# Embracing the Al Age

With Practical

**Applications for Seniors** 

By Hewie Poplock



Ladies and Gentlemen. The President of the United States!

# George Washington

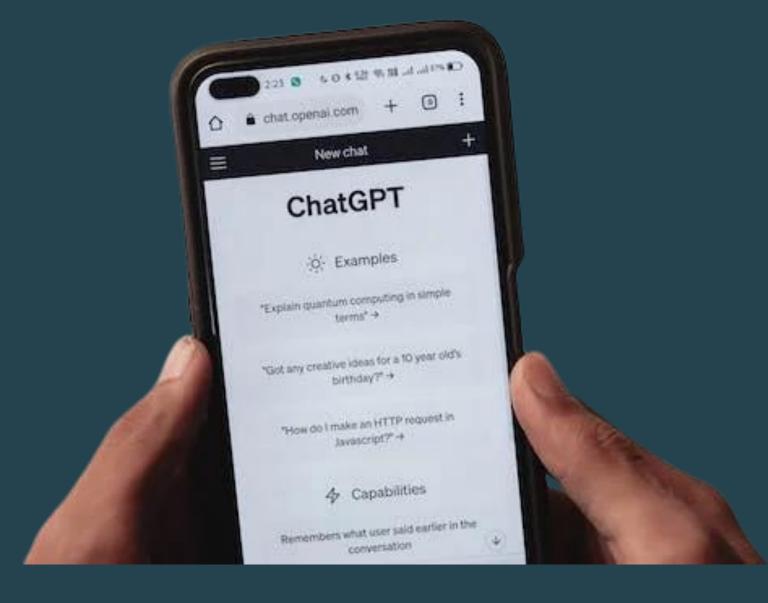




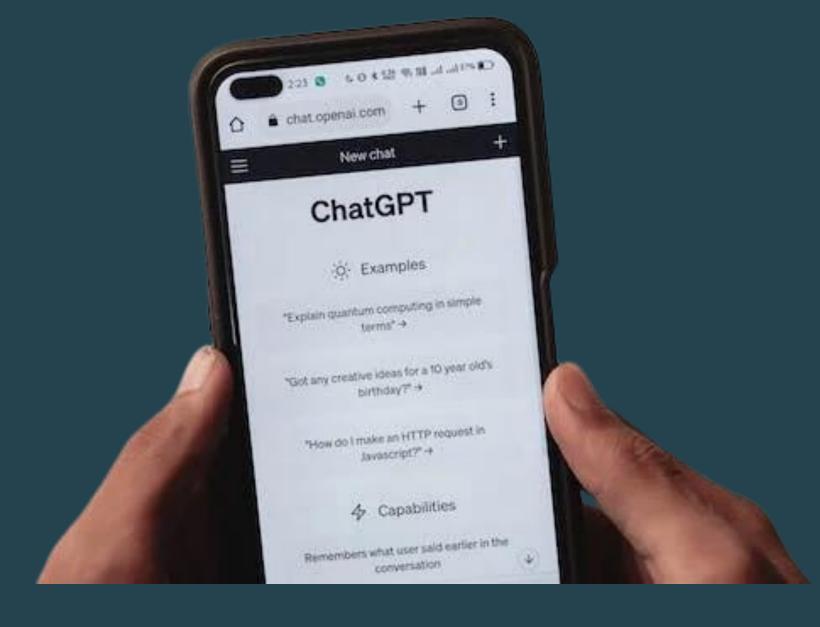
# What is Al?

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!

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.

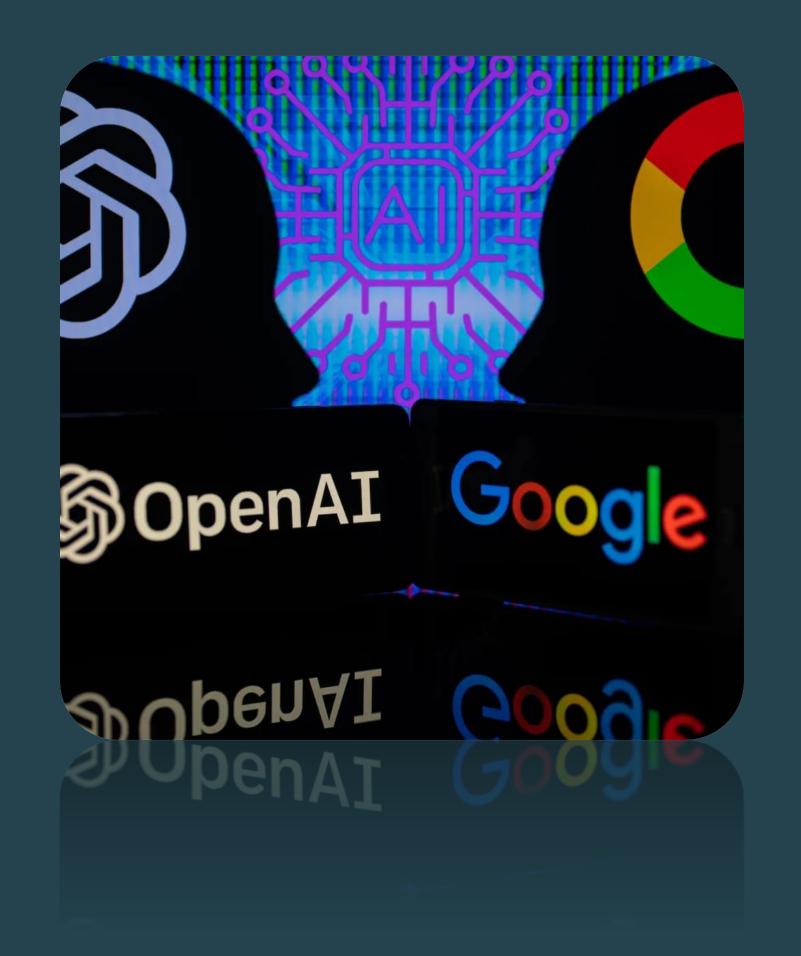


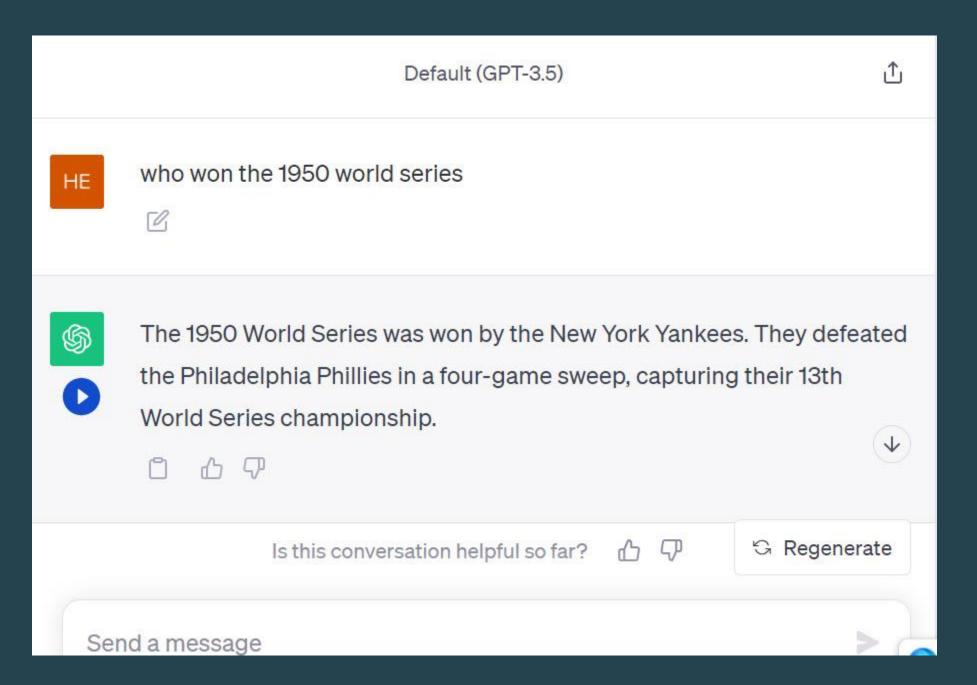
The technology behind it is complex, using neural networks which are inspired by the human brain. But basically, it has been shown lots of examples of conversations so it can imitate that. It's pretty good at responding sensibly on common topics but can get confused about obscure stuff it hasn't seen 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.

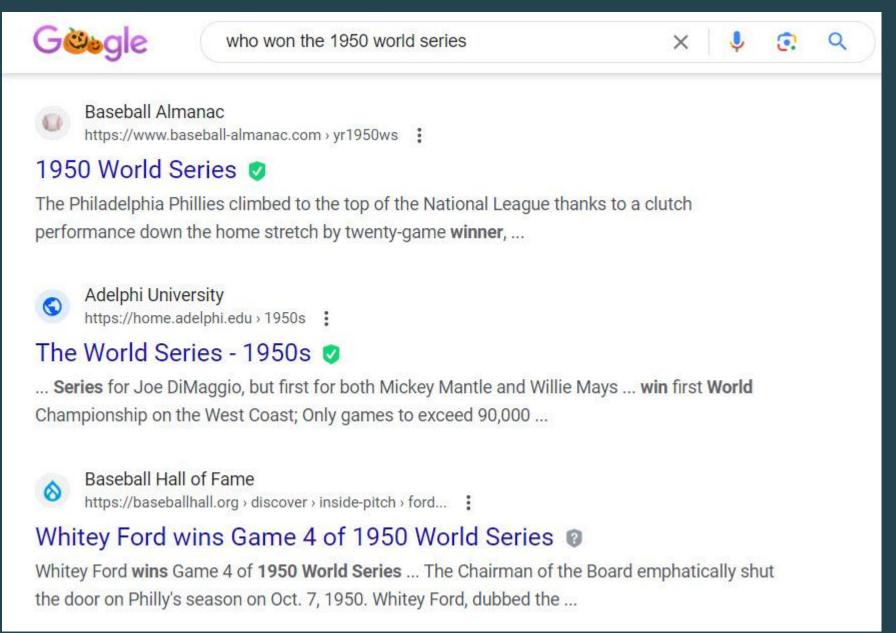
A Google search can show you a list of websites, images, or news articles that are related to what you type in the search box. It can also give you snippets of information from different sources, but it cannot write its own answers. An AI search is more interactive and creative, while a Google search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





Al using ChatGPT 3.5

## Google Search











1950 World Series / Champion

### New York Yankees



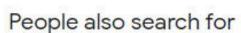
1950 World Series - New York Yankees over Philadelphia Phillies (4-0) | Baseball-Reference.com. Binge play every Immaculate Grid game with the archive mode and put your baseball knowledge to the test.



Baseball-Reference.com

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

1950 World Series - New York Yankees over Philadelphia ... 🦁

















Boston Los Red Ang

Los New Angeles York Dodgers Mets

Houstor Astros

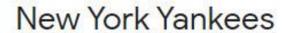
Philadel Phillies

Atlanta Braves

Louis Cardinal

Feedback

### People also ask :





Baseball team

The New York Yankees are an American professional baseball team based in the New York City borough of the Bronx. The Yankees compete in Major League Baseball as a member club of the American League East division. Wikipedia

Owner: Hal Steinbrenner espn.com

Championships: 1941 World Series, 1958 World Series, 1961 World Series, 1962 World Series

