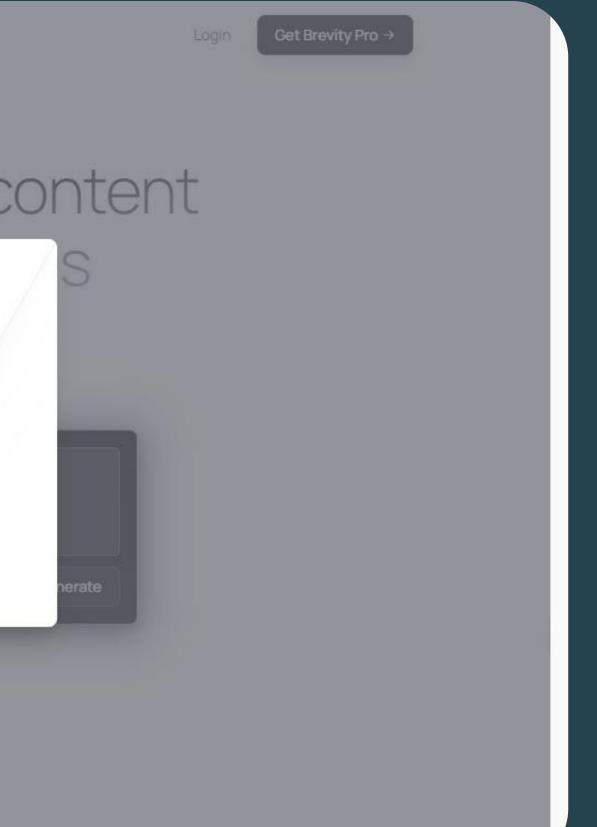


Check your email

We've sent a temporary login link. Please check your inbox at **hewie@hewie.net**.

Back to login

Need help? Contact us



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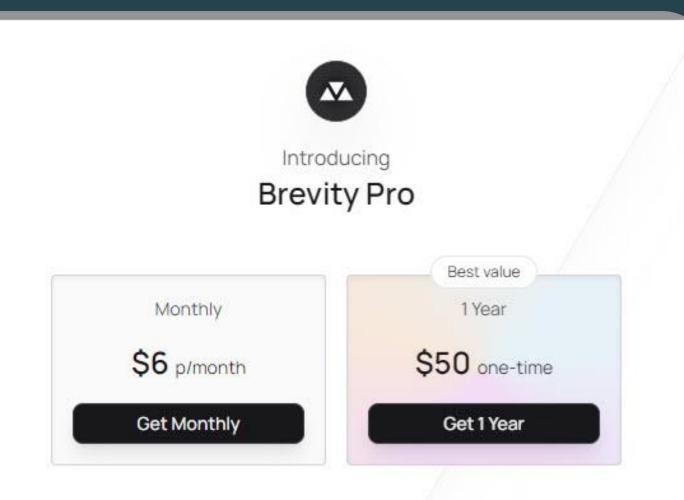
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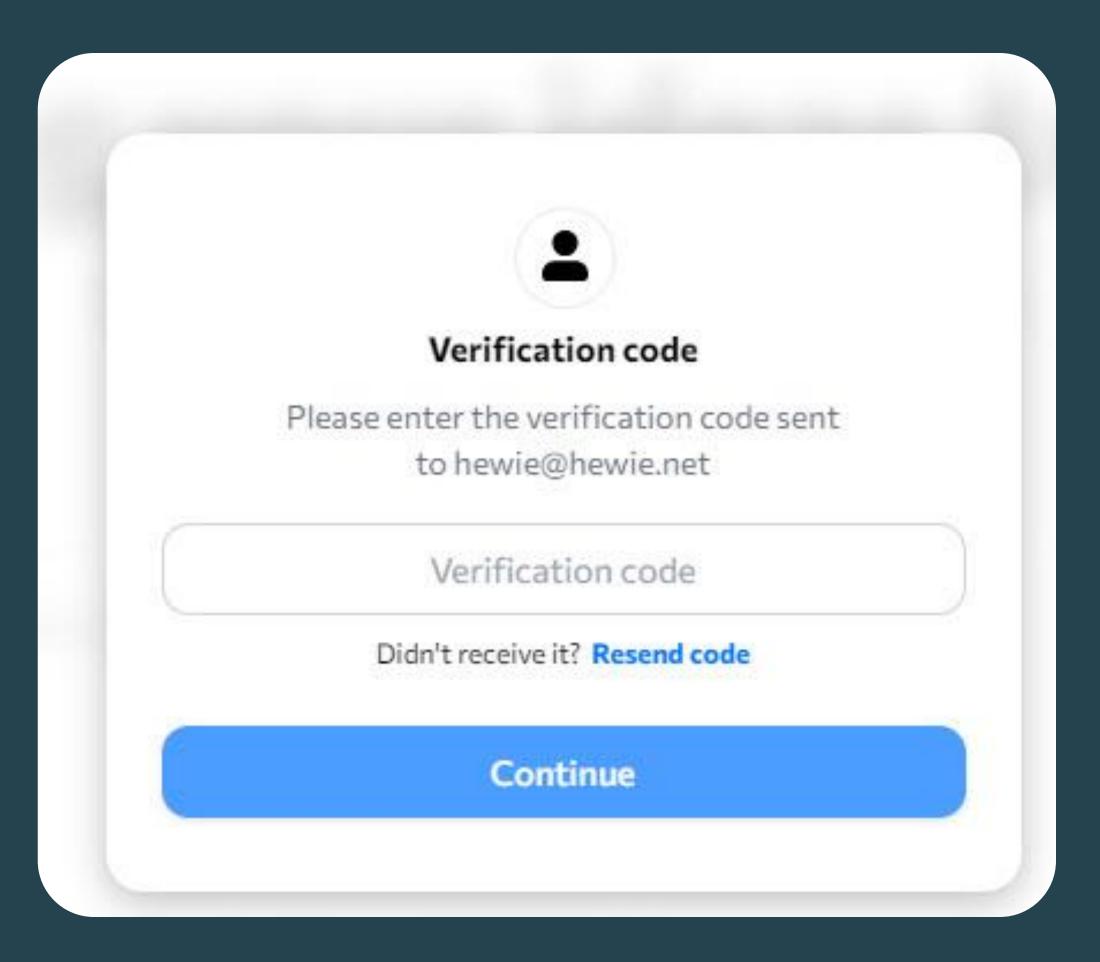
Better results

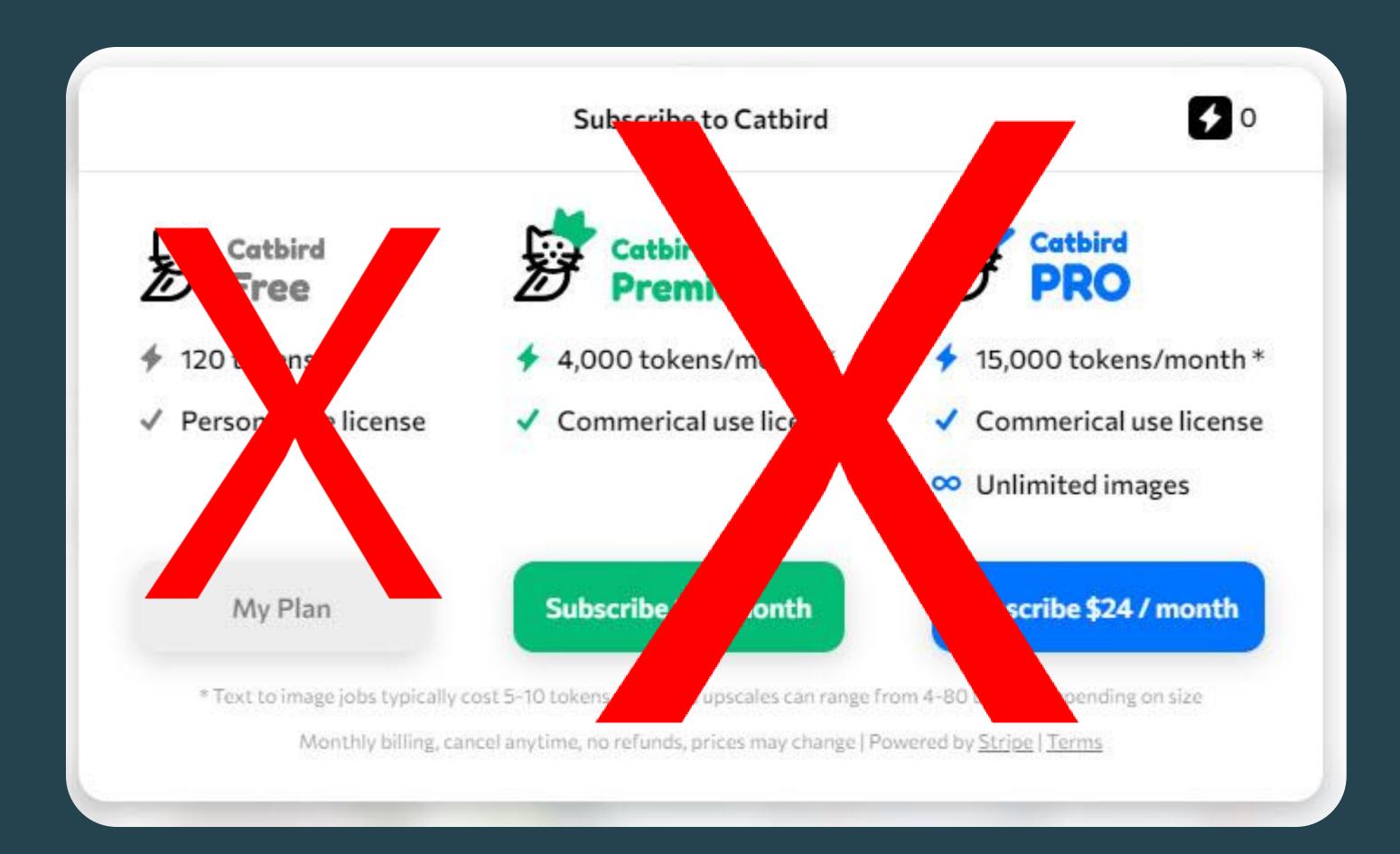
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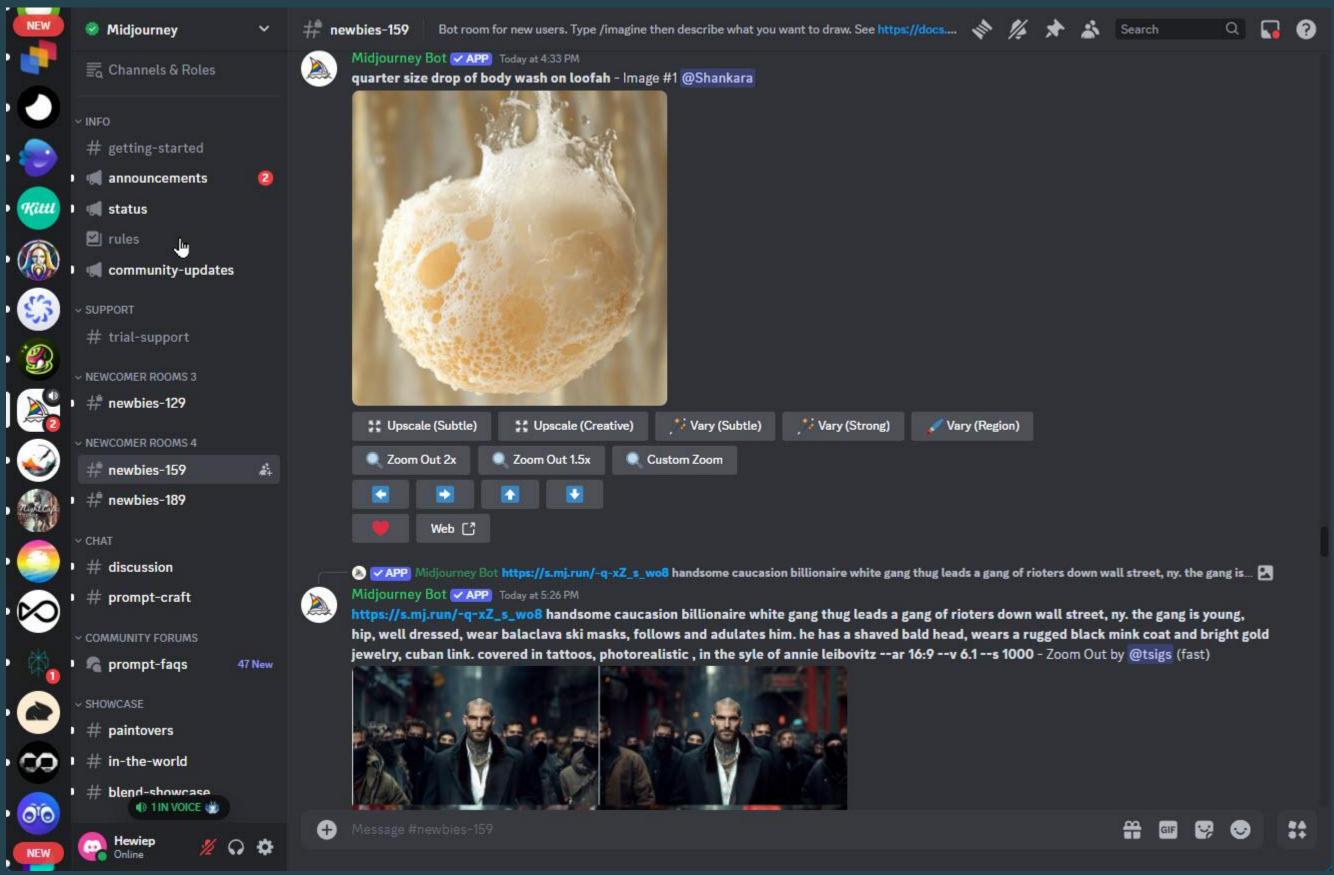
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Use file upload to summarize documents.





