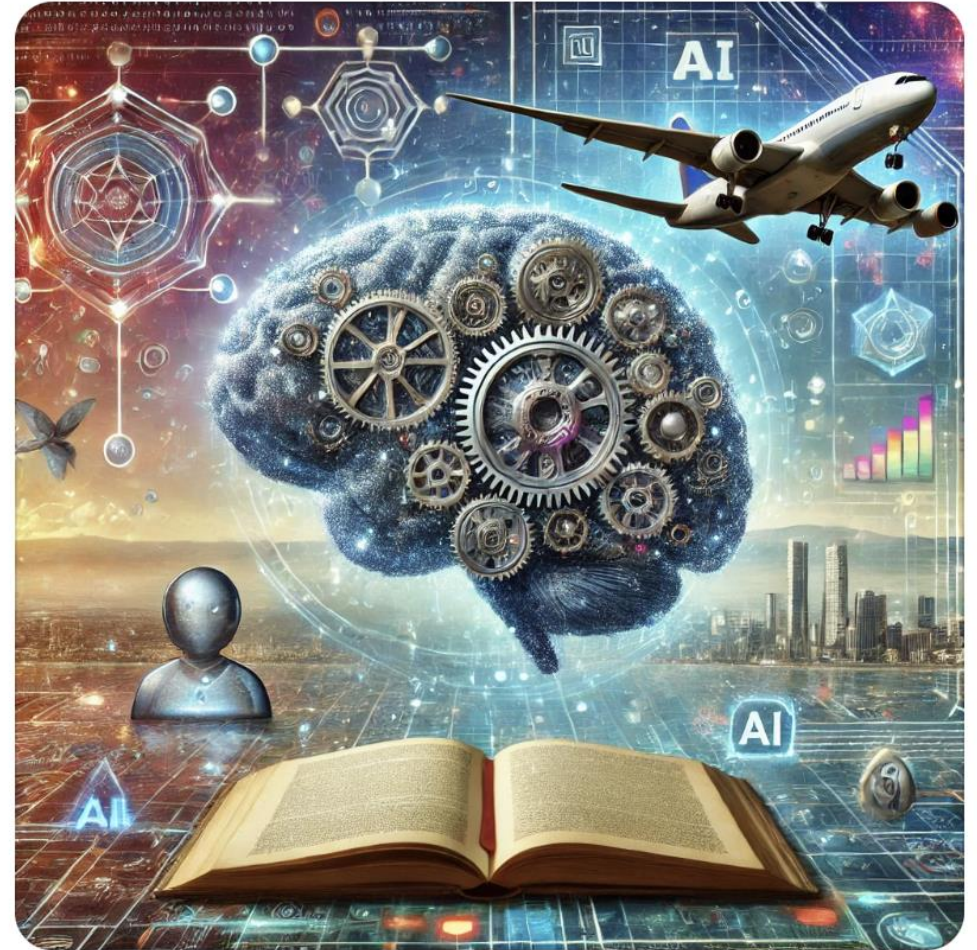


AI : Friend or Stranger?

- 9.30 Barry - What is AI
- 10.00 Don - AI in Aviation
- 10.30 Break
- 11.00 Ian - AI in Healthcare
- 11.30 Robert - Chatbots and the Future
- 12.00 Q&A/Have a go with an AI Chatbot
- 12.30 Close



Stanstead Mountfitchet u3a, Saturday 12/10, 9.30am

Poll Questions

1. Do you use a Smartphone?
2. Do you use a Tablet, Laptop, Desktop?
3. Do you use a voice assistant – Siri, Alexa, Google, ..?
4. Do you use a Satnav?
5. Have you taken part in Zoom call?
6. Have you used an AI Chatbot – ChatGPT, Perplexity, Gemini, Copilot, ..
7. Do you use a Smartphone AI voice assistant?