Leagues: AL East, AL, MLB

Locations: The Bronx

### Profiles







Twitter



YouTube



Players

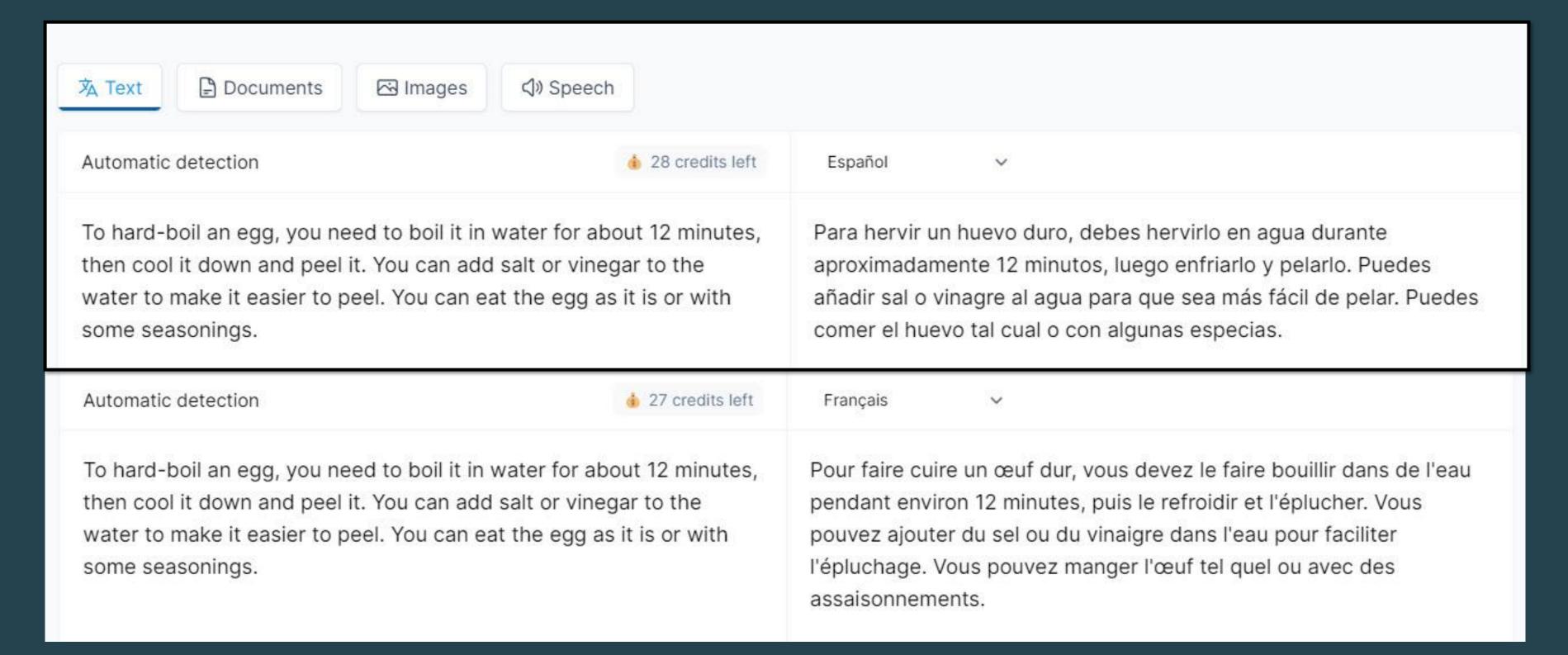
Aaron Judge Right fielder

Giancarlo Stanton Right fielder

27

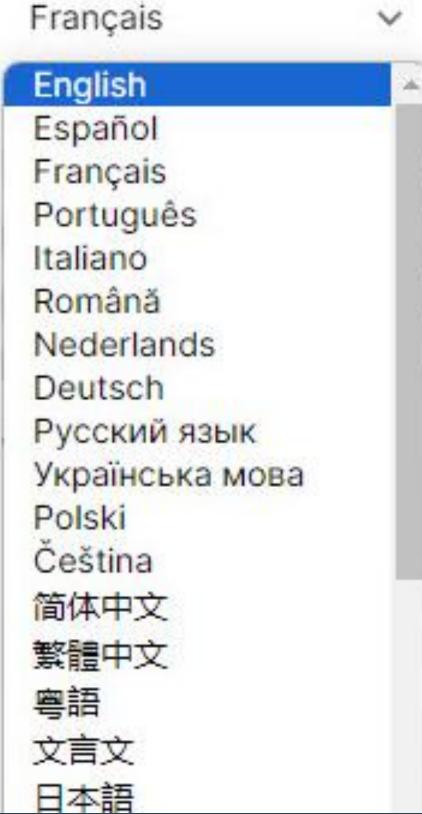
# Translate

## OpenL https://openl.io/



27 credits left

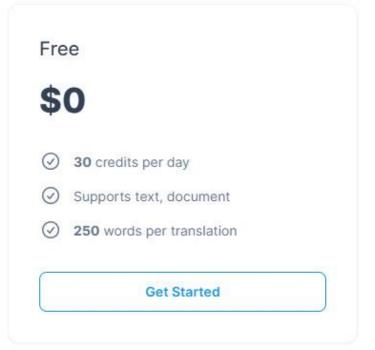
12 minutes, to the s or with

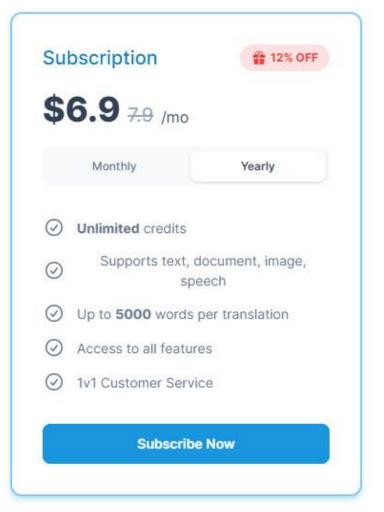


uf dur, vo inutes, p I ou du vi uvez man

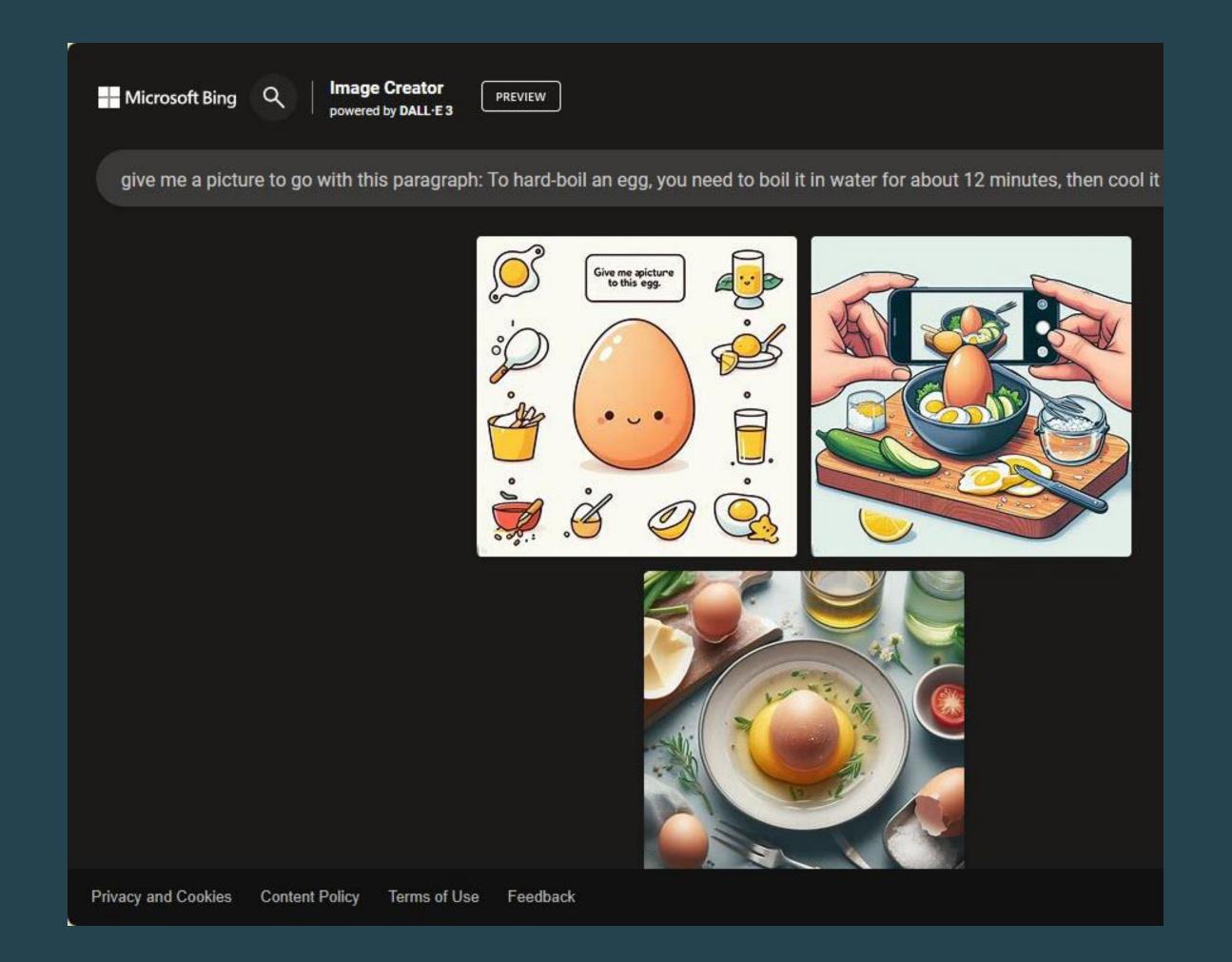
### Amazing Translator, powered by Al

Bringing the World Together!

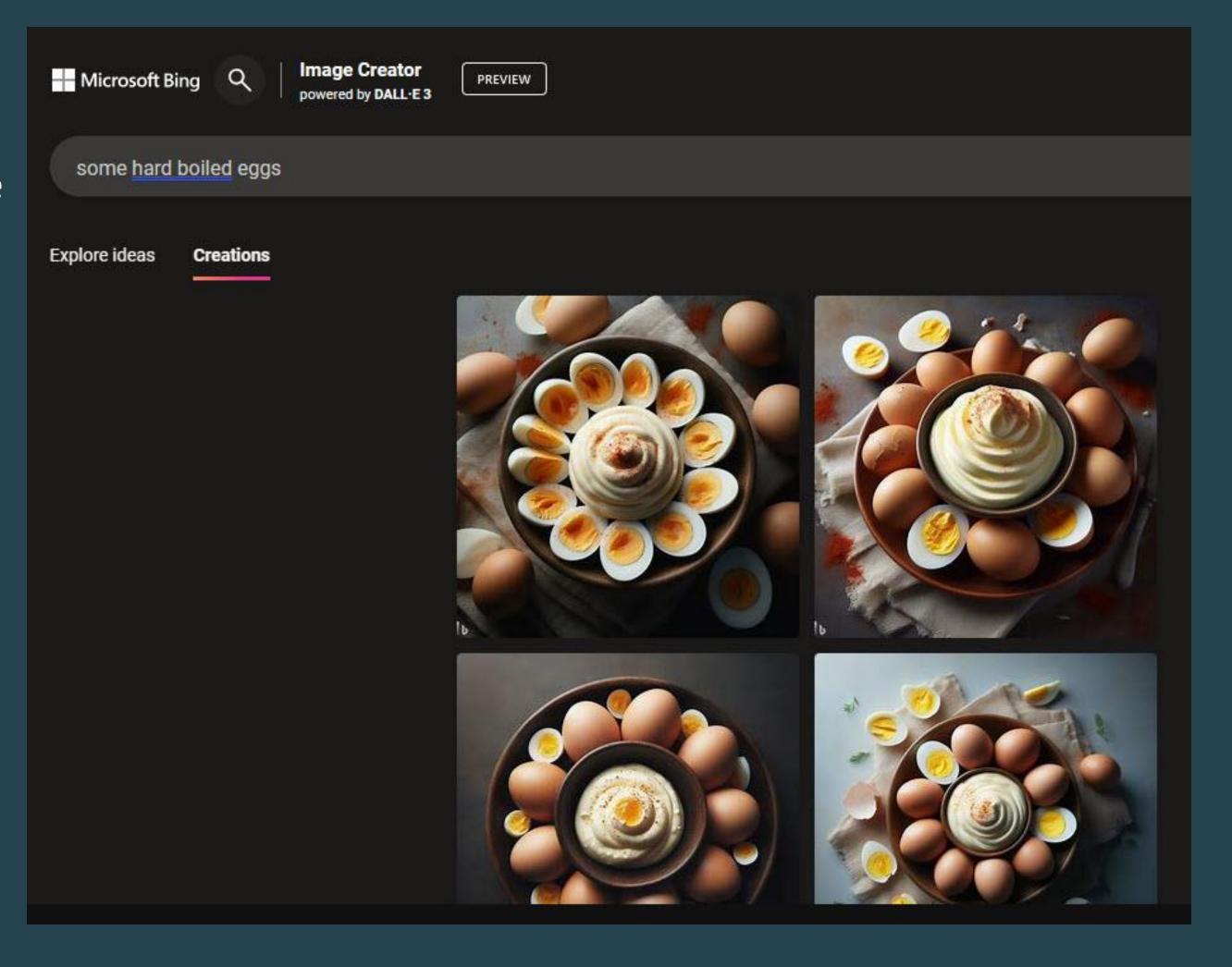




Using Microsoft Bing Image Creator, I asked it to give me a picture using the same paragraph. Here are the results.



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



A refrigerator full of food.



## The prompt:

### Model: GPT-4



You're an expert chef. You will be given items in a fridge from your friend Visual-ChatGPT. 
Use the items to come up with 5 food items that can be created with them. If prompted for more information, provide a quick receipe.



Thank you for the opportunity! I'm excited to see what ingredients are in the fridge and come up with some delicious food items. Please have Visual-ChatGPT provide the list of items available.



## Response 1:



"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."

C



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



### 1. Fruit Salad:

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. Mix well and serve chilled.

#### 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.

### 3. Ham and Cheese Sandwich:

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 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!

## 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.



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





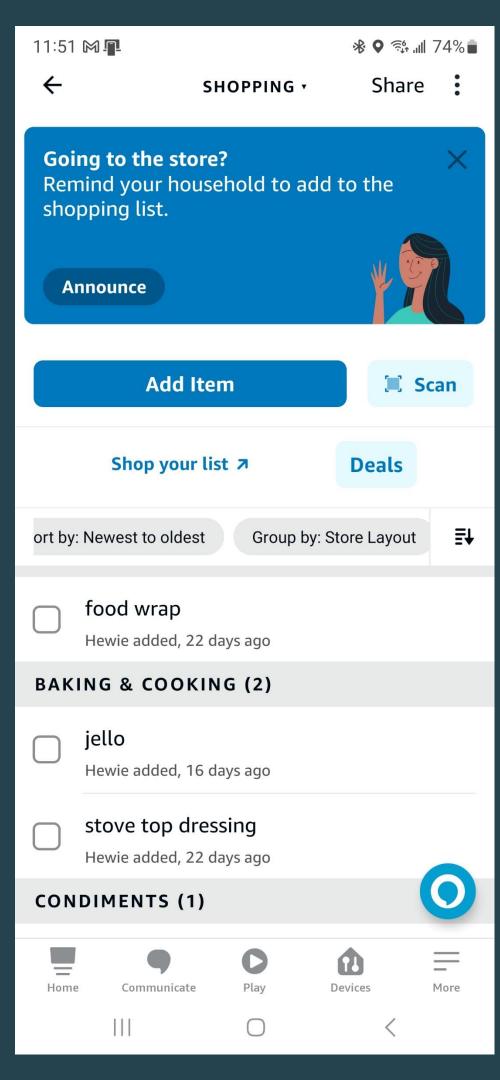
- Caramelized Banana and Cheese Toast:
- Slice bananas and cook them in a non-stick pan with a little butter over medium heat until caramelized. Place cooked banana slices on a slice of bread, top with grated cheese, and broil in the oven until the cheese melts. Serve as a sweet and savory snack or breakfast.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

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.
- 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!