Discord

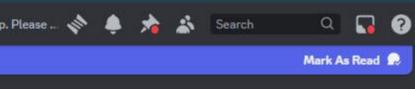


https://discord.com/

Discord

	© CFCS BBS	\sim # cfcs-bbs-administra	tion This is the "channel" for discussing your membership in this Discord group. Ple
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SECL	∎ # apple		June 10, 2020
		Mike Ungerman	
	▪ # linux		private text and audio chats between one or more people at a time. From the
· 😵	# windows	computer anyway), click on the person's name and you can start a chat with them. (edited)
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ual meetings. Once you enter the General voice channel, r it with you. If one of our Special Interest Groups wants to up to 60 will have audio. (edited)

Windows, Mac, Linux, Android and iOS, so if using a it a try. Post your results here or in the comments channel. works better than just using a browser] (edited)

se of us that are in CFCS or related to you that you'd like to seep our BBS semi-private in case the invitation link

m or nickname to your full name for CFCS BBS members.

the list of people on the right side of the app (on the

l it works well enough

Plans and Pricing

Remove Gamma branding with Plus, or go Pro for unlimited AI

	Monthly billing Yearly billing
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\$0 / user / month Free version	\$8 / user / month \$96 billed annually
Current plan	Upgrade to Plus
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 7-day change history Basic analytics 	 30-day change history

to 25%

Pro

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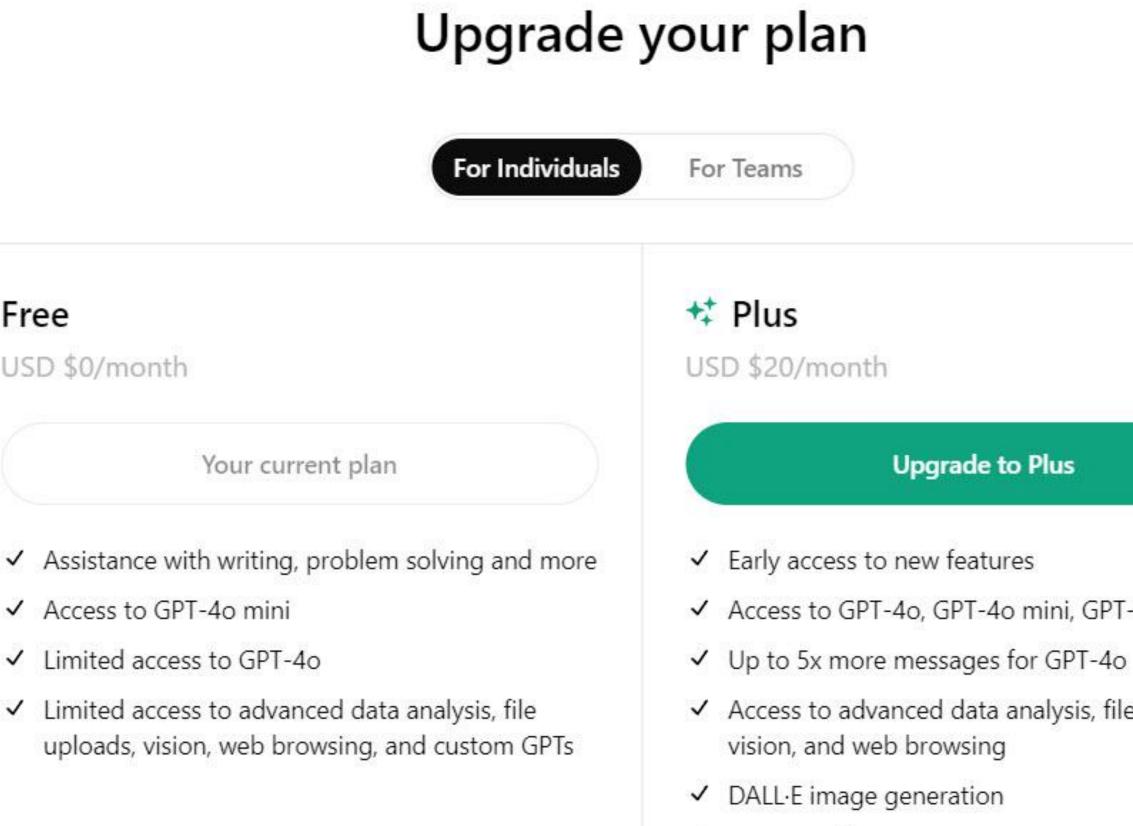
\$15 / user / month

\$180 billed annually

+: Upgrade to Pro

Plan includes:

- ✓ Unlimited AI creation
- ✓ Advanced AI models ③
- Remove "Made with Gamma" badge
- ✓ Priority support
- Custom fonts



Free

~

USD \$0/month

✓ Access to GPT-40 mini

Limited access to GPT-40

✓ Create and use custom GPTs

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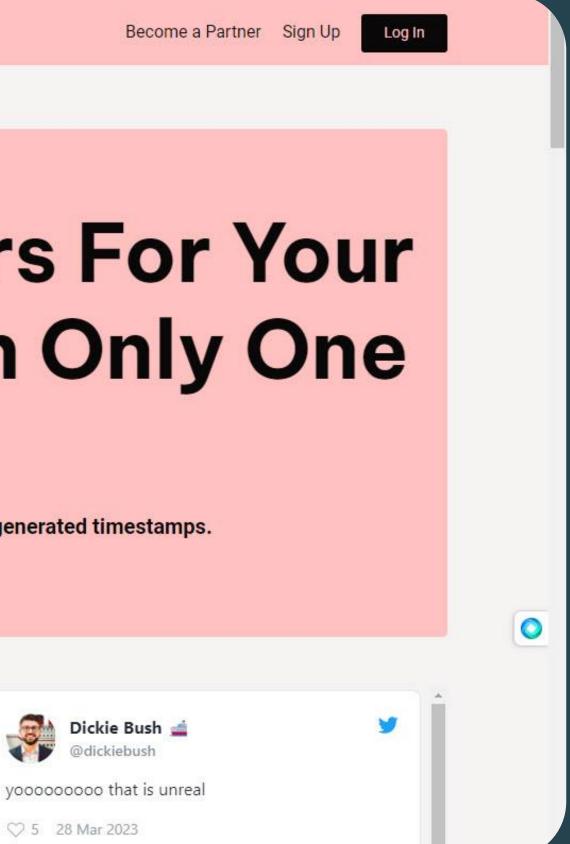
Congrats @LouisShulman Job His new SAAS instantchapters.com is so good just used it for my new YT video and it crushed it