Leading Edge

Experimental → Prototype → Launch Product → Robust Product

- Leading edge – Satnav, Comet, ...
- Models/Versions - ChatGPT 4o, o1, ...
- AI voice assistant
- NotebookLM
- User beware
- AI TV home assistant

Intelligence, common sense, misinformation.

The image presents a visually pleasing and tranquil scene, but there are some elements that are not quite realistic or accurate:

1. **Horse Walking on Water:** The most obvious issue is that the horse appears to be walking on the water rather than on a towpath alongside the canal. In reality, horses would pull narrowboats from a path beside the water, not directly through it.

2. **Proportions and Perspective:** The horse seems disproportionately large compared to the narrowboat, which can make the image look slightly surreal. Typically, horses used for pulling boats are large, but the boat itself appears somewhat smaller than it should be.

3. **Horse and Narrowboat Arrangement:** The horse is positioned directly in front of the boat without any visible tow rope or harness connecting it to the boat. This is not how canal boats would be pulled, as the horse should be on the side, connected by a rope or harness.

These issues create a scene that, while visually interesting, defies the reality of how horse-drawn narrowboats functioned historically.

Draw a horse towing a canal boat



Show and Tell



Here is a short history of Stansted Mountfitchet:

- Prehistoric to Roman Period:** The area around Stansted Mountfitchet has evidence of prehistoric and Roman activity, including tools and pottery.
- Norman Conquest (11th century):** Following the Norman Conquest in 1066, the village was granted to Robert Gernon, a Norman lord. He built a wooden motte-and-bailey castle, later replaced with a stone structure.
- Medieval Period:** The village became known as Stansted Mountfitchet, named after the Mountfitchet family, who owned the land in the 12th and 13th centuries. The village grew around the castle and church.
- 15th to 16th Century:** The castle fell into disrepair and was eventually abandoned. The village remained small but developed as a rural community.
- 18th to 19th Century:** Stansted Mountfitchet expanded slightly due to agriculture, with several historic buildings constructed during this period, including mills and inns.
- Mid-19th Century:** The arrival of the railway in 1845 boosted the local economy, improving connections to London and Cambridge.
- 20th Century:** The village saw growth in housing and population, especially after World War II. The opening of London Stansted Airport in 1943 (as a military base and later a commercial airport) led to further development in the region.
- Present Day:** Stansted Mountfitchet is a thriving village with a mix of historical sites, such as the Norman castle, and modern amenities, retaining much of its historic character while adapting to contemporary needs.

rewrite it in a humours way for my 7 year old grandchild

Here's a funny take on the history of Stansted Mountfitchet:

- A Really Long Time Ago:** Some ancient people came by, probably lost, and left a bunch of old stuff like tools and pottery lying around. They might have been having a prehistoric picnic!
 - The Big Norman Adventure (1066):** A guy named Robert Gernon showed up after a big fight called the Norman Conquest. He decided to build a wooden fort – kind of like a giant treehouse but for grown-ups who wore chainmail.
 - The Mountfitchets Arrive (12th-13th century):** The Mountfitchet family moved in and added their name to the place – like putting a big name tag on the village. "Hello, my name is Stansted Mountfitchet!"
 - The Castle Gets Tired (15th-16th century):** The castle got old and cranky, and no one wanted to live there anymore. It started falling apart, so everyone just left it alone, like an old toy you forget about.
 - Farmers and Fun (18th-19th century):** People built windmills, pubs, and cozy little houses. It was a chill place to live, with lots of farms and animals making funny noises.
 - The Choo-Choo Train Arrives (1845):** A shiny train track was laid down, and suddenly everyone could go to London or Cambridge super fast! Well, fast for the 1800s anyway.
 - Airplanes and Adventures (20th century):** During World War II, an airport popped up nearby, and it wasn't just for flying birds. Planes started zooming around, and the village grew even more.
 - Today:** Stansted Mountfitchet is like the perfect mix of old and new – with castles for playing pretend knights and shops for getting yummy ice cream!
- There you go! A village with castles, trains, and planes – what more could you want?