## A shopping list from my Alexa:



## Reward Cards:



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



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.



X-ray of the hand of a 7.60 year old female, with automatic calculation of bone age by BoneXpert. The bone age is 7 ...



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

# 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]

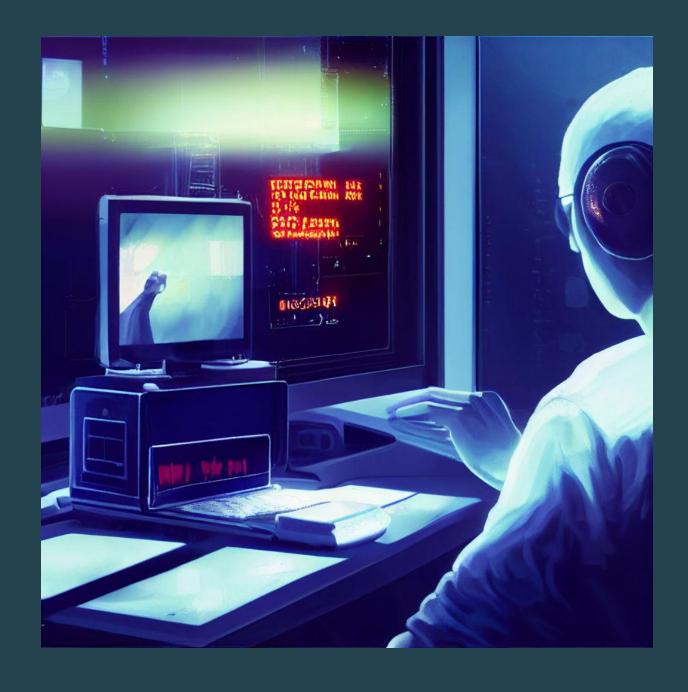
- List
- PDF
- Bullet Points
- An Analogy
- •XML
- •HTML
- Code
- Graphs
- A Table
- Conversation
- Rich Text
- Summary
- ISON
- Markdown
- Word Cloud
- Spreadsheet
- Gantt Chart
- Plain Text file
- Presentation Slides

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

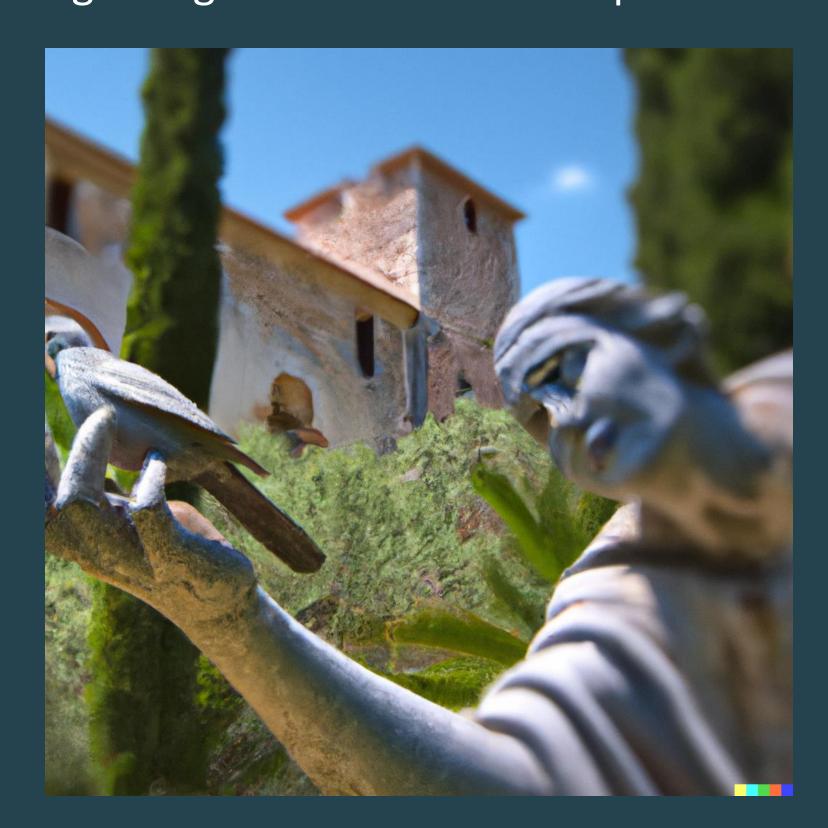
Prompt engineering is a technique used in artificial intelligence to teach computers to understand and respond to human language. It involves crafting the right questions or instructions to guide Al models to produce desired outcomes. A well-crafted prompt can steer an Al model towards a specific output.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

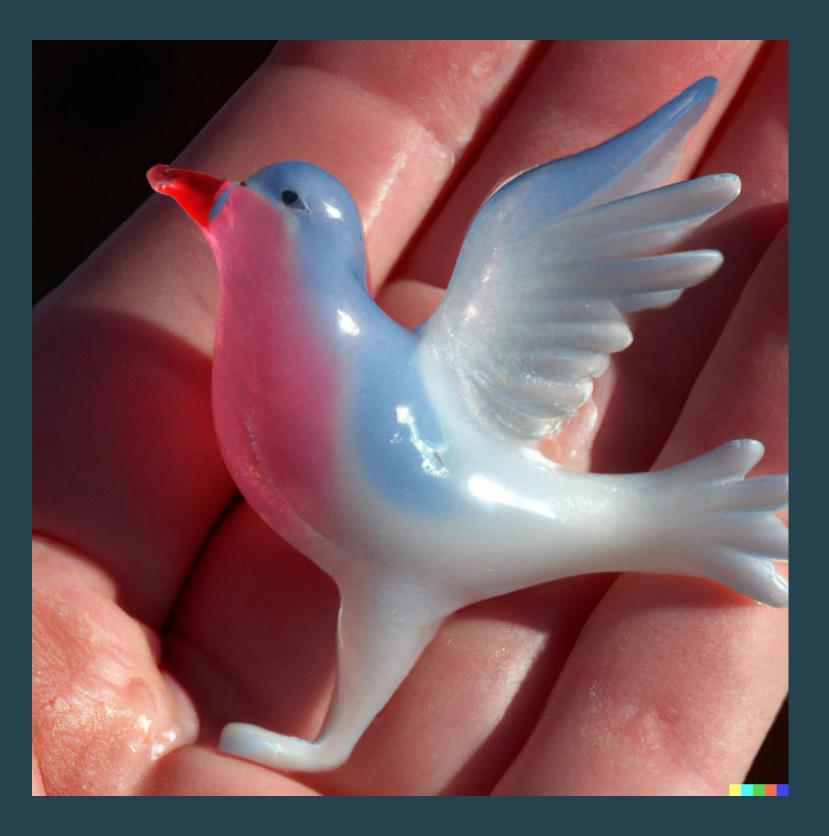
Prompt engineering is enabled by in-context learning, which is a model's ability to temporarily learn from prompts. Being a good prompt engineer involves combining the disciplines of AI, programming, language, problem-solving, and even art to thrive on this career path.

## 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



NightCafe
My Creations My Models My Collections Explore Challenges CREATE Q 🖾 📢 👑

### Choose a creation method



Stable Stable Diffusion

A next-generation text-to-image algorithm



DALL-E 2 OpenAl DALL-E 2

From OpenAl, an advanced text-to-image algorithm



Coherent CLIP-Guided Diffusion

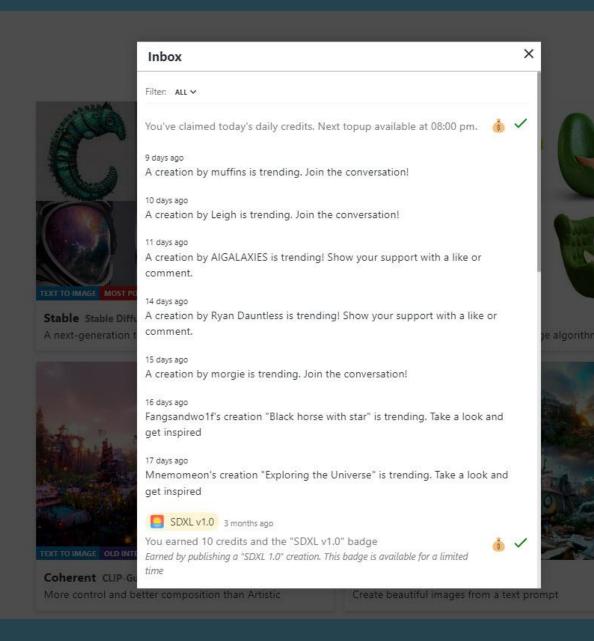
More control and better composition than Artistic

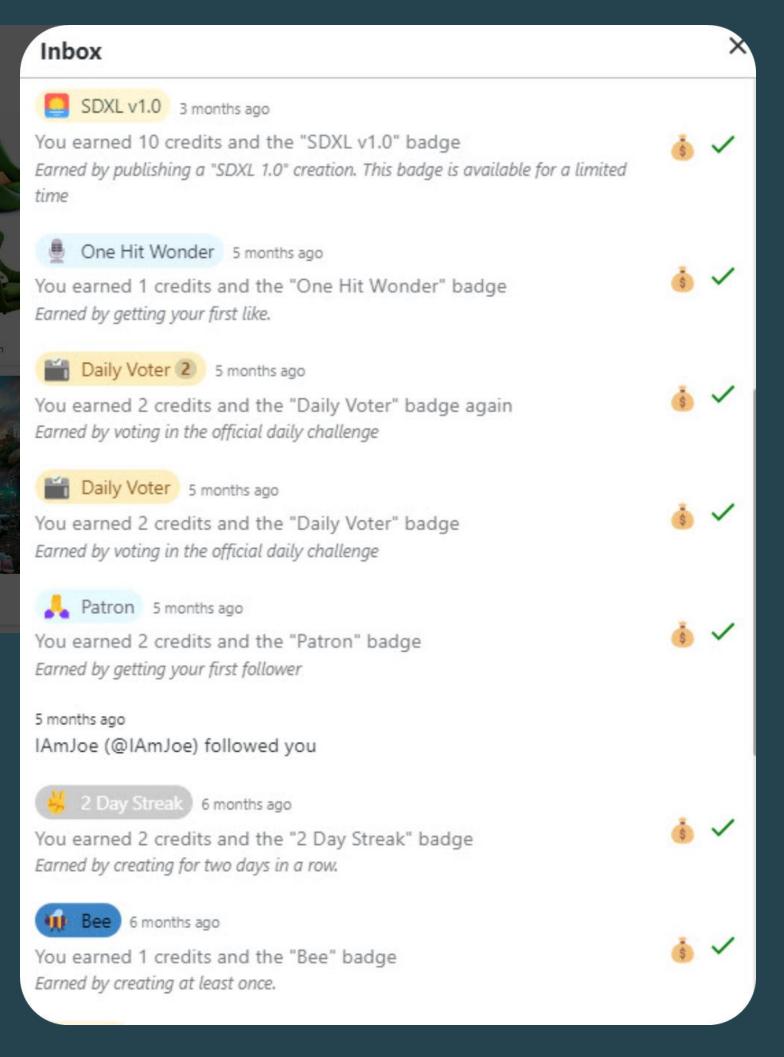


0

Artistic VQGAN+CLIP

Create beautiful images from a text prompt





### Inbox

Filter: ALL V MARK ALL AS READ

▲ 1 message requires action →

Claim your free daily credits

**CLAIM 5 CREDITS** 

10 days ago

A creation by muffins is trending. Join the conversation!

11 days ago

A creation by Leigh is trending. Join the conversation!

12 days ago

A creation by AIGALAXIES is trending! Show your support with a like or comment.

15 days ago

A creation by Ryan Dauntless is trending! Show your support with a like or comment.

16 days ago

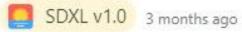
A creation by morgie is trending. Join the conversation!