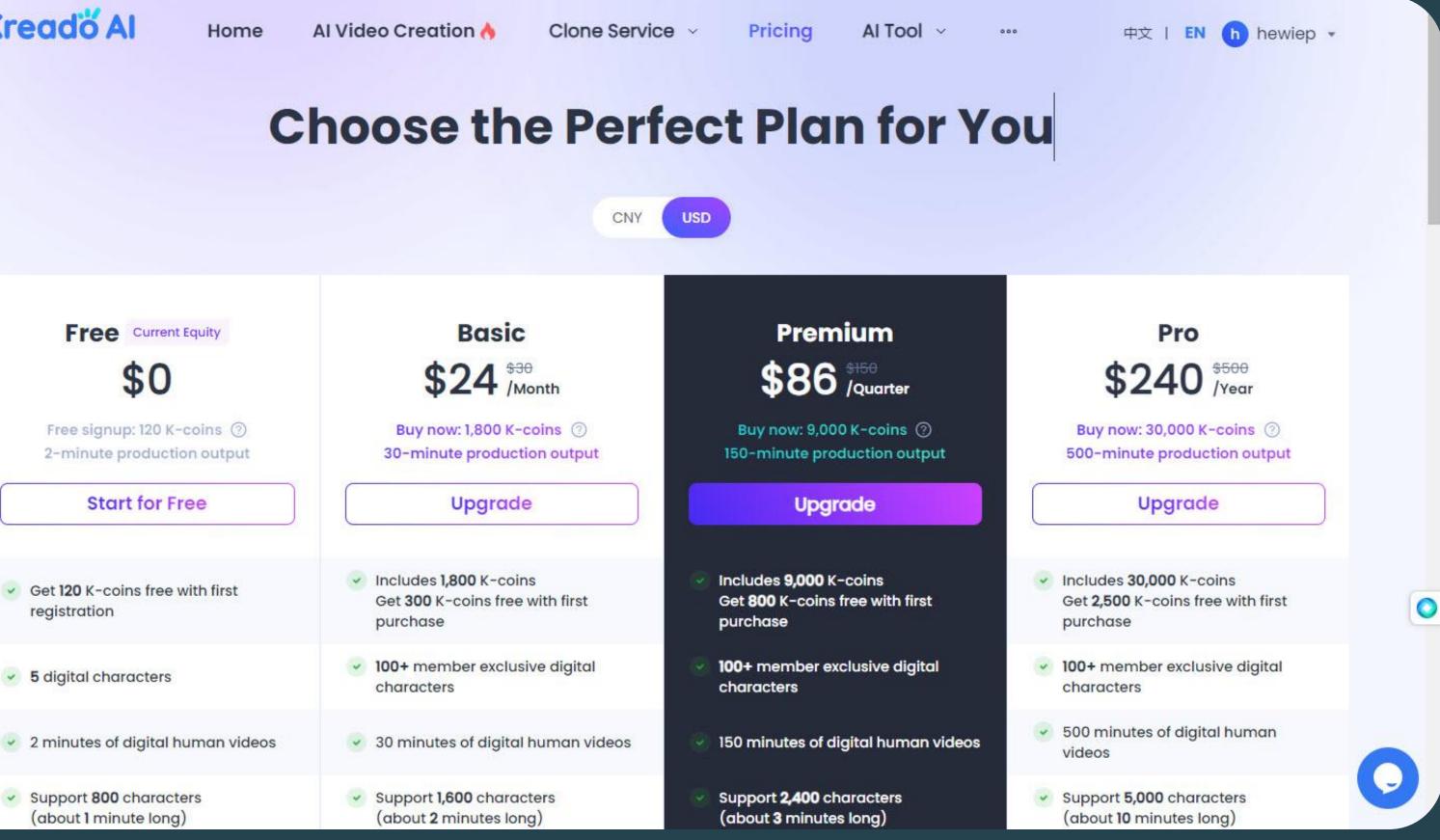
andre 🗲 @andrehaykaljr

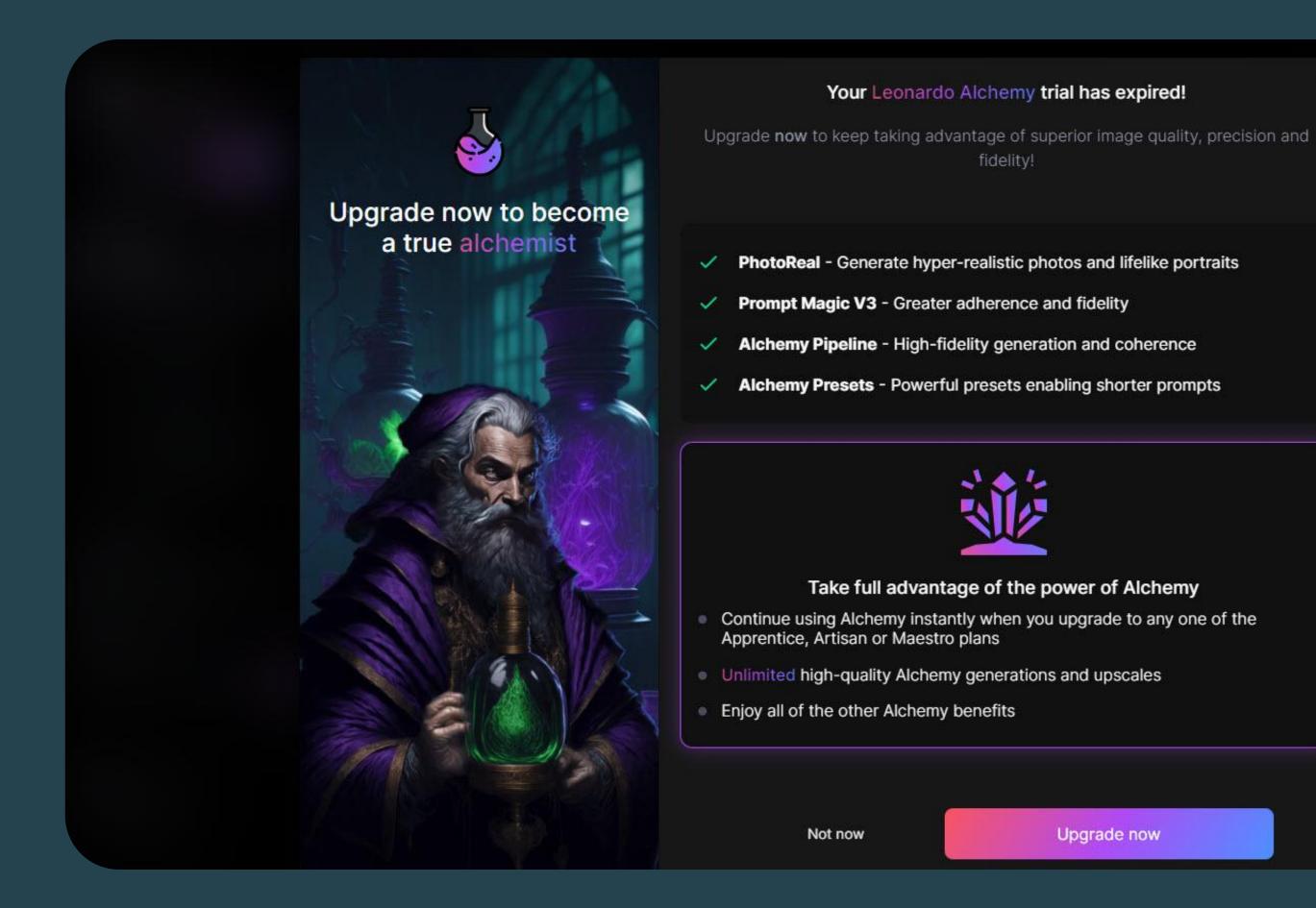
Insane how useful @LouisShulman's AI tool is...

Simply insert a YouTube video link and get a super









×



Upgrade now

Apprentice Free \$0 / month \$12 \$10 / month Billed yearly, ex. tax Forever Subscribe To Apprentice Switch to monthly billing

150 fast generations per day

Combined in any of the following ways:

- Up to 150 (768×768) generations per day
- Up to 30 upscales or unzooms per day
- Up to 75 background removals per day
- Daily free tokens when your balance falls below 150
- Up to 1 pending jobs
- × Private generations
- × Priority infrastructure
- X Relaxed generation queue

8,500 tokens per month Combined in any of the following ways:

- Up to 8,500 (768×768) generations per month
- Up to 1,700 upscales or unzooms per month
- Up to 4,250 background removals per month
- Daily free tokens when your balance fails below 150
- Up to 5 pending jobs
- Private generations
- Priority infrastructure
- X Relaxed generation queue

Artisan

\$30 \$24 / month

Billed yearly, ex. tax

Subscribe To Artisan

Switch to monthly billing

25,000 tokens per month

Combined in any of the following ways:

- Up to 25,000 (768×768) generations per month
- Up to 5,000 upscales or unzooms per month
- Up to 12,500 background removals per month
- Daily free tokens when your balance falls below 150
- Up to 10 pending jobs
- Private generations
- Priority infrastructure
- Relaxed generation queue

Maestro

\$60 \$48 / month

Billed yearly, ex. tax

Subscribe To Maestro

Switch to monthly billing

60,000 tokens per month

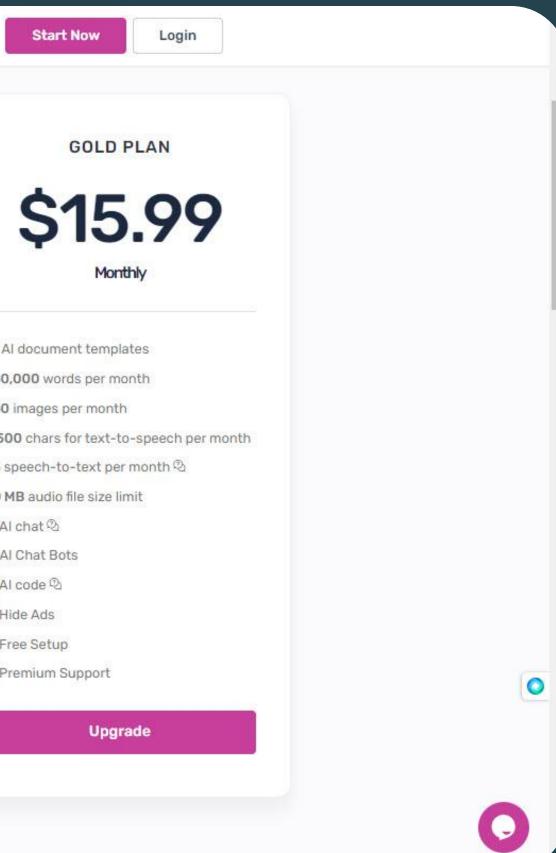
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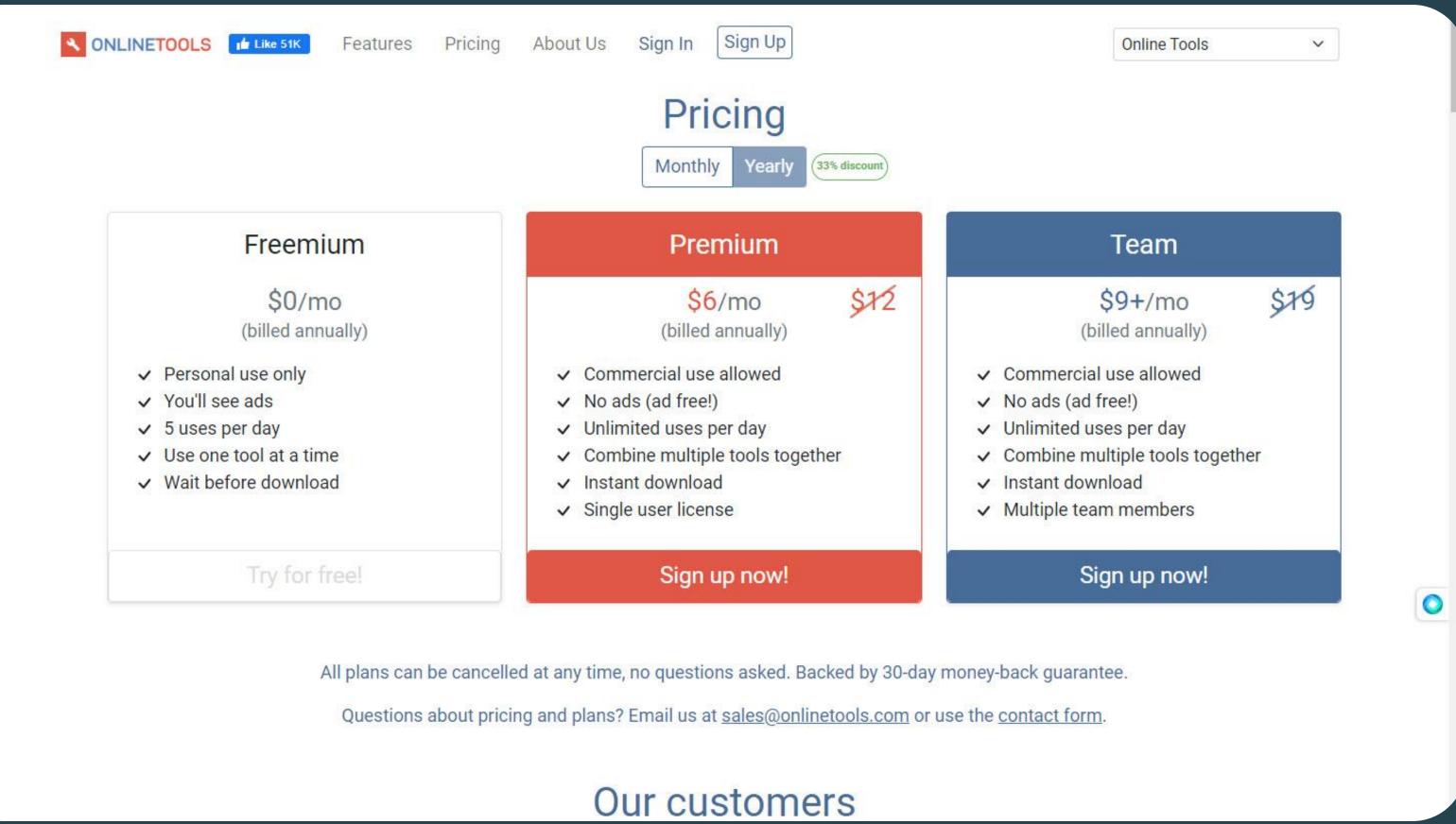
- Up to 60,000 (768×768) generations per month
- Up to 12,000 upscales or unzooms per month
- Up to 30,000 background removals per month
- Daily free tokens when your balance falls below 150
- Up to 20 pending jobs
- Private generations
- Priority infrastructure
- Relaxed generation queue

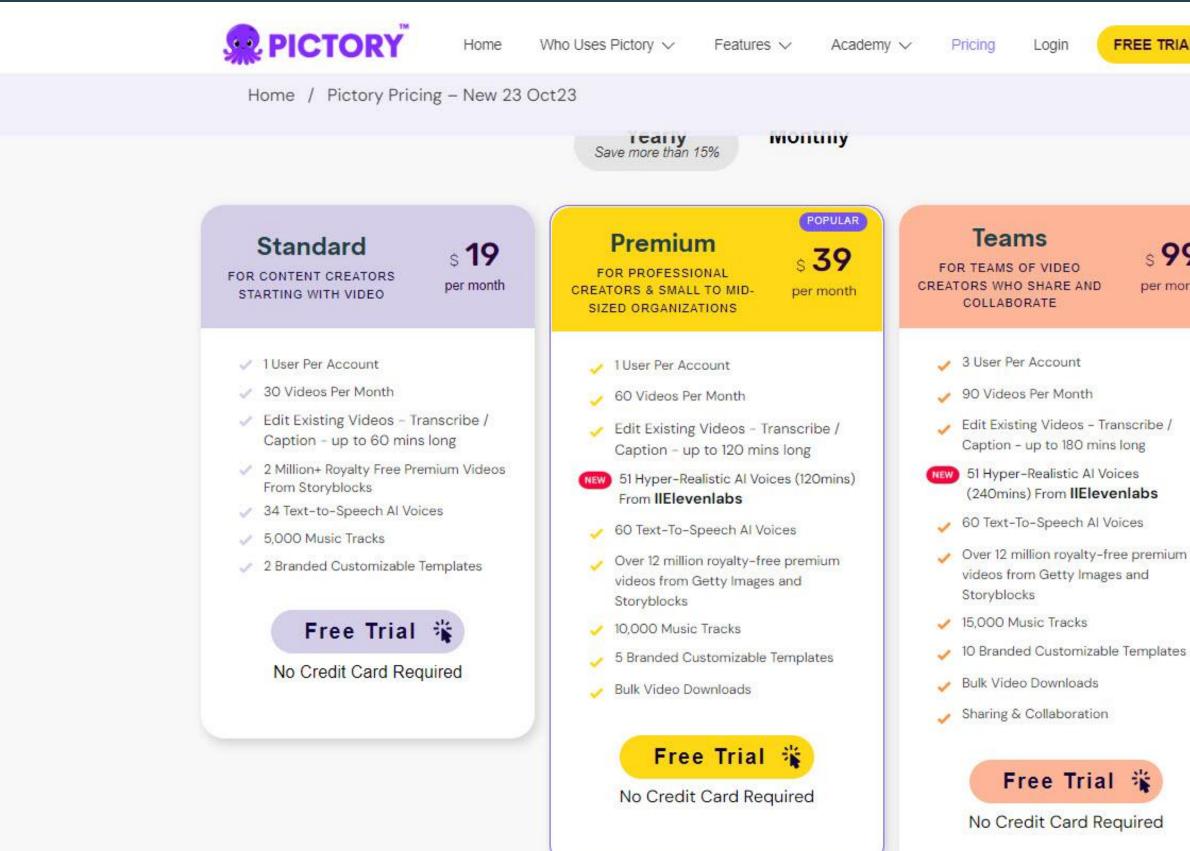


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FREE PLAN	SILVER PLAN	
Free	\$7.99	
IICC	Monthly	
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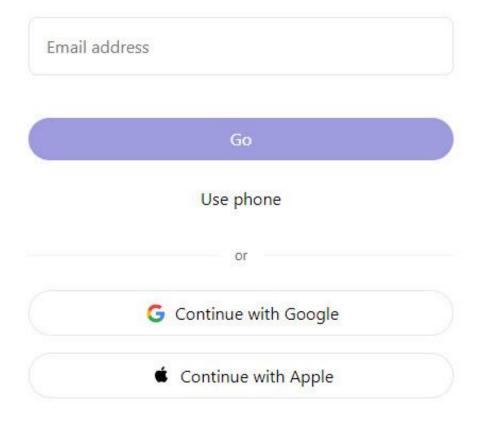
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s 99 per month