A 10 line rhyming poem

Here's a fun 10-line rhyming poem for your grandchild:

In Stansted Mountfitchet, a village so neat,
There once stood a castle, now just a seat.
A knight built a fortress with wood and with might,
But it got so old, it gave everyone a fright!

The farmers grew veggies and milked all the cows,
While folks rode the train with amazed "oohs" and "wows!"
Then came the airplanes, whooshing through skies,
With engines so loud, they made cows cover their eyes!

Now there's castles and ice cream and fun things to see,
Stansted Mountfitchet's the best place to be!

draw a picture

Here's the whimsical drawing of Stansted Mountfitchet, capturing its fun and lively spirit! I hope you and your grandchild enjoy it!





Beginners Section

Farnham u3a course developed by [Alan Freeland](#)

- [AI-Intro 1: Getting Started with AI](#)
- [AI-Intro 1: Getting Started with AI. 4 min summary video](#)
- [AI-Intro 2: Beginners guide to using Generative AI](#)
- [AI-Intro 3: Beginners Guide to using ChatGPT](#)
- [AI-Intro 4: The u3a AI Interest Group and the u3a AI Library](#)
- [AI-Intro 5: AI and Society](#)
- [AI-Intro 6: Exploring AI in your own u3a](#)
- [AI-Intro 7: Running an AI Chatbot Workshop](#)
- [AI-Intro 7: AI Chatbot Workshop Exercises](#)
- [AI-Intro 7: AI Workshop Presentation](#)
- [Video: What can I do with an AI Chatbot?](#)

Yate and Sodbury u3a course developed by [David McAll](#)

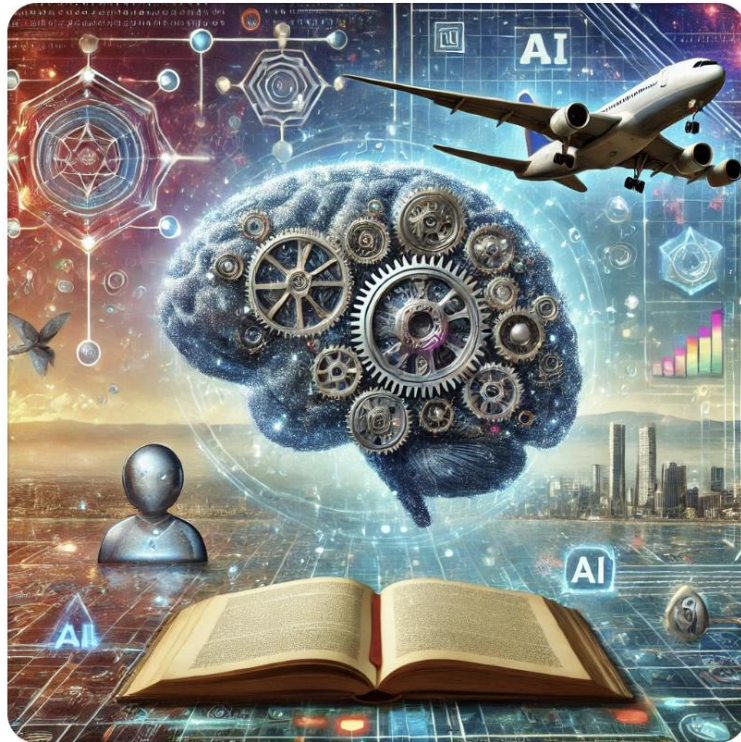
East Suffolk u3a course developed by [Barry Claydon](#)

Chiltern u3a AI Workshop April 2024 Intro session developed by [Mike Hender](#)



Q&A

AI : Friend or Stranger?



9.30 Barry - What is AI

10.00 Don - AI in Aviation

10.30 Break

11.00 Ian - AI in Healthcare

11.30 Robert - Chatbots and the Future

12.00 Q&A/Have a go with an AI

Chatbot

12.30 Close