17 days ago

Fangsandwo1f's creation "Black horse with star" is trending. Take a look and get inspired

18 days ago

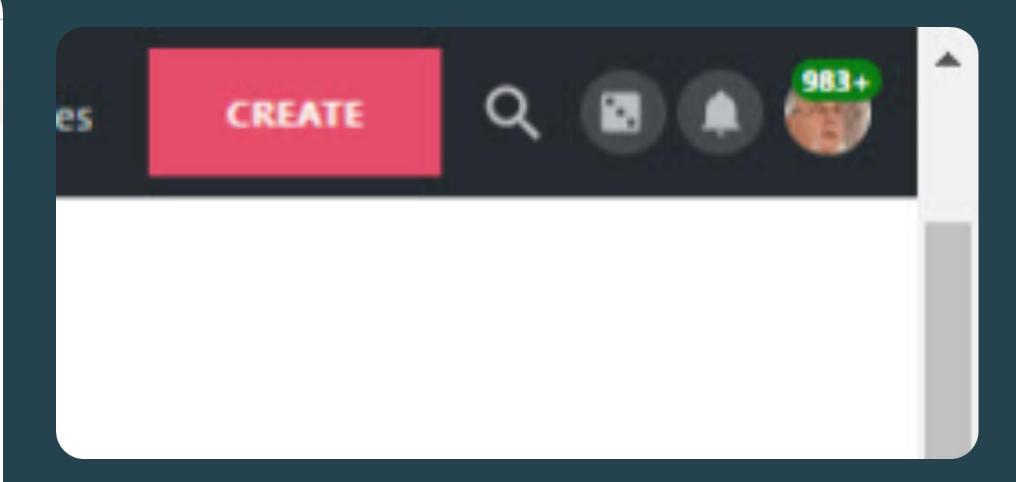
Mnemomeon's creation "Exploring the Universe" is trending. Take a look and get inspired

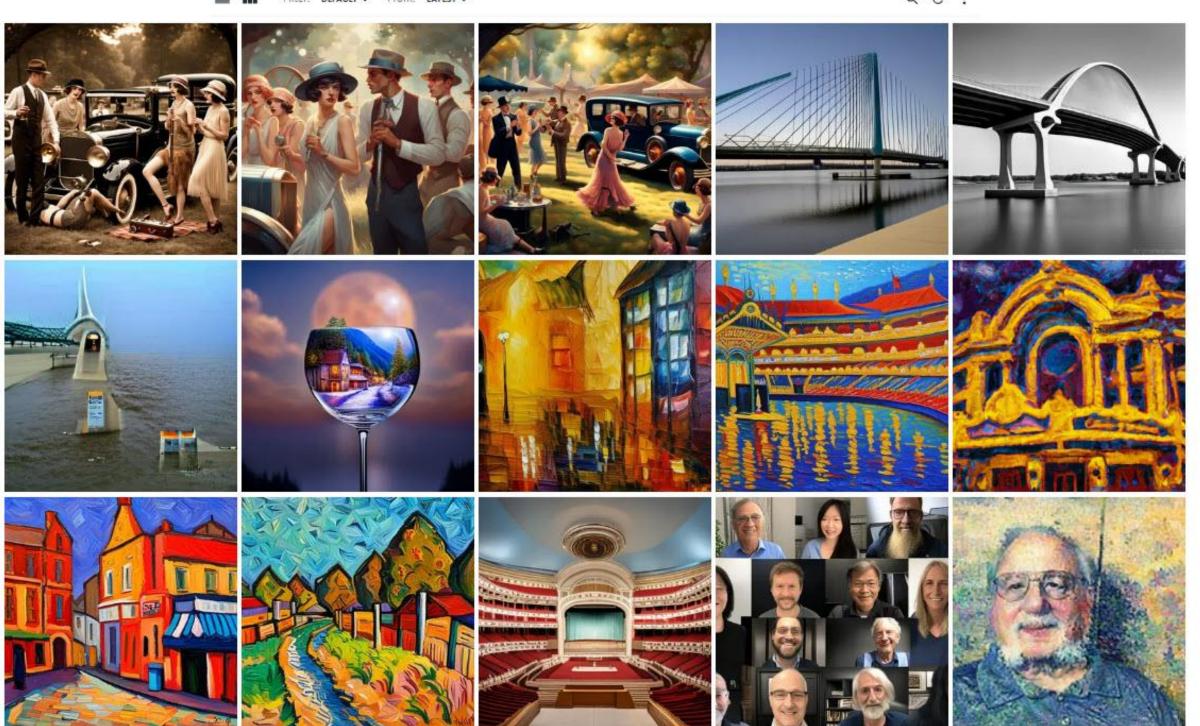


You earned 10 credits and the "SDXL v1.0" badge









# The Chat-GPT Cheat Sheet

## - Basic Structure of a Prompt: -

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

### Act as a [ROLE] -

Marketer

Advertiser

Mindset Coach

Best Selling Author

Therapist

Website Designer

Journalist

Inventor

Chief Financial Officer

Copywriter

Prompt Engineer

Accountant

Lawyer

Analyst

Ghostwriter

Project Manager

### Create a [TASK]

Headline

Article

Essay

Book Outline

Email Sequence

Social Media Post

Product Description

Cover Letter

**Blog Post** 

SEO Keywords

Summary

Video Script

Recipe

Sales Copy

Analysis

Ad Copy

### - show as [FORMAT] -

A Table

A list

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

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

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"

## 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

# 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".

Title: E-Waste Crisis: The Imperative for 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.

#### Acres .

- B. Resource Recovery Recycling e-waste not only conserves resources but also provides a sustainable source of raw materials for future electronic production.
- IV. The Role of Regulation and Awareness
- 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 well-being, and secure a sustainable future for generations to come. Reducing technology waste is not just a choice; it is an imperative.

A dog in a canoe



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

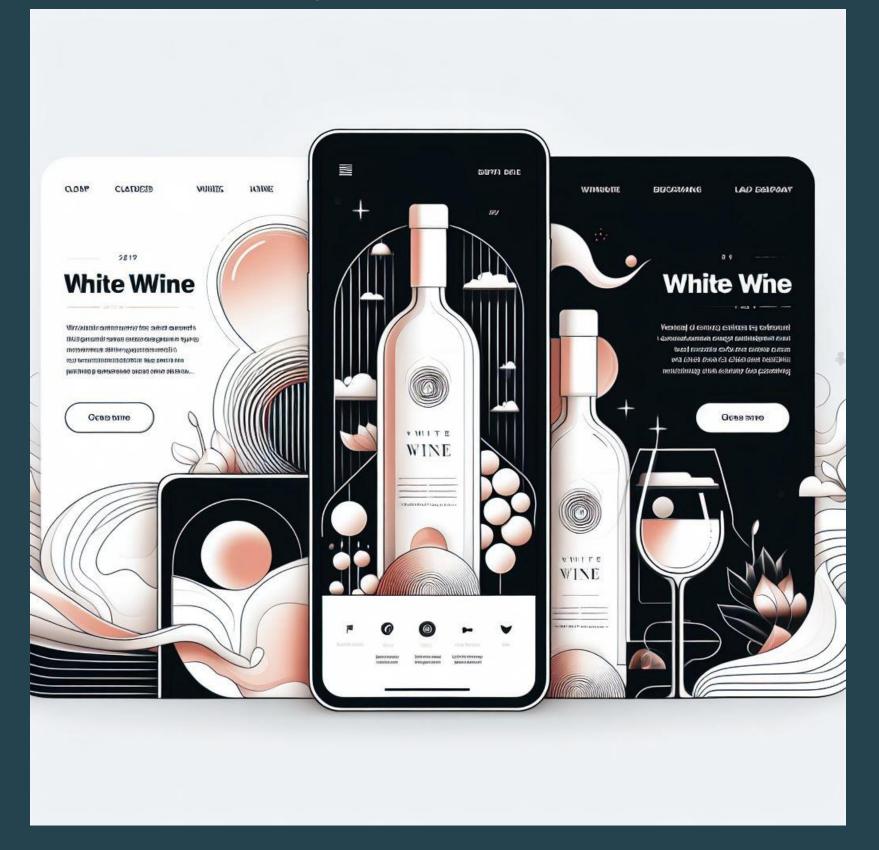


A dog in a canoe 8k resolution holographic astral cosmic illustration mixed media by Pablo Amaringo



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

#### Image Creator Dall-E 3



#### NightCafe



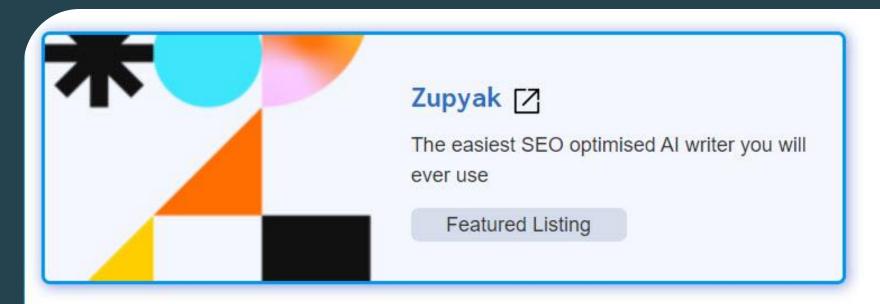


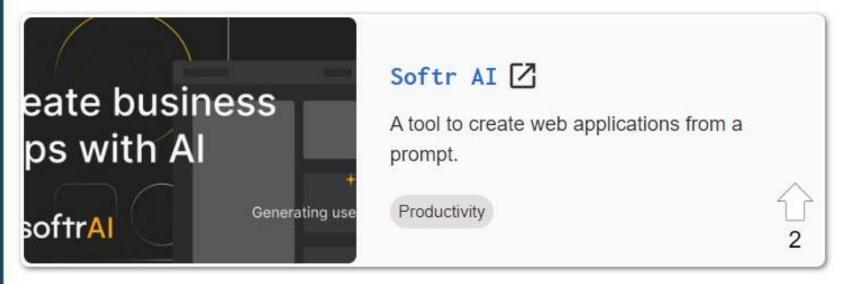
## Al Tools List

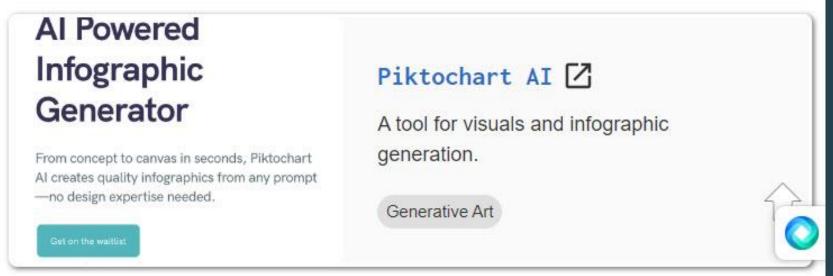
## "Future Tools Collects & Organizes All The Best Al Tools So YOU Too Can Become Superhuman!"

Search - Try things like "YouTu	ıbe" or "SEO" to find sp	ecific tools for your ne	eds			
☐ Al Detection ☐ For Fun ☐ Image Scanning ☐ Productivity	<ul><li>☐ Aggregators</li><li>☐ Gaming</li><li>☐ Inspiration</li><li>☐ Prompt Guides</li></ul>	<ul><li>☐ Avatar</li><li>☐ Generative Art</li><li>☐ Marketing</li><li>☐ Research</li></ul>	☐ Chat ☐ Generative Code ☐ Motion Capture ☐ Self-Improvement	<ul><li>☐ Copywriting</li><li>☐ Generative Video</li><li>☐ Music</li><li>☐ Social Media</li></ul>	☐ Finance ☐ Image Improvement ☐ Podcasting ☐ Speech-To-Text	
☐ Text-To-Speech	☐ Text-To-Video	☐ Translation	☐ Video Editing	☐ Voice Modulation		0
□ Fi	ree	um GitHub	Google Colab	Open Source Paid		
		□ Matt's Picks	□ Special Offer			
	P Produ	uct Hunt 458	Join The F Newslette			
Showing 2343 of 2343 Tot	HOWERS HER HOST CONTRACTOR				Sort (Default - Newest)	~

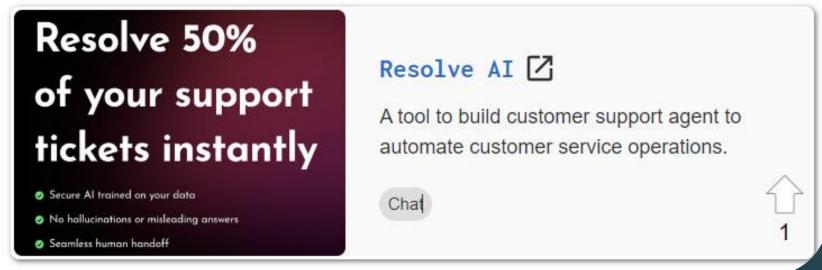
Al can improve seniors' lives through personalized healthcare, safety monitoring, and companionship. However, concerns about privacy and job displacement should be addressed.