💬 Poe

Fast, helpful AI chat



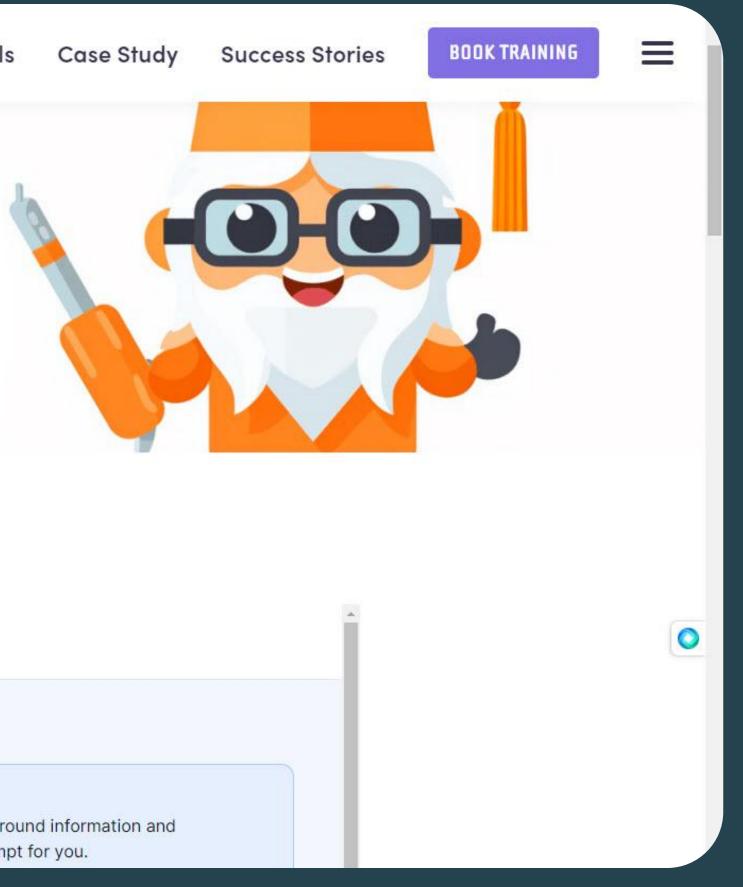
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PromptBot

PromptBot is a free AI tool that simplifies the process of creating detailed, powerful prompts for GPT-based bots & APIs.



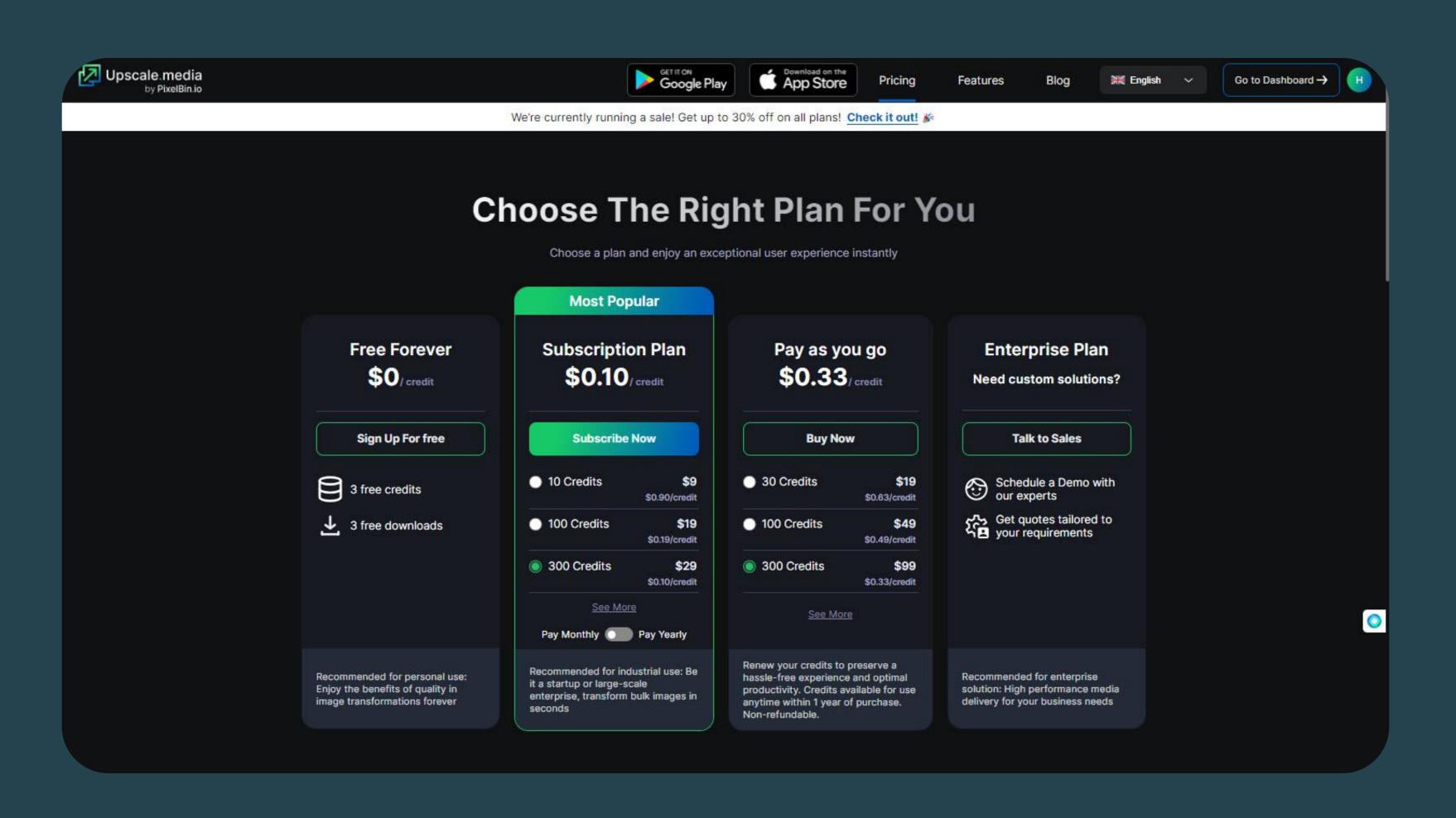


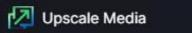
Generate Prompt

Test your Prompt

PromptBot

What is the purpose of your prompt? Provide some background information and expected results to help me create the most suitable prompt for you.





~

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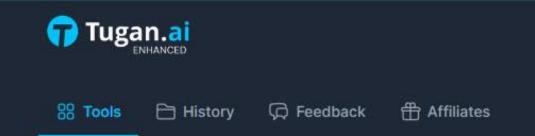


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 $\text{Open Hewie} \rightarrow$



Youtube to Anything

Use a youtube video to generate high quality content.



Youtube to Newsletter

Effortlessly transform Youtube videos into engaging newsletters in seconds.



Youtube to Twitter Threads

Easily convert Youtube videos into captivating Twitter threads.



Youtube to LinkedIn Posts

Convert YouTube videos into attention-grabbing LinkedIn posts.

Rock your newsletter

Create a newsletter that brings value to your readers.



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https://www.tugan.ai/

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Need an upgrade?	Upgrade	
0% of plan credits used		

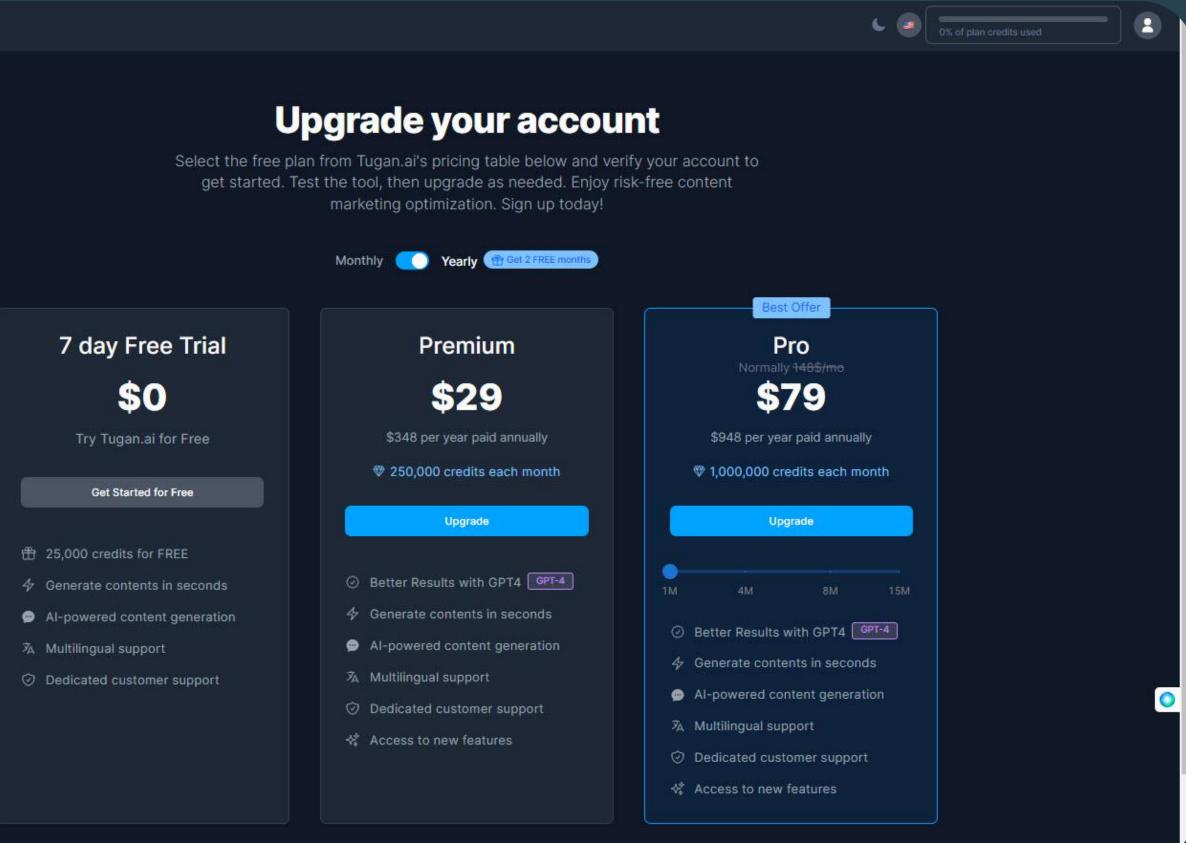


Youtube to simple Tweets

Swiftly convert Youtube videos into concise tweets

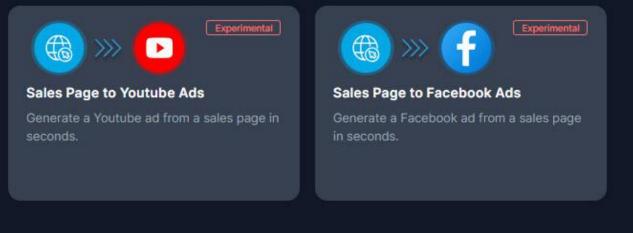


marketing optimization. Sign up today!



A Effortless Ad Creation

Easily create stop-scrolling and high-converting ads in no time.



< Shine on Social Media

Create social media posts that bring value to your followers.

New



From Youtube to Instagram Posts

Enter the URL of a Youtube video to generate an Instagram post in seconds.

>>>	0

From Article to Instagram Posts

Enter the URL of an article to generate an Instagram post in seconds.