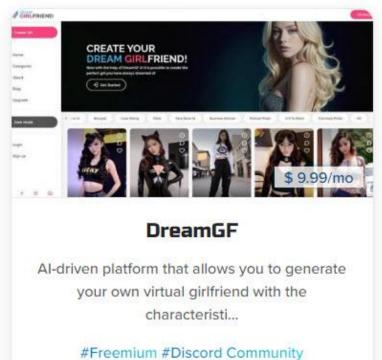




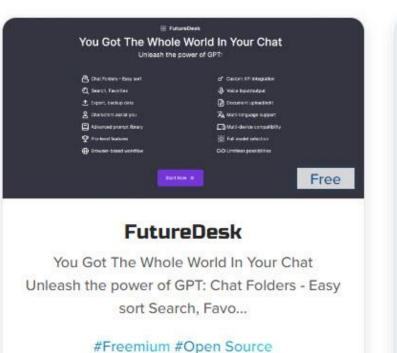


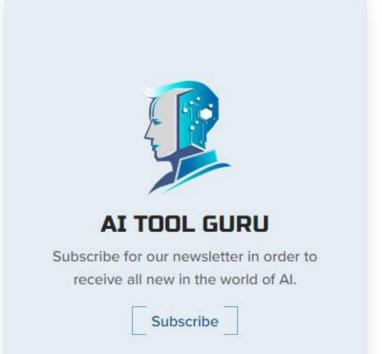
#### THE LARGEST AI TOOLS DIRECTORY

Al Tools Guru - news & education in one place for Artificial Intelligence Tools. Updated Daily! Recently added AI tools RESULTS FOUND: 4625 Search for Al Tools and Categories SORT BY ∮∮ Filters Dating Religion Al Meme Email Assistant General Writing New Copywriting 8



🎉 AI TOOL GURU







https://aitoolguru.com/

**Airtable** @ Grid view ♦ Use this data ☐ Group 1↑ Sort ≣I W Hide fields ∨ URL Title ∨ Date ∨ Newsletter Post Title ✓ Newsletter Post URL ∨ Summary √ Tags Newsletter Post Titles https://bensbites.beehiiv.com/p/da MagicPost | LinkedIn Post ... https://magicpost.in/ MagicPost is a tool that us... October 30, 2023 Daily Digest: Safe and Open Daily Digest: Safe and Open 11790 https://bensbites.beehiiv.com/p/op OpenAI kills Chat with PDF apps. Or di https://twitter.com/ldjconfi... This link is a Twitter post b... October 30, 2023 OpenAl kills Chat with PDF ... 11791 Twitter Post Daily Digest: Safe and Open https://bensbites.beehiiv.com/p/da 11792 Twitter Post https://twitter.com/thealex... This link is a Twitter post b... October 30, 2023 Daily Digest: Safe and Open Careers at Fixie https://careers.fixie.ai/ Fixie is a company based in... October 30, 2023 Daily Digest: Safe and Open Daily Digest: Safe and Open https://bensbites.beehiiv.com/p/da 11793 11794 ContextSDK Careers - We a.. https://contextsdk.com/car... ContextSDK is a company t... October 30, 2023 Daily Digest: Safe and Open Daily Digest: Safe and Open https://bensbites.beehiiv.com/p/da https://bensbites.beehiiv.com/p/da Daily Digest: Safe and Open Explore career opportunitie... October 30, 2023 Daily Digest: Safe and Open 11795 Elicit Careers https://elicit.com/careers Daily Digest: Safe and Open 11796 Unknown https://news.bensbites.co/t... No information available October 30, 2023 Daily Digest: Safe and Open https://bensbites.beehiiv.com/p. MimicGen - Al Generated T.. https://mimicgen.github.io/ October 30, 2023 Daily Digest: Safe and Open Daily Digest: Safe and Open https://bensbites.beehiiv.com/p/da 11797 MimicGen is a website that... https://bensbites.beehiiv.com/p/da This link is a Twitter post b... October 30, 2023 Daily Digest: Safe and Open Daily Digest: Safe and Open 11798 Twitter Post https://twitter.com/ldjconfi...

October 30, 2023

October 30, 2023

October 20, 2022

https://twitter.com/perplex...

https://news.bensbites.co/

https://tocherupch.com/20

This is a Twitter post from t...

Unable to summarize the li...