New



From Youtube to Facebook Posts

Enter the URL of a Youtube video to generate a Facebook post in seconds

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s://beta.tugan.ai/free-trial

New



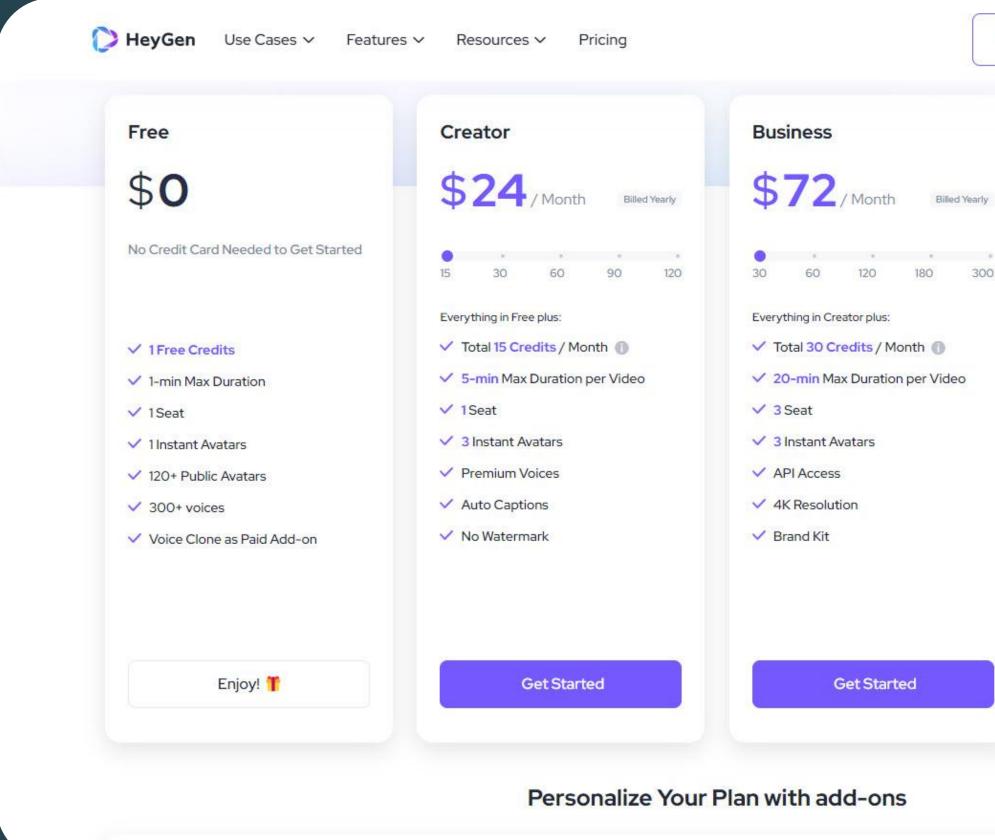
New

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From Article to Facebook Posts

Enter the URL of an article to generate a Facebook post in seconds.





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Try HeyGen for Free

Enterprise

300

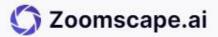
Customized Plans

Everything in Business plus:

Let's Talk

- ✓ Large usage up to unlimited videos
- Custom number of seats
- ✓ Studio Avatar as Paid Add-on
- ✓ SSO (SAML)
- Customized Solutions
- Dedicated Data Center
- Dedicated Account Manager
- Paired Solution Engineer
- ✓ Priority Video Processing

Contact Sales



Create stunning Zoom backgrounds with Al

The #1 AI Zoom background generator

Showcase your personality and make a memorable impression on your next video call









Create your backgrounds 🔶

34,537 backgrounds already created for 15,021 happy customers

Used by employees at













Login

Create your backgrounds ->



















Notice Showcase	Pricing Academy		
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Free	Individual	Essential Popular	Team
\$0	\$19 per month	\$49 per month	\$199
Start playing around with Notice for free	Customize your new content's home	Manage smart content for your company	Activate con your team
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Sign In

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Enterprise

Let's talk

Customize your experience with our enterprise-grade solution

- Custom number of collaborators
- ᄙ Custom integrations ondemand
- Custom number of workspaces
- Everything in Team
- Premium CDN
- SSO enabled
- On-Premise data
- Content and SEO audit



Notice Showcase	Pricing Academy		
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Start playing around with Notice for free	Customize your new content's home	Manage smart content for your company	Activate conten your team
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Enterprise

Let's talk

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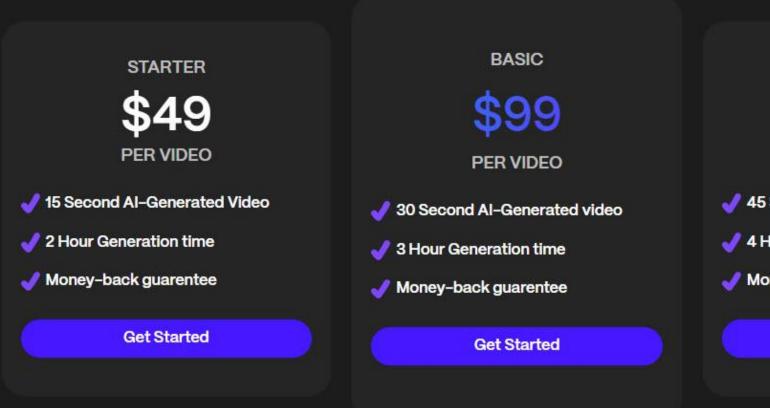
- Custom number of collaborators
- ᄙ Custom integrations ondemand
- Custom number of workspaces
- Everything in Team
- Premium CDN
- SSO enabled
- On-Premise data
- Content and SEO audit



Gen Vid

Premium quality without the premium price

Create stunning product launch videos that look like they were created by a studio.



You will be redirected to a form to complete after placing your order



PRO



45 Second Al-Generated video

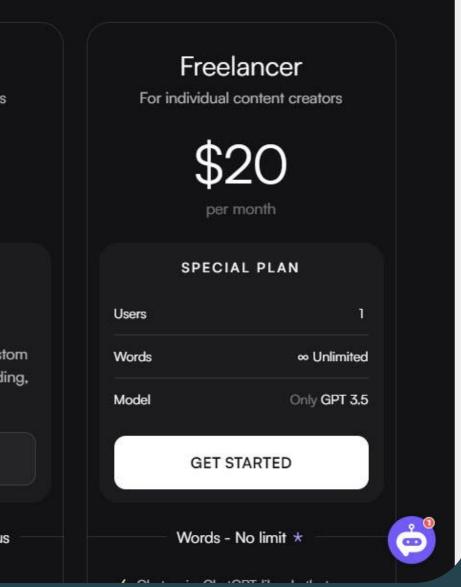
🥑 4 Hour Generation time

Money-back guarentee

Get Started

Writesonic PRODUCTS + CHATSONIC BOTSONIC AUDIOSONIC PRICING + SIGN IN Outrank Competitors with Factual, On-Brand Content. **Best ROI Awaits!** MONTHLY YEARLY Save 20% with annual plans Small Team Enterprise Free For your hobby projects Great for small businesses For medium-large businesses \$19 \$0 \$500+ per month per month per month FOREVER FREE CALCULATE PRICING 1 Users 1 Users Get custom packages, SSO, custom Words 10000/month GPT 3.5 GPT 4 Model Al model development, onboarding, Model Only GPT 3.5 and support. 100000 ~ Words CONTACT SALES START WRITING GET STARTED Q Get the following benefits Everything in Free, plus Everything in Small Team, plus



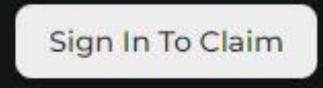


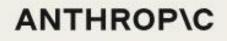
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Open Art

You don't need to claim daily free credits. We're making all the basic image generations **UNLIMITED**. That's why you don't see "free credits" anymore. Now you can generate unlimited images that used to cost your free credits.





Welcome back, Hewie

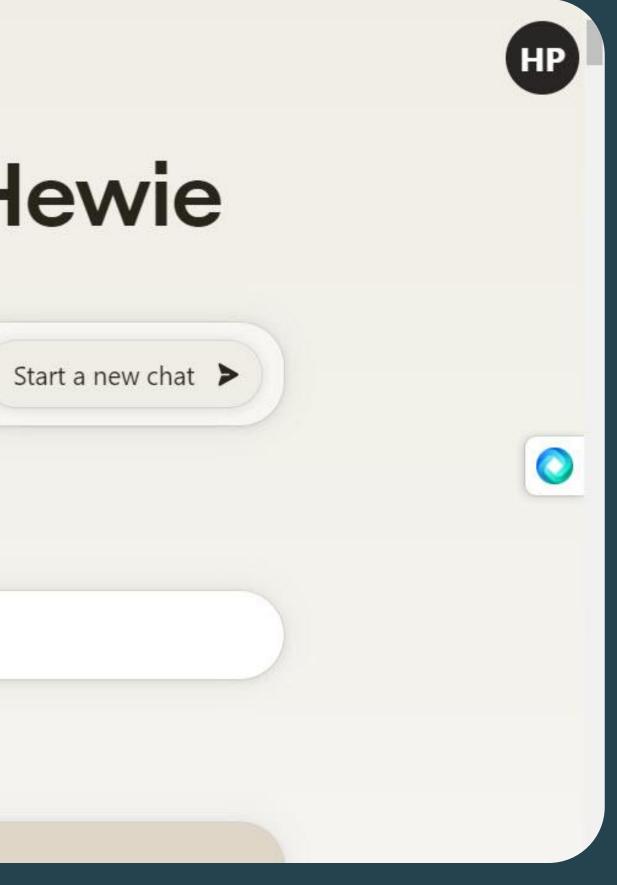
Start your first message with Claude...

Yesterday

An Ode to STUG's Tech Support

3 days ago

https://claude.ai/chats



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perplexity	l←
Wheelbound	

Ctrl I New...

Q Home

Discover

II Library

what is airglass by... how much does ... where do i find ... how do i change... What are the brands... write a short article... What is CAGR what is APEC IV

Try Pro

Upgrade to Claude-2 or GPT-4, boost Copilot uses, and upload more files.

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Where knowledge begins

Ask anything...

Q Focus ④ File

Try Pro Careers Labs Blog

https://www.perplexity.ai/



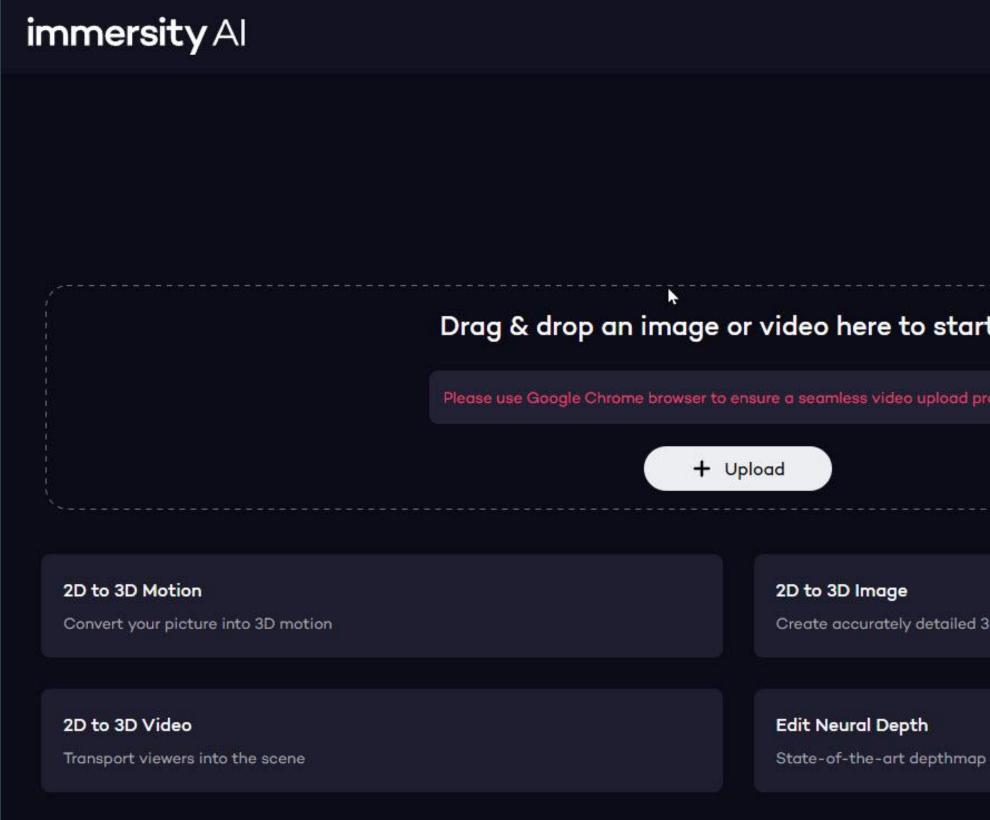


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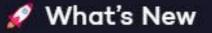
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Release 3.3 (07/31/2024)

The basics, made even better!

Key Updates:

- Guided Tour: Learn the basics of creating stunning immersive media quickly and seamlessly with just a few simple steps!
- Bug fixes and performance improvements: Minor updates and changes to make your experience even more enjoyable.

Release 3.2 (07/08/2024)

More from Immersity - Making the creation experience better with Immersity.