Coogle has reportedly invo

11799

11800

11,820 records

Perplexity Al Twitter Post

Alle promiume boate up ac

Unknown

Q

https://bensbites.beehiiv.com/p/da

https://bensbites.beehiiv.com/p/da

https://banchitas.baabiiv.com/n/da

Daily Digest: Safe and Open

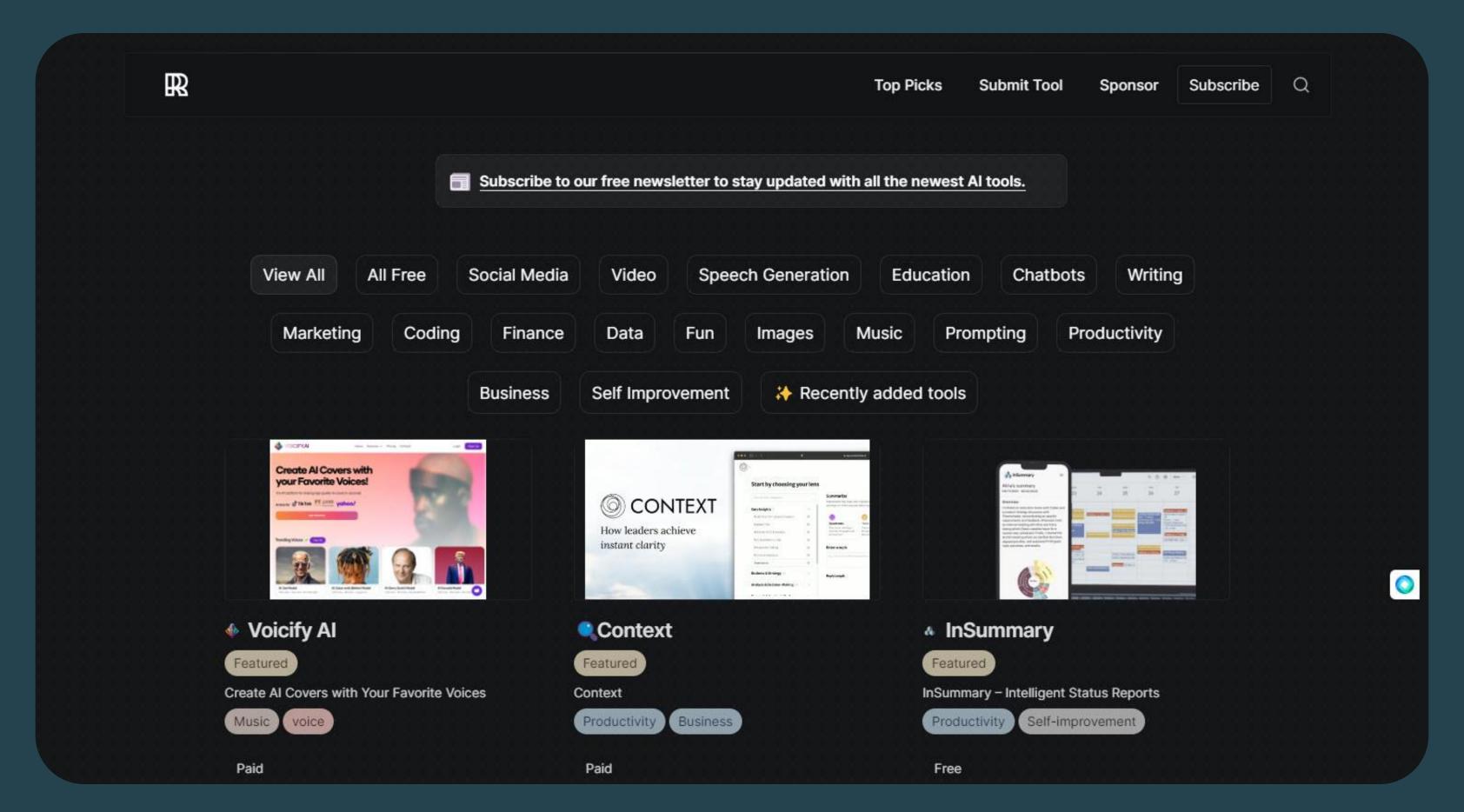
Daily Digest: Safe and Open

Daily Digast: Cafe and Onen

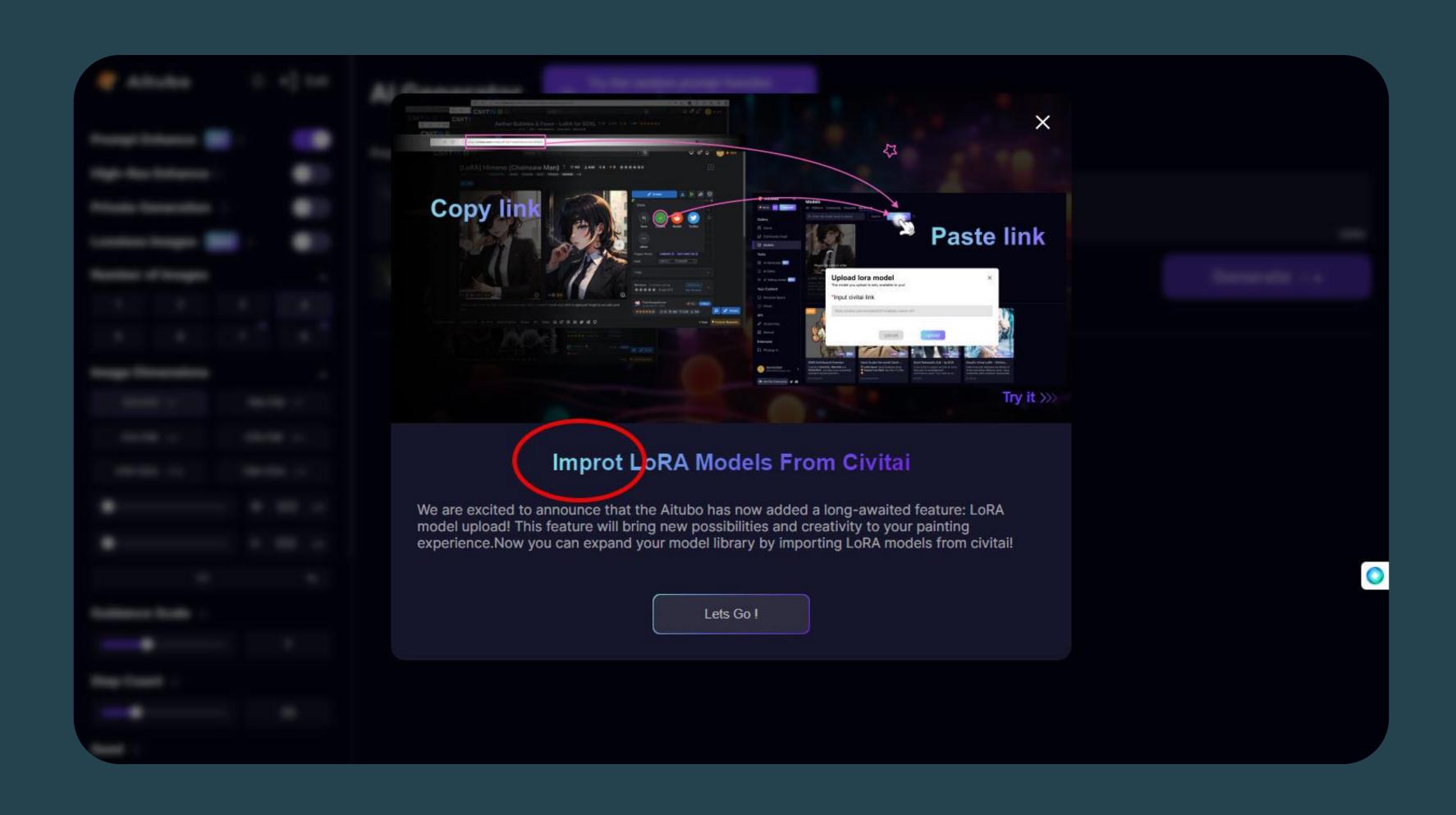
Daily Digest: Safe and Open

Daily Digest: Safe and Open

Daily Diggets Cafe and Open

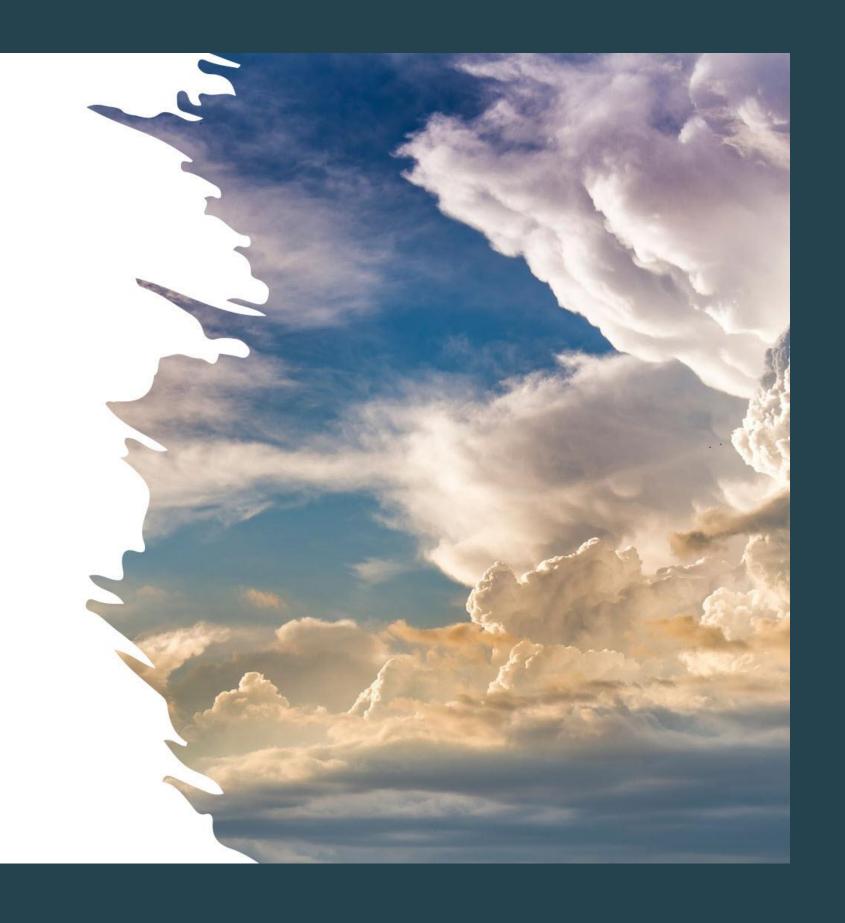


https://supertools.therundown.ai/

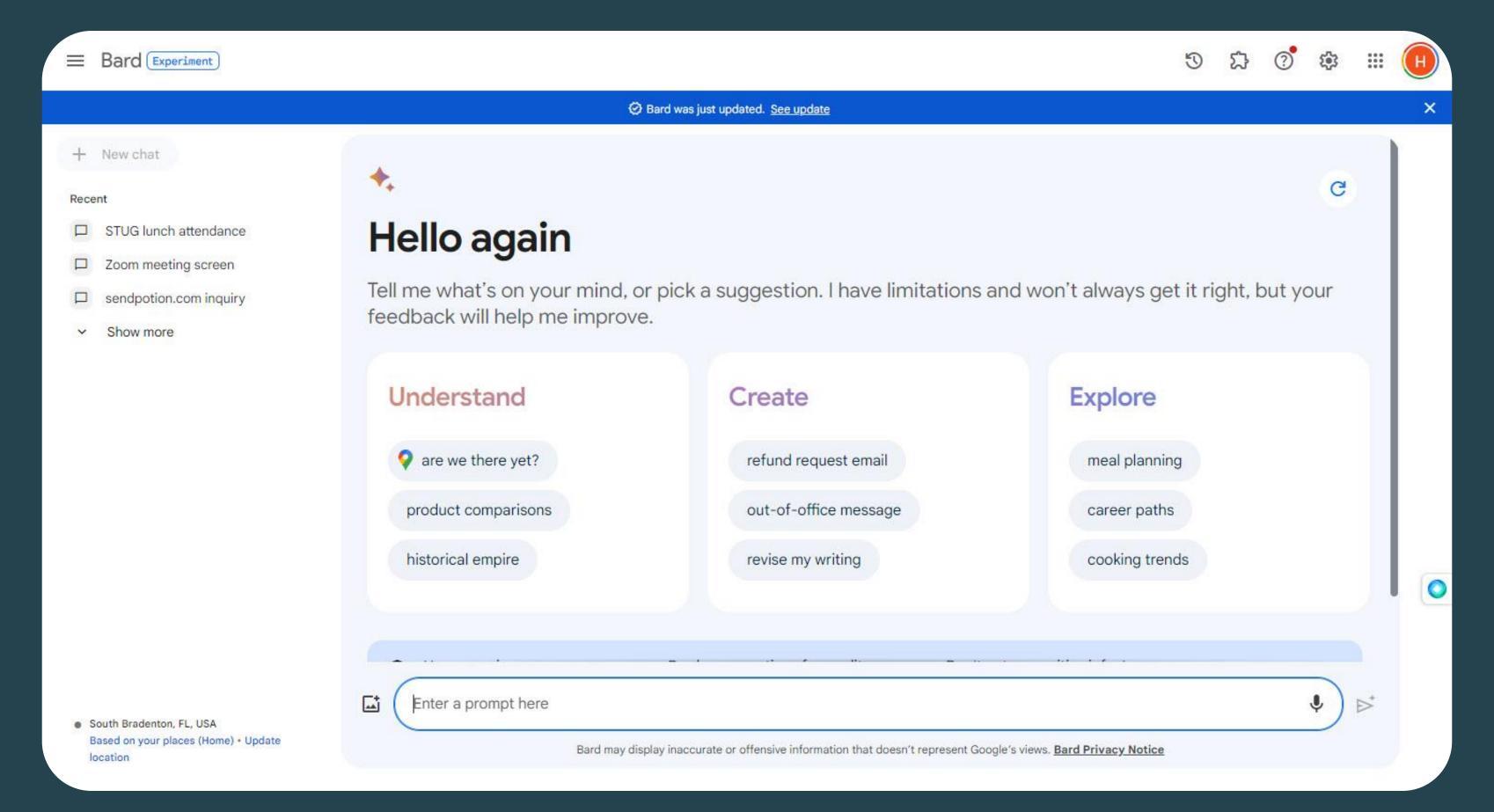


Stay Informed on AI Trends with These Newsletters in 2023

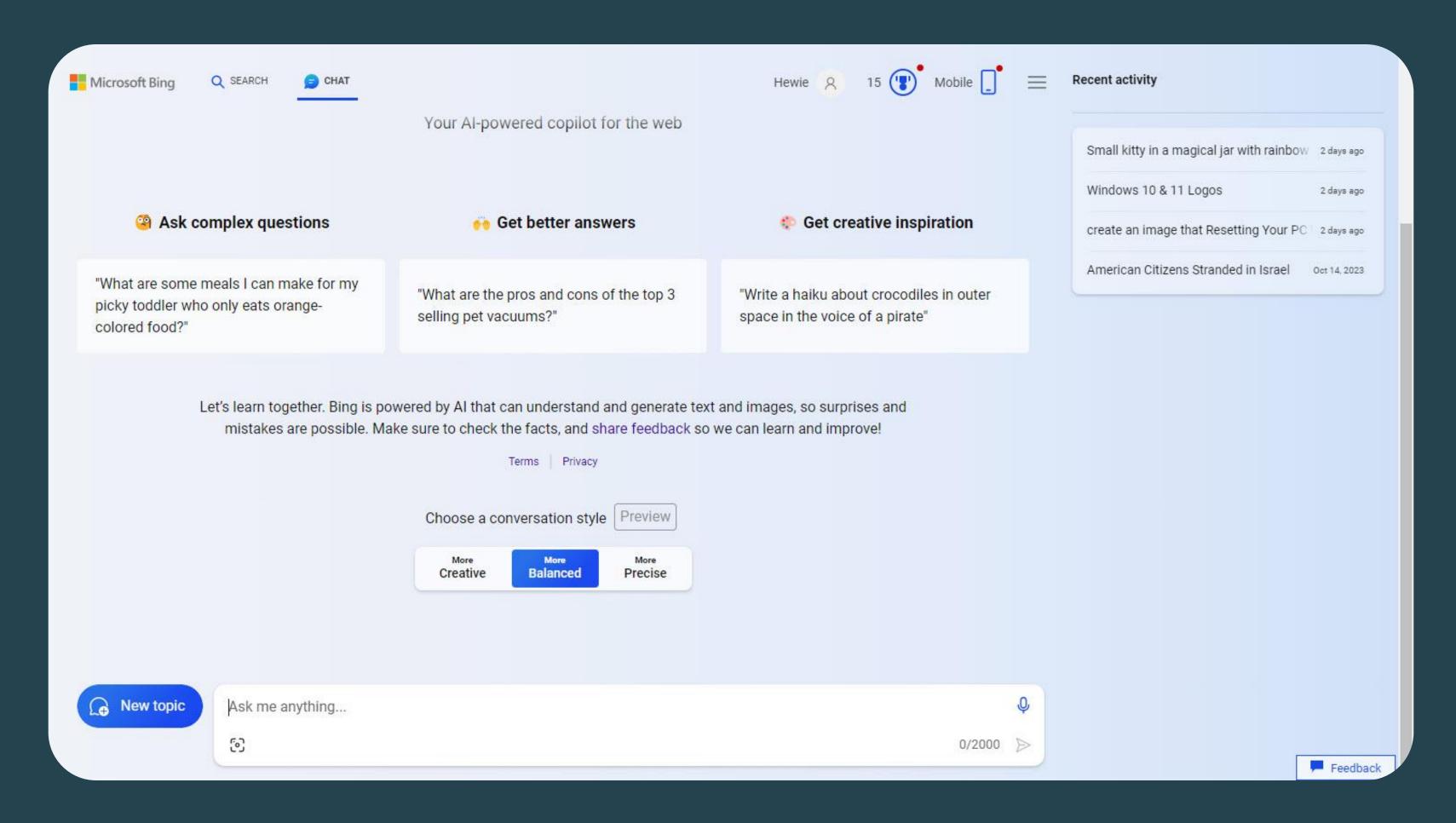
BY HEWIE POPLOCK



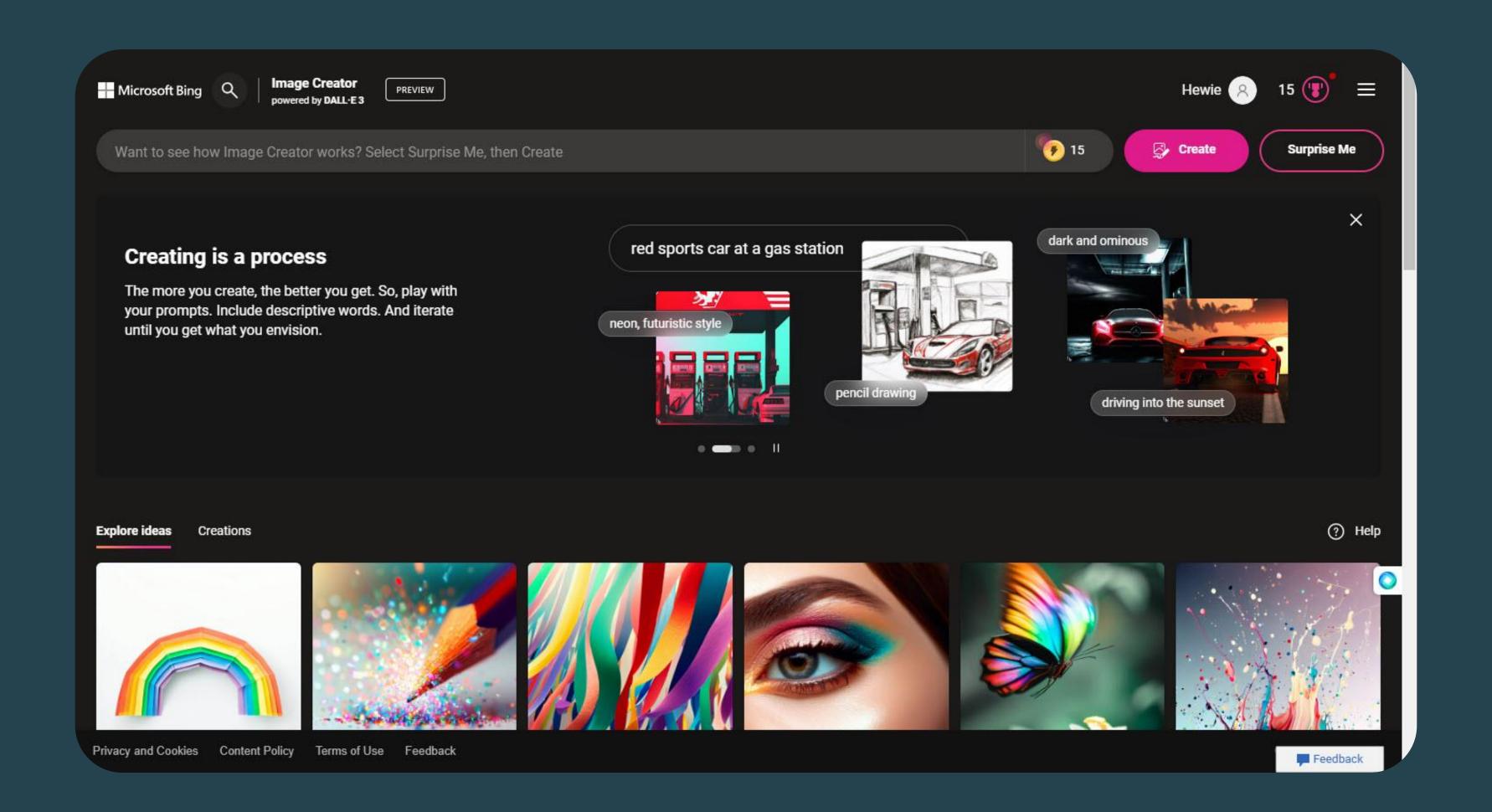
https://youtu.be/JONrTtEm-Oo



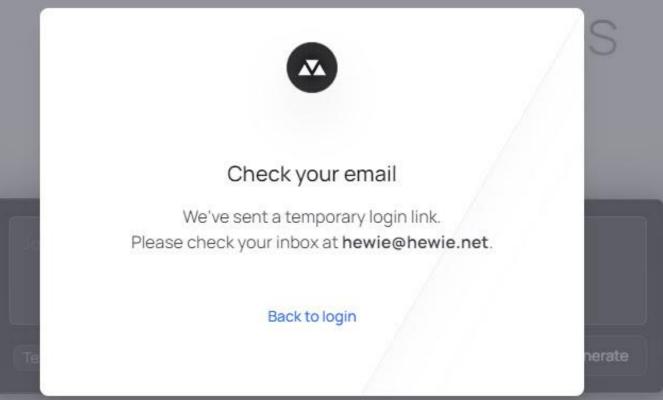
https://bard.google.com/chat



https://www.bing.com



## Transform long form content



Need help? Contact us.

Privacy Policy and Terms of Service

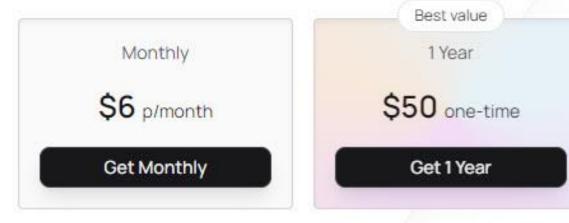


#### Sign in to Brevity noreply@brevity.sh To 9:26 AM i We converted this message into plain text format. Hello, We received a request to sign in to Brevity using this email address. If you want to sign in with your hand account, click this link: Sign in to Brevity <a href="https://brevity-production-688ac.firebaseapp.com/">https://brevity-production-688ac.firebaseapp.com/</a> /auth/action? apiKey=AlzaSyDnAqlqgXeD mode=signIn&oobCode=p9 Y2VTi id8iFIKkYxXX1ovPIVWUr6P! &continueUrl=https://brevity.sh&l ang=en> If you did not request this link, you can safely ignore this email. Thanks, Your Brevity team



#### Introducing

#### Brevity Pro



You can choose between a monthly subscription or a one-time, non-recurring payment.

- No limits
  Unlimited access to quick, accurate, and easy-to-read summaries.
- Better results

  Extended summaries are longer and offer more context and details.
- More sources
  Use file upload to summarize documents.



#### Verification code

Please enter the verification code sent to hewie@hewie.net

Verification code

Didn't receive it? Resend code

Continue

#### Subscribe to Catbird





- ∲ 120 t ns
- ✓ Person license



- 4,000 tokens/m
- ✓ Commerical use lice



- 15,000 tokens/month \*
- ✓ Commerical use license
- Unlimited images

My Plan

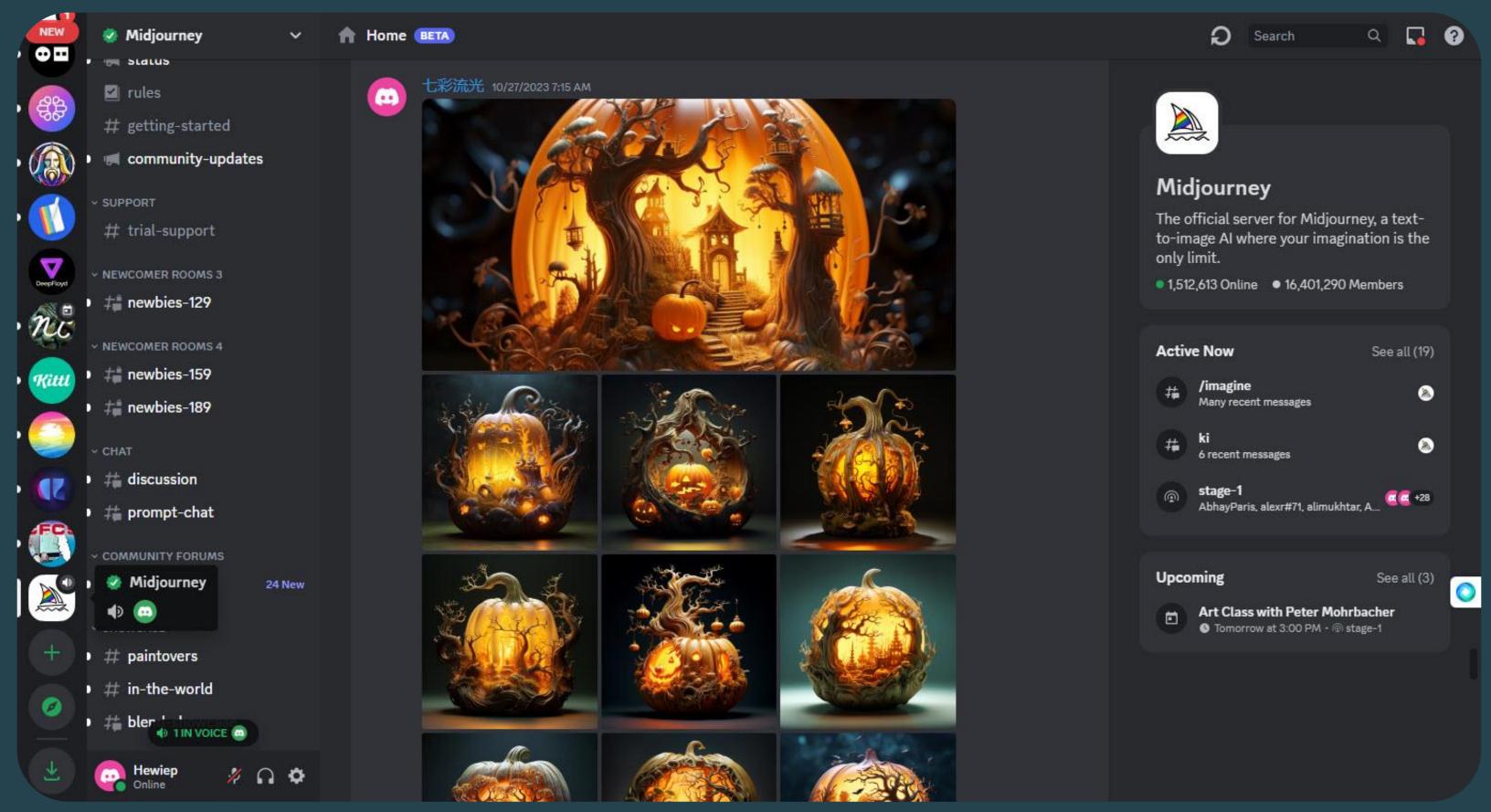
Subscribe onth

scribe \$24 / month

\* Text to image jobs typically cost 5–10 tokens upscales can range from 4–80 to bending on size

Monthly billing, cancel anytime, no refunds, prices may change | Powered by Stripe | Terms

#### Discord



https://discord.com/

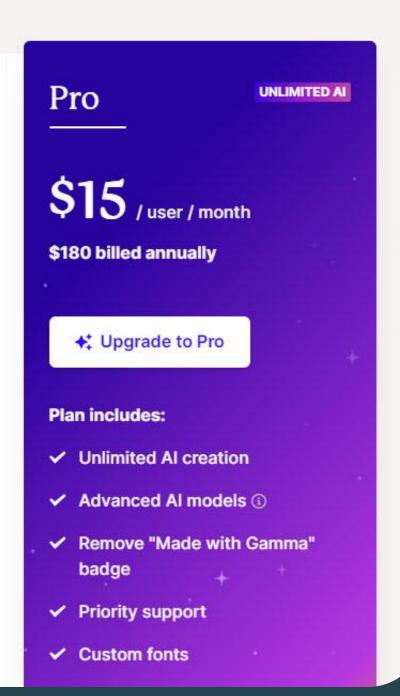
## **Plans and Pricing**

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

Monthly billing

Yearly billing

Save up to 25%



#### Free

\$0 / user / month

Free version

Current plan

#### What you get:

- ✓ 400 Al credits at signup
- ✓ Unlimited users & gammas
- ✓ PDF export (Gamma branded)
- ✓ PPT export (Gamma branded)
- ✓ 7-day change history
- Basic analytics

#### Plus

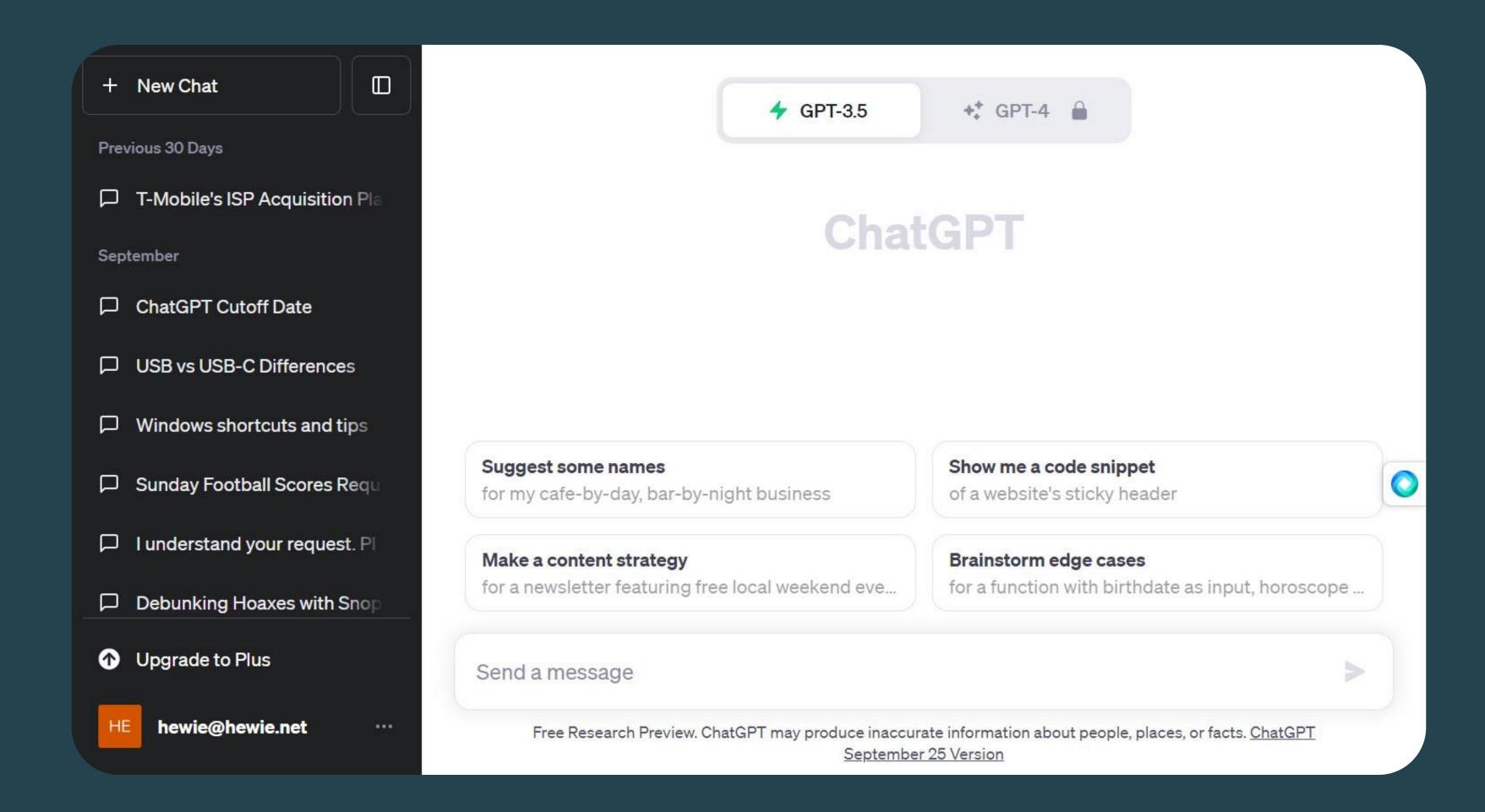
\$8 / user / month

\$96 billed annually

Upgrade to Plus

#### Plan includes:

- → +400 Al credits every month ③
- Remove "Made with Gamma" badge
- ✓ PDF export
- ✓ PPT export
- 30-day change history



#### Upgrade your plan



#### Free

USD \$0/month

Your current plan

#### For people just getting started with ChatGPT

- Access to our GPT-3.5 model
- Regular model updates

Have an existing plan? See billing help



#### Plus

USD \$20/month

#### Upgrade to Plus

#### Everything in Free, and:

- Access to GPT-4, our most capable model
- Faster response speed
- Access to beta features like browsing, plugins, and advanced data analysis

InstantChapters

Become a Partner Sign Up

Log In

A Cheat Code For Content Creators

## Timestamped Chapters For Your YouTube Videos—With Only One Click

InstantChapters are 40x faster, 5x cheaper, and 2x as detailed as human generated timestamps.

Start Your Free Trial







0

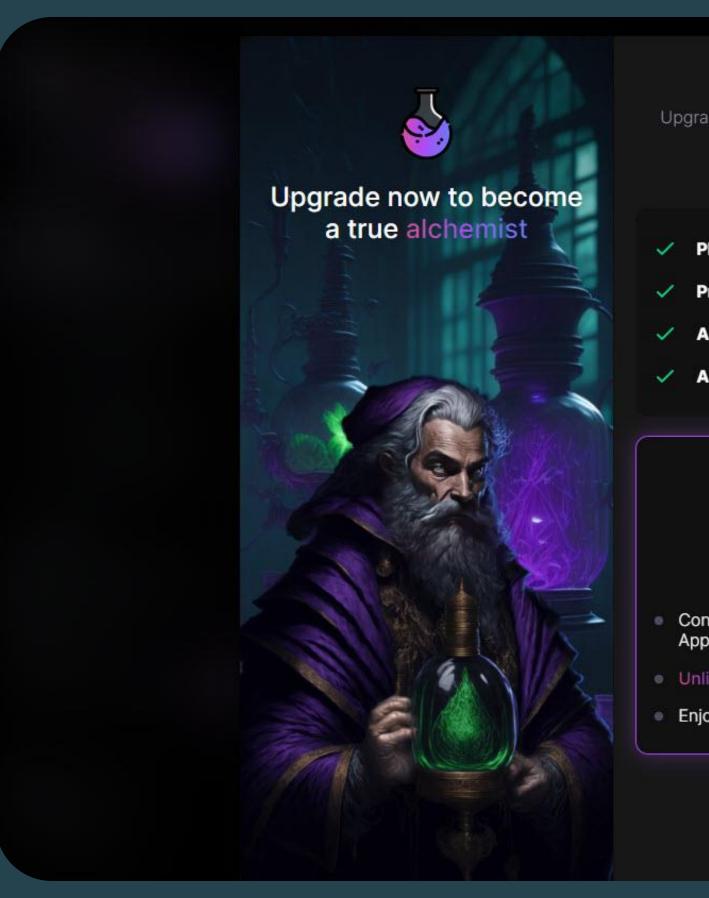
## Choose the Perfect Plan for You

CNY

USD

#### Basic Free Current Equity Free signup: 120 K-coins ③ Buy now: 1,800 K-coins ② 30-minute production output 2-minute production output Start for Free Upgrade Includes 1,800 K-coins Get 120 K-coins free with first Get 300 K-coins free with first registration purchase 100+ member exclusive digital 5 digital characters characters 2 minutes of digital human videos 30 minutes of digital human videos Support 800 characters Support 1,600 characters (about 1 minute long) (about 2 minutes long)

#### **Premium** Pro \$86 | Quarter \$240 \$500 /Year Buy now: 9,000 K-coins ② Buy now: 30,000 K-coins ② 150-minute production output 500-minute production output Upgrade Upgrade Includes 9,000 K-coins Includes 30,000 K-coins Get 800 K-coins free with first Get 2,500 K-coins free with first purchase purchase 100+ member exclusive digital 100+ member exclusive digital characters characters 500 minutes of digital human 150 minutes of digital human videos videos Support 5,000 characters Support 2,400 characters (about 3 minutes long) (about 10 minutes long)



#### Your Leonardo Alchemy trial has expired!

×

Upgrade **now** to keep taking advantage of superior image quality, precision and fidelity!