We're now rolling out Immersity AI Version 3.2 – Here's what you should know:

Key Updates:

- Updated Web Technologies: We've updated Immersity AI even more with newer web technologies to make it more stable and secure.
- AdBlock Restriction: We can now identify when AdBlock is
 enabled to prevent blocking ads for Free Exports. To continue

Turn Off Ad Blocker

To make sure Immersity AI is working properly, please disable your ad blocker, and allow cookies. Thank you for supporting us!





https://www.immersity.ai/

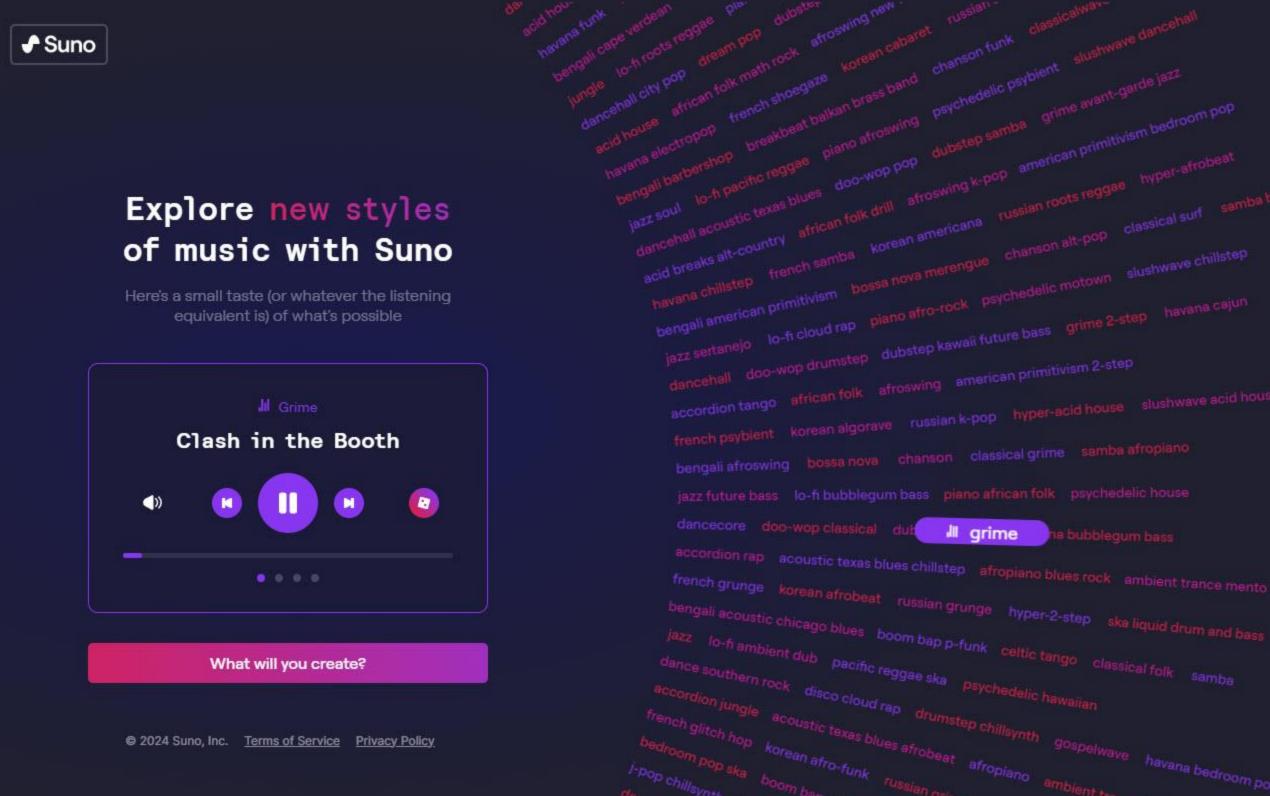


LET'S TALK A

FRIDAY **MAY 26** 1:00PM



suno.com Styles of Music



SUNO	Library
Home Create Library	Songs Playlists Following Followers
Explore	Liked 🌐 Public 🔍 Q. Search by song name, style or lyrics
Search	anti-folk
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pcc-h

surf rock



September 4, 2024 at 3:16 AM



Verse 1:

Hayward techies, unite and see PCC's here for you and me Zoom in every month, on Friday night To learn and share, with all our might

Chorus:

PCC, PCC, the techie's dream Knowledge sharing, a digital scene Join the group, connect and grow In Hayward's tech world, let's go!

Sun City Center Computer Club Song

(Verse 1) In 1983, it all began, In Sun City Center, down in Florida land, The Computer Club's here, with a mission so grand, Helping folks with tech, lending a hand.

(Chorus) Oh, the Computer Club, we love it so, Education, support, everywhere we go, With classes and a lab, we're in the know, In Sun City Center, watch us grow!

(Verse 2) Residents from Kings Point and SCC, Joining up, finding tech community, Volunteers and monitors, always on the scene, Helping members shine, making machines run clean.

(Chorus) Oh, the Computer Club, we love it so, Education, support, everywhere we go, With classes and a lab, we're in the know, In Sun City Center, watch us grow!

(Bridge) "The Journal" keeps us informed and wise, Tips, tricks, news, and tech surprise, Monthly joy, in our hands it lies, Staying ahead, beneath the skies.

(Chorus) Oh, the Computer Club, we love it so, Education, support, everywhere we go, With classes and a lab, we're in the know, In Sun City Center, watch us grow!

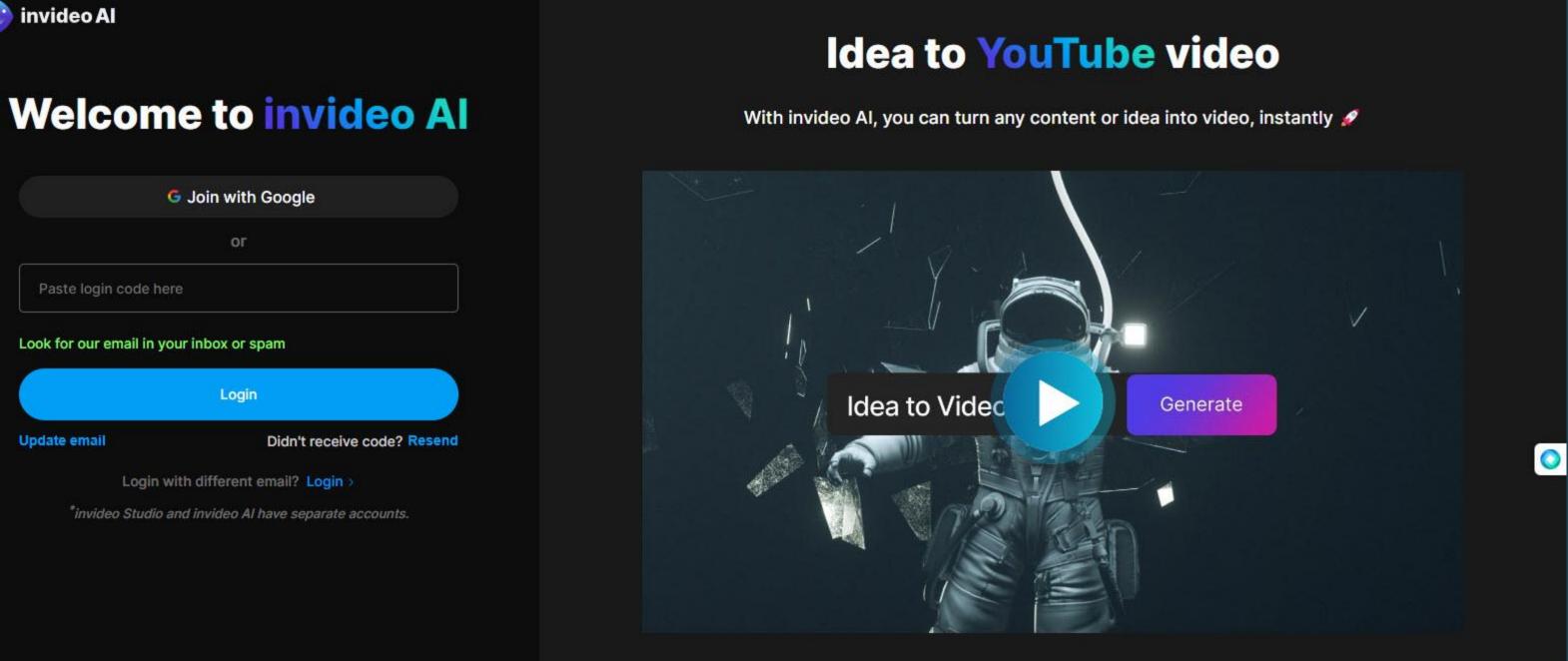
(Outro) Membership perks, oh, can't you see, Access to the lab, benefits, so free, Community strong, filled with glee, The Computer Club, where we all want to be!



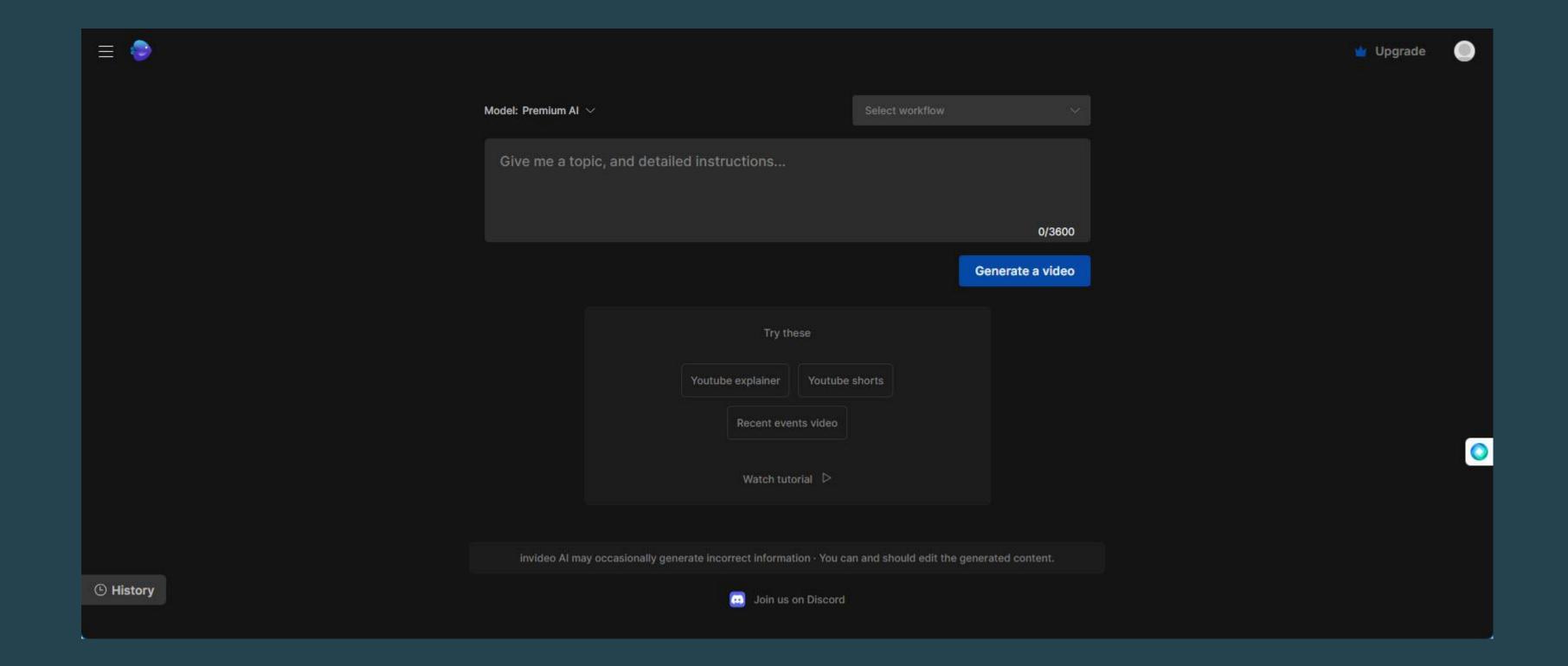
(Verse 1) In 1983, it all began, In Sun City Cent er, down in Florida land , The Computer Club's here with a mission so grand

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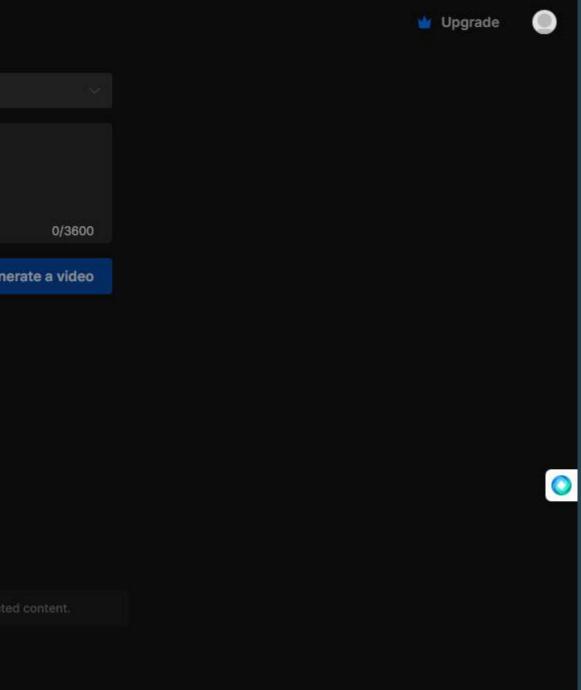




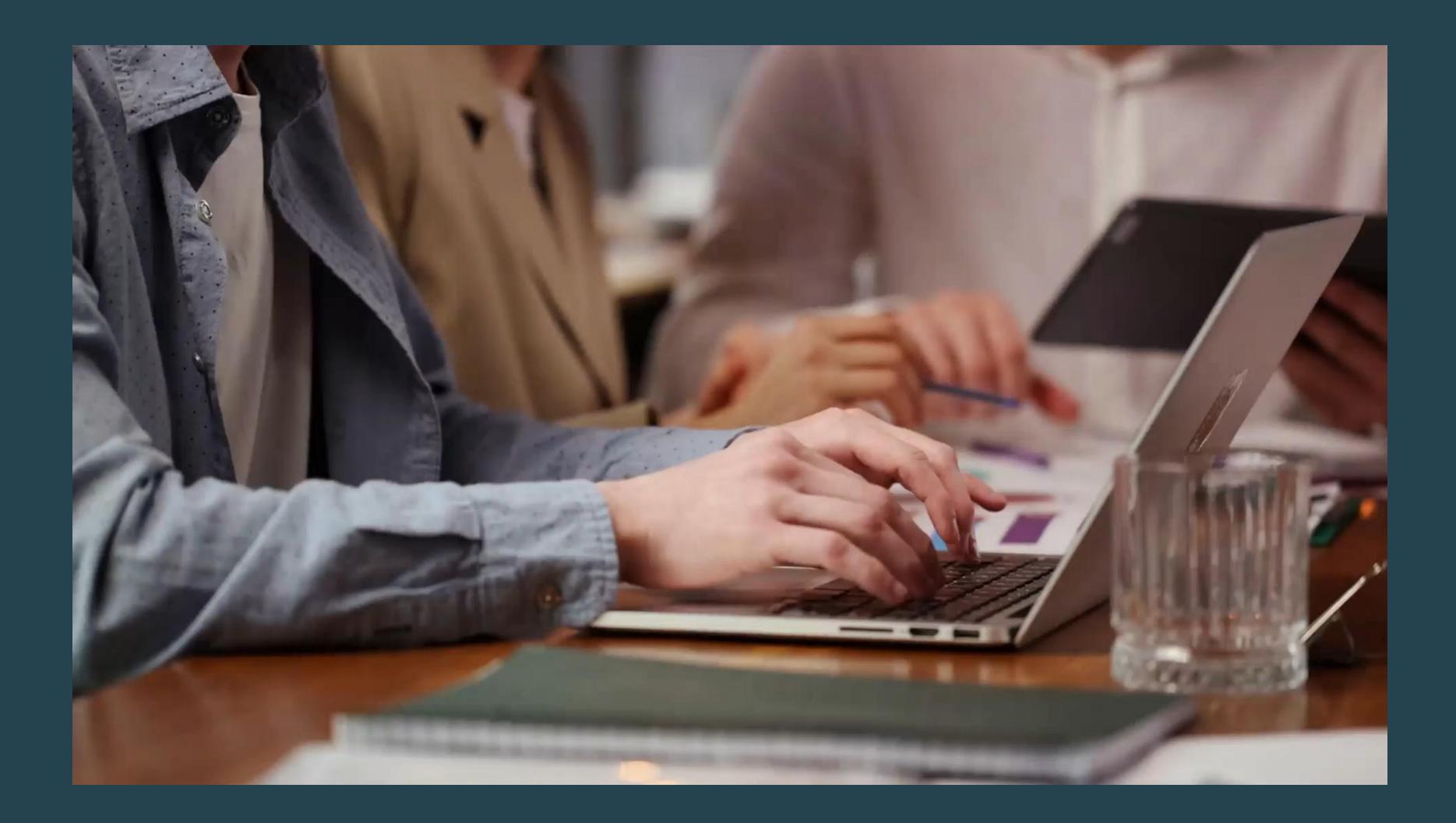
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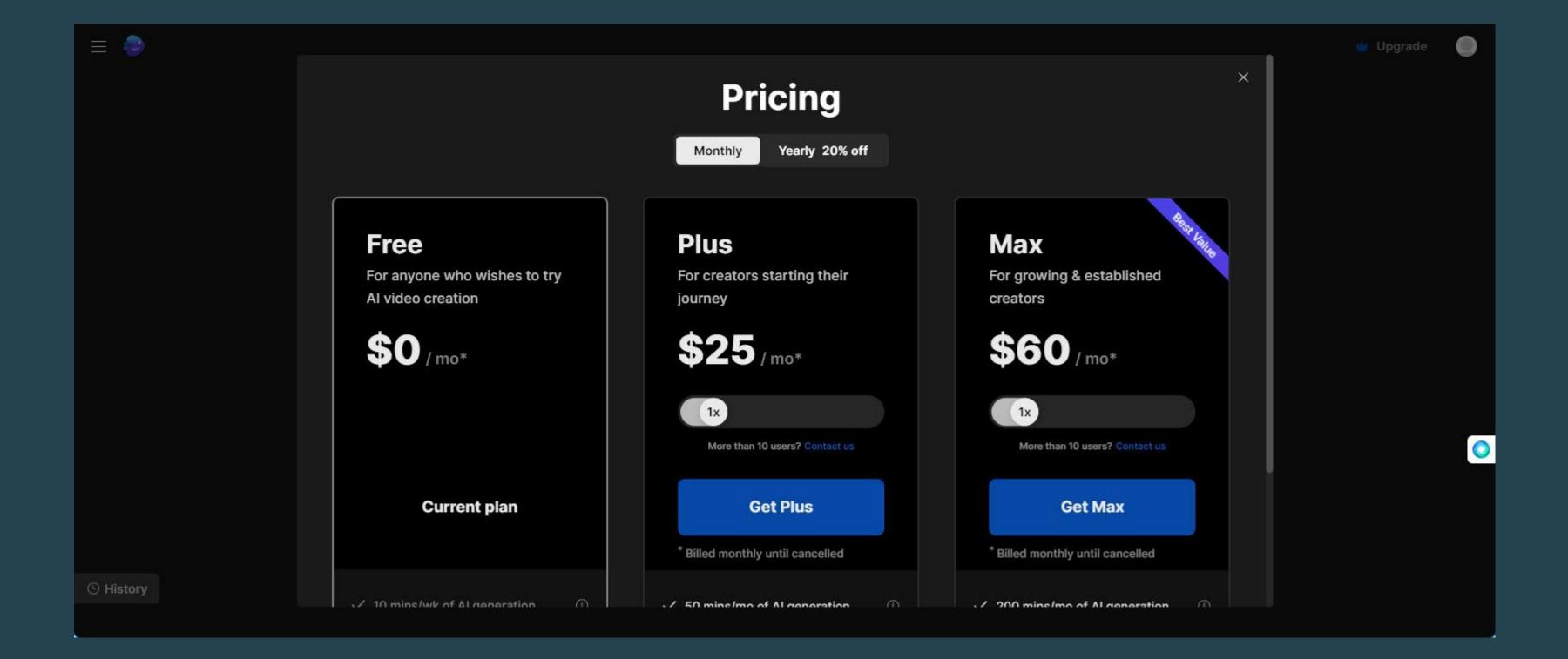


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Tue Sep 05 2023 04:12 Ron's Epic Birthday Bash		Youtube explain Recen	t events video
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16:31 OneDrive Setup on Windows Quick Guide	s 11: A	Joi	n us on Discord



The Sarasota Technology User Group Presentation meeting night is the first Wednesday of every month. This is a Zoom meeting. The night's schedule is changing. The meeting will open with social time from 6:15 PM until 6:45. The "Help Desk" will answer your tech questions between 6:45 and 7:10. STUG announcements will then take place. The presentation of the month will be from 7:15 to 8:00 and followed by Q & A for the speaker and then the night's wrap-up at 8:15. All times are Eastern Time.







Bring any image to life

Google Play





You Up

Gonna Give Love





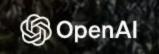
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https://reface.ai/revive/#w-tabs-0-data-w-pane-3

Haddaway







Research ~ API ~ ChatGPT ~ Safety Company ~

Creating video from text

Sora is an AI model that can create realistic and imaginative scenes from text instructions.

Read technical report

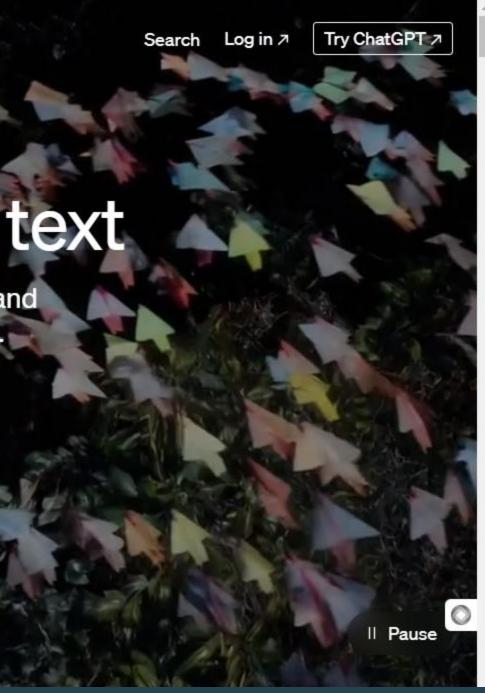
All videos on this page were generated directly by Sora without modification.

Safety

Capabilities

Research

https://openai.com/sora

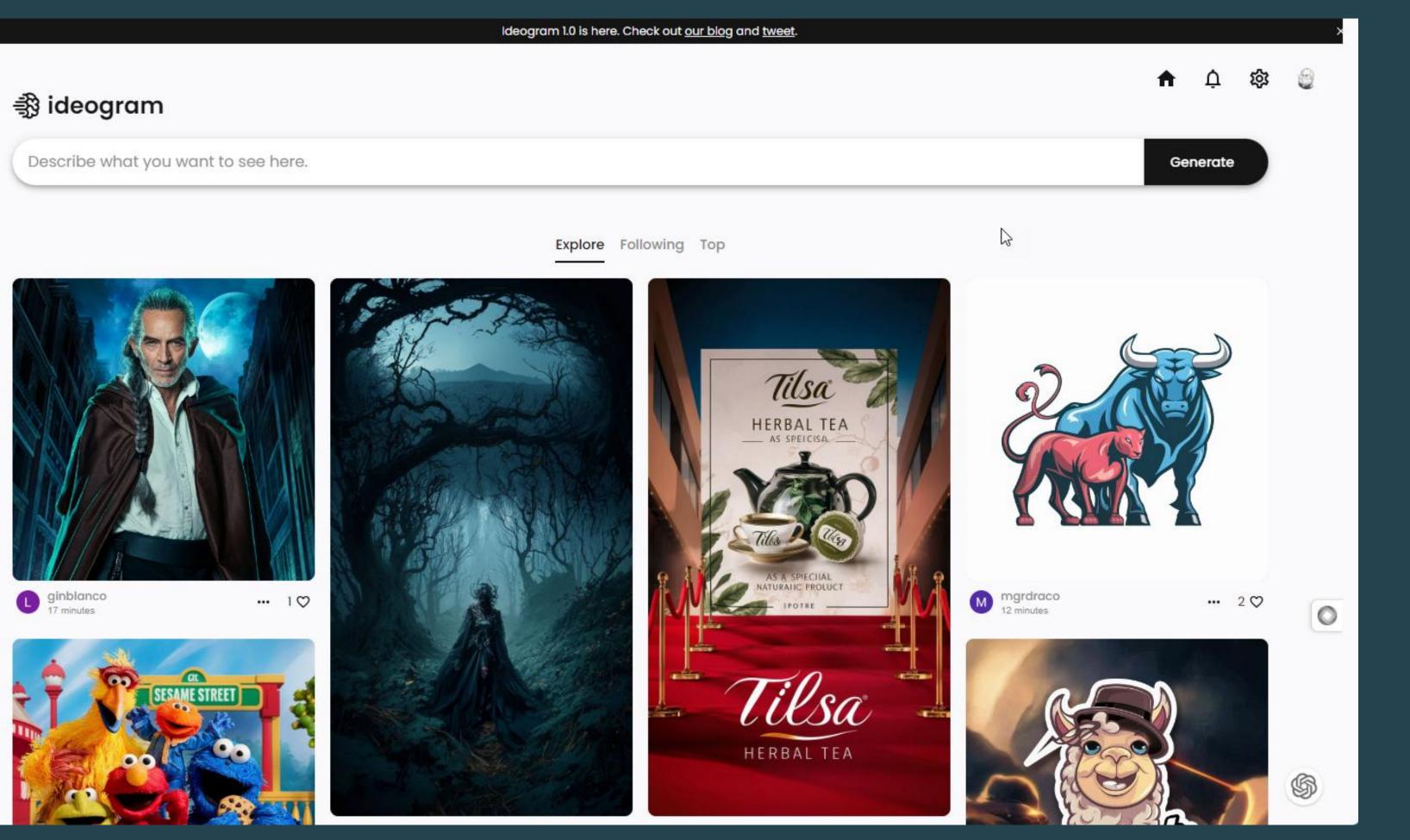




Prompt: Historical footage of California during the gold rush.



Prompt: view of waves crashing against the rugged cliffs along Big Sur's garay point beach. The crashing blue waters create white-tipped waves, while the golden light of the setting sun illuDroneminates the rocky shore. A small island with a lighthouse sits in the distance, and green shrubbery covers the cliff's edge. The steep drop from the road down to the beach is a dramatic feat, with the cliff's edges jutting out over the sea. This is a view that captures the raw beauty of the coast and the rugged landscape of the Pacific Coast Highway.



https://ideogram.ai/t/explore

Prompt

a quaint tavern on a busy street. The tavern is called "Hewie's Place"

Magic Prompt

A charming, bustling street scene featuring a quaint tavern named "Hewie's Place." The cozy, inviting establishment is adorned with colorful lanterns and a sign that beckons patrons to enjoy food and drink. The background reveals a lively, cobblestone-paved street filled with a mix of townspeople, merchants, and travelers. The ambiance of the scene is warm and welcoming, with a hint of adventure and mystery in the air.





Prompt

a group of seniors holding signs that say "The Club" in caps, photo

Magic Prompt

A heartwarming photograph of a group of elderly seniors standing together, proudly holding signs that spell out "The Club " in capital letters. They are dressed in casual attire and have big smiles on their faces. The background is a sunny outdoor space, with lush green trees and a clear blue sky., photo



Prompt

a group of seniors holding signs that say "Sun City Center CC" in caps, photo

Magic Prompt

A heartwarming photograph of a group of elderly seniors standing together, proudly holding signs that spell out "Sun City Center CC " in capital letters. They are dressed in casual attire and have big smiles on their faces. The background is a sunny outdoor space, with lush green trees and a clear blue sky., photo Here are some common issues and concerns that people have with AI:

- **Unemployment** There is concern that as AI systems become more capable, • they may displace human workers in certain jobs and industries. This could disrupt economies and leave many people unemployed.
- **Bias** Al systems can pick up biases from their training data. This can lead to • issues like racial, gender, or other discrimination. Ensuring AI is fair and unbiased is an ongoing challenge.
- Accountability When AI systems make mistakes or cause harm, determining ulletwho is responsible can be difficult. How do we ensure there is transparency and accountability?
- **Autonomy** As AI becomes more advanced, there are concerns about it ulletoperating independently without human oversight and control. Could AI become too autonomous?

- **Existential threat** In the long run, some worry advanced AI could become \bullet uncontrollable and threaten humanity if precautions are not taken. There are concerns about an existential safety risk from artificial superintelligence.
- **Privacy** Large AI systems are often data-hungry. Collecting the data required to train \bullet advanced AI can raise privacy issues. Data security is also a concern with AI systems.
- **Ethical issues** The complexity of AI raises many ethical questions about things like \bullet inherent biases, transparency, accountability and more. Developing ethical AI is an ongoing challenge.
- Lack of trust If the public does not trust or understand AI, they may resist its \bullet adoption. More work needs to be done to build trust and acceptance of AI technology.

Common issues range from socioeconomic concerns to technical challenges to existential threats. Advancing AI responsibly and addressing these issues is critical.





Al Gone Wrong









Al Gone Wrong

Al Gone Wrong

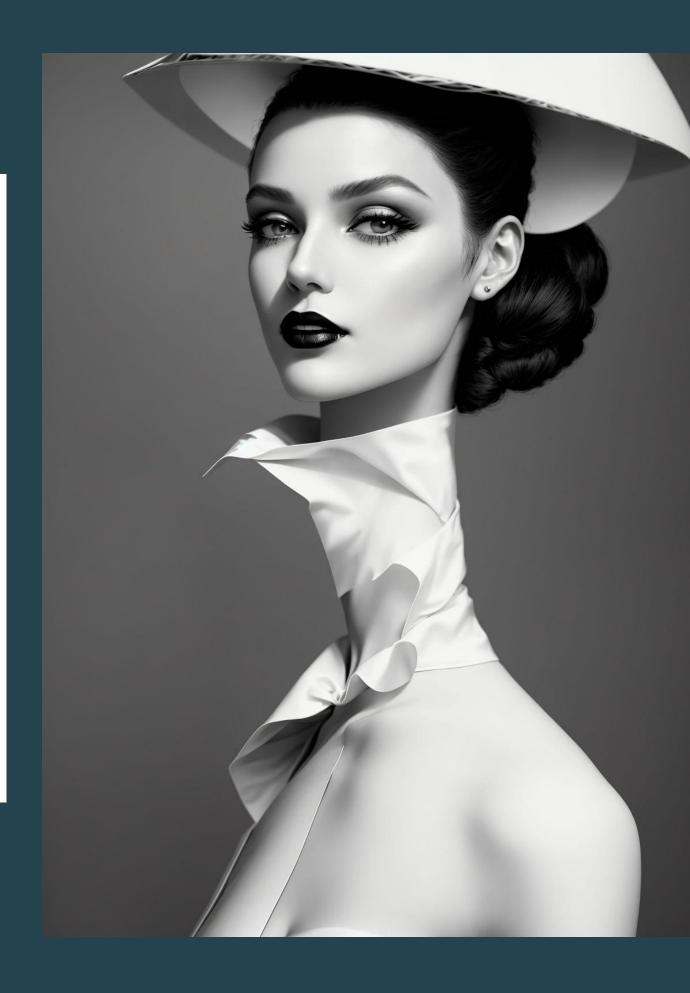
The prompt: A beautiful lady smiling, natural sunlight, professional photoshoot

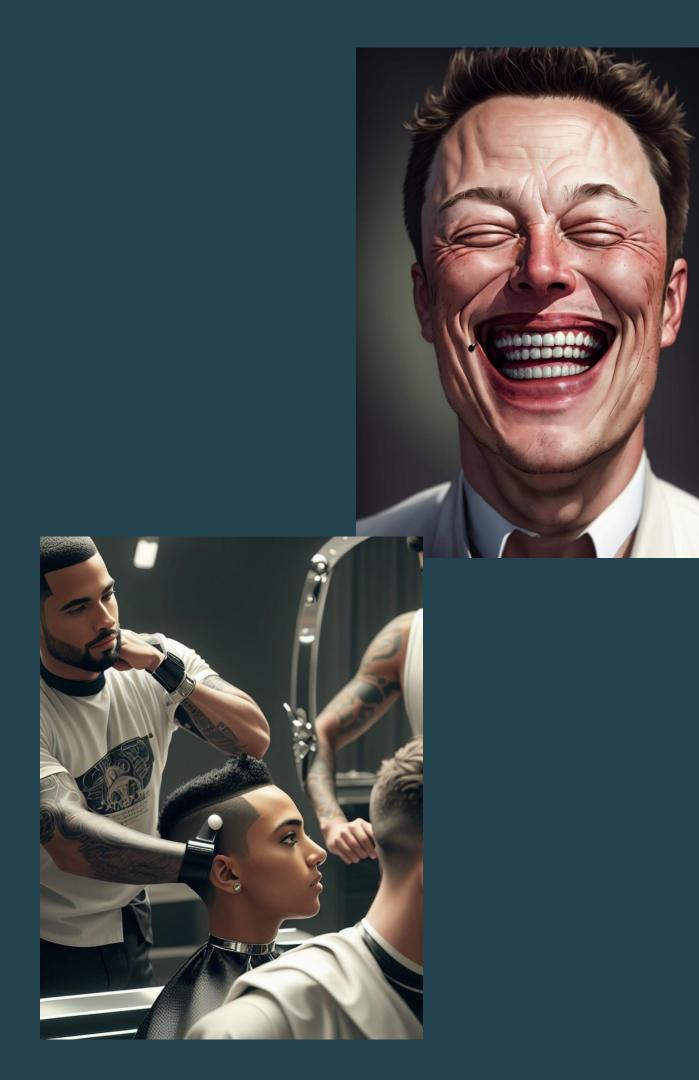
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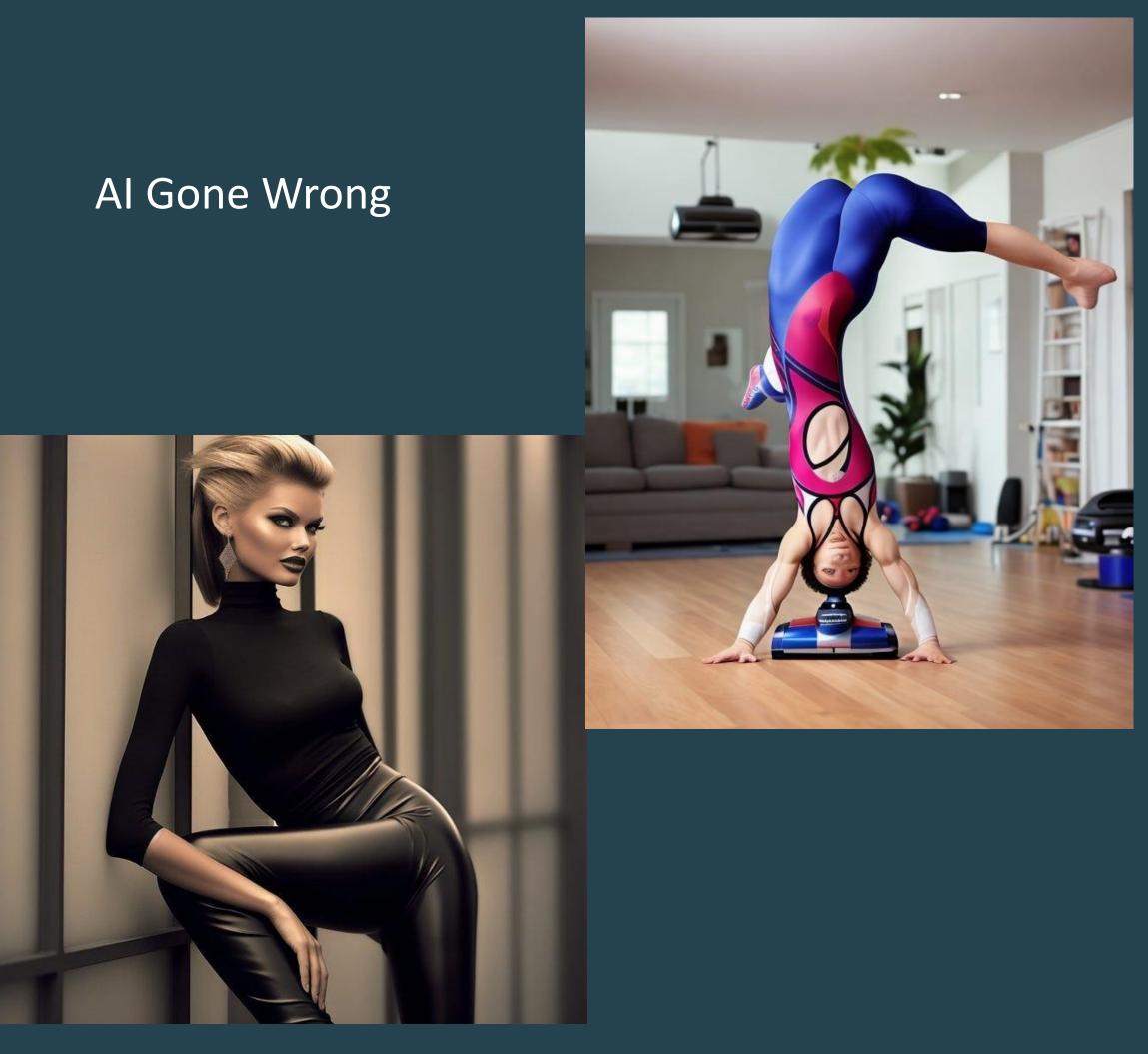
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Have any AI gone wrong images? 😅 Share them here







Let's Talk AI (Artificial Intelligence) Friday March 28th 1:00 pm – 2:00 pm ET Moderated by Hewie Poplock

This discussion group for beginners and intermediate users of AI focuses on practical applications of AI-powered tools. Attendees share their experiences to gain a better understanding of how to leverage these tools in their work and personal lives. Discussions cover topics such as chatbots and image to graphics helping each other stay up-to-date with the latest developments in the field. Overall, this group provides a welcoming environment for individuals to network and explore the exciting world of AI.

Contact Hewie at <u>hewie@hewie.net</u> for the link to the forum. This forum is open to all, including STUG non-members

Hosts - Hewie Poplock & Ron Brown

Tech For Seniors •

Every Monday 11:30-1:15 ET On Zoom and streaming on YouTube

Tech For Seniors LIVE

Thursday 11:50-1:05 ET Streaming on YouTube & Facebook





https://www.techforsenior.com

WinSIG - Hewie Poplock

Every 2nd Sunday 1:00 – 2:45 ET Sunday April 13, 2025



Sign up for the WinSIG Newsletter at https://hewie.net

https://us02web.zoom.us/meeting/register/tZEvce6grz8qGdyZenMWbknhMmKkQP8Rq01-To Register

Questions ?



Embracing the AI Age With Practical Applications for Seniors

By Hewie Poplock

hewie@hewie.net

Sun City Center Computer Club



Education, Information and Service to the Computer Community of Sun City Center!