- ✓ PhotoReal Generate hyper-realistic photos and lifelike portraits
- Prompt Magic V3 Greater adherence and fidelity
- ✓ Alchemy Pipeline High-fidelity generation and coherence
- ✓ Alchemy Presets Powerful presets enabling shorter prompts



#### Take full advantage of the power of Alchemy

- Continue using Alchemy instantly when you upgrade to any one of the Apprentice, Artisan or Maestro plans
- Unlimited high-quality Alchemy generations and upscales
- Enjoy all of the other Alchemy benefits

Not now

Upgrade now

Free

**\$0** / month

Forever

#### 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
- X Private generations
- X Priority infrastructure
- X Relaxed generation queue

#### **Apprentice**

\$12 \$10 / month

Billed yearly, ex. tax

Subscribe To Apprentice

Switch to monthly billing

#### 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 falls 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

Combined in any of the following ways:

- 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



Features \* Pricing

Al Books

Support \*

Start Now

Login

FREE PLAN

## Free

32 Al document templates

5,000 words per month

10 images per month

300 chars for text-to-speech per month

1 speech-to-text per month 2

10 MB audio file size limit

✓ Al chat ②

1 Al Chat Bots

X Al code 2

X Hide Ads

X Free Setup

X Premium Support

**Current Plan** 

**Most Popular** 

SILVER PLAN

\$7.99

Monthly

61 Al document templates

100,000 words per month

100 images per month

1,000 chars for text-to-speech per month

10 speech-to-text per month 2

20 MB audio file size limit

✓ Al chat ②

11 Al Chat Bots

✓ Al code ②

✓ Hide Ads

✓ Free Setup

✓ Premium Support

Upgrade

**GOLD PLAN** 

\$15.99

Monthly

61 Al document templates

250,000 words per month

250 images per month

2,500 chars for text-to-speech per month

25 speech-to-text per month 2

50 MB audio file size limit

✓ Al chat ②

11 Al Chat Bots

✓ Al code ②

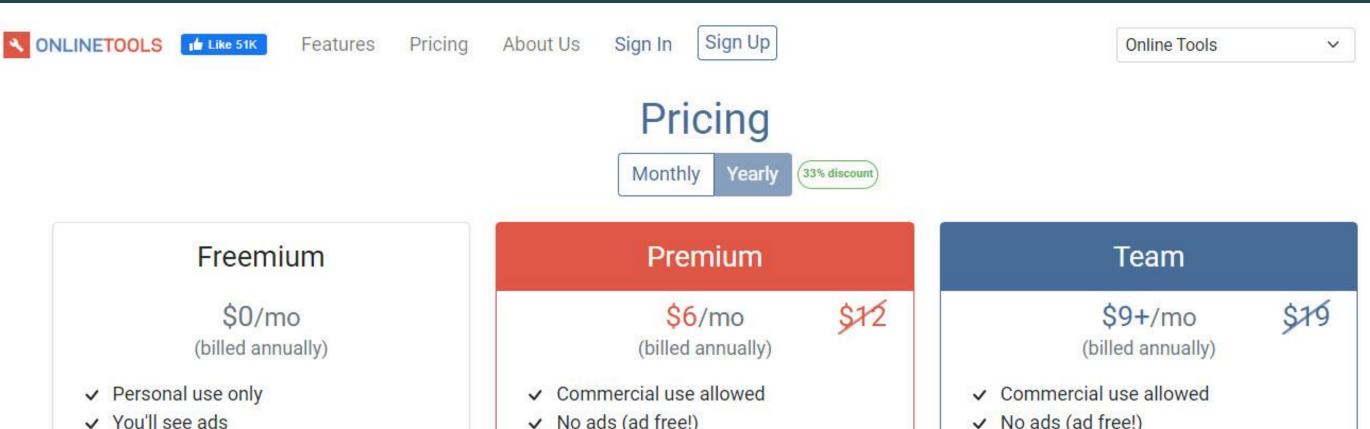
✓ Hide Ads

✓ Free Setup

✓ Premium Support

Upgrade





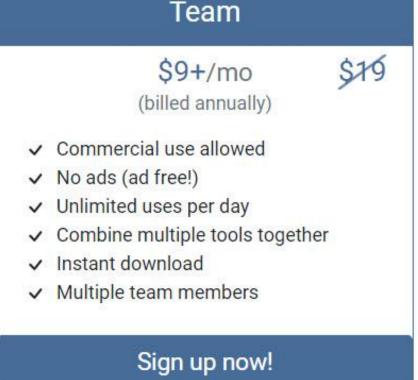
Try for free!

✓ 5 uses per day

✓ Use one tool at a time

✓ Wait before download

# \$6/mo (billed annually) Commercial use allowed No ads (ad free!) Unlimited uses per day Combine multiple tools together Instant download Single user license



0

All plans can be cancelled at any time, no questions asked. Backed by 30-day money-back guarantee.

Questions about pricing and plans? Email us at sales@onlinetools.com or use the contact form.

#### Our customers



Who Uses Pictory ∨

Features V

Academy V

Login

Pricing

FREE TRIAL

Home / Pictory Pricing - New 23 Oct23

Save more than 15%

MOHILINY

#### Standard

FOR CONTENT CREATORS STARTING WITH VIDEO

s 19

per month

- 1 User Per Account
- 30 Videos Per Month
- Edit Existing Videos Transcribe / Caption - up to 60 mins long
- 2 Million+ Royalty Free Premium Videos From Storyblocks
- 34 Text-to-Speech Al Voices
- 5.000 Music Tracks
- 2 Branded Customizable Templates

Free Trial 🐐

No Credit Card Required

#### Premium

FOR PROFESSIONAL CREATORS & SMALL TO MID-SIZED ORGANIZATIONS

#### POPULAR

s 39

per month

- 1 User Per Account
- 60 Videos Per Month
- Edit Existing Videos Transcribe / Caption - up to 120 mins long
- NEW 51 Hyper-Realistic Al Voices (120mins) From IIElevenlabs
- 60 Text-To-Speech Al Voices
- Over 12 million royalty-free premium videos from Getty Images and Storyblocks
- 10,000 Music Tracks
- 5 Branded Customizable Templates
- Bulk Video Downloads

#### Free Trial 🐐

No Credit Card Required

#### **Teams**

FOR TEAMS OF VIDEO CREATORS WHO SHARE AND COLLABORATE

s 99

per month

0

- 3 User Per Account
- 90 Videos Per Month
- Edit Existing Videos Transcribe / Caption - up to 180 mins long
- NEW 51 Hyper-Realistic Al Voices (240mins) From IIElevenlabs
- 60 Text-To-Speech Al Voices
- Over 12 million royalty-free premium videos from Getty Images and Storyblocks
- 15,000 Music Tracks
- 10 Branded Customizable Templates
- Bulk Video Downloads
- Sharing & Collaboration

#### Free Trial 🐐

No Credit Card Required



#### Fast, helpful Al chat

Go	
Use phone	
or	
G Continue with Google	
<b>€</b> Continue with Apple	

By continuing, you are agreeing to Poe's Terms of Service and Privacy Policy.



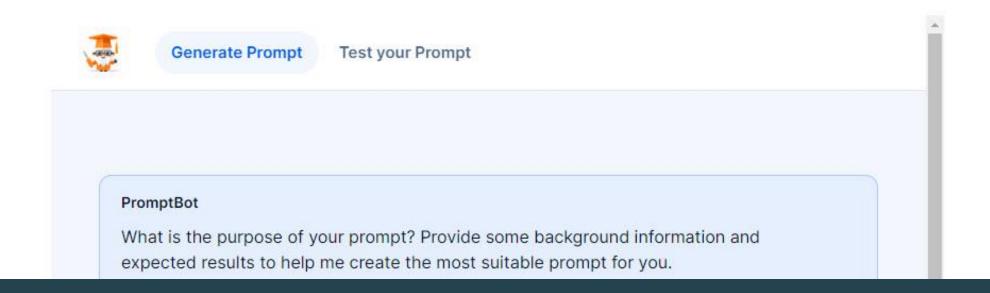


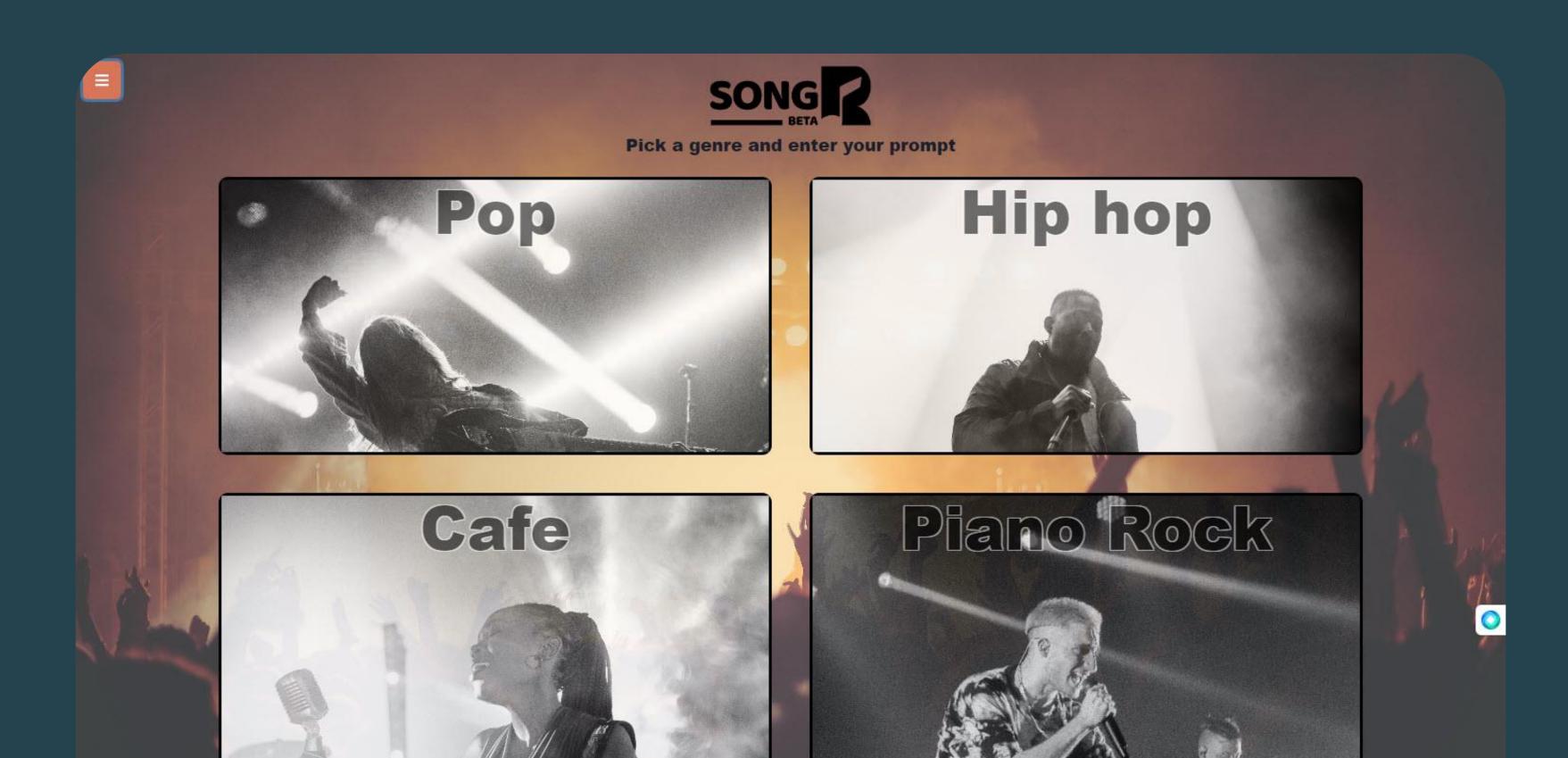


## PromptBot

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







By using SongR you agree to the Terms & Conditions
Built by RIFFIT © Copyright SongR 2023

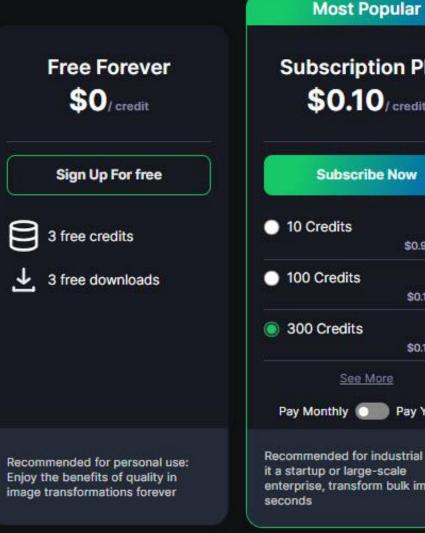
https://www.songr.ai/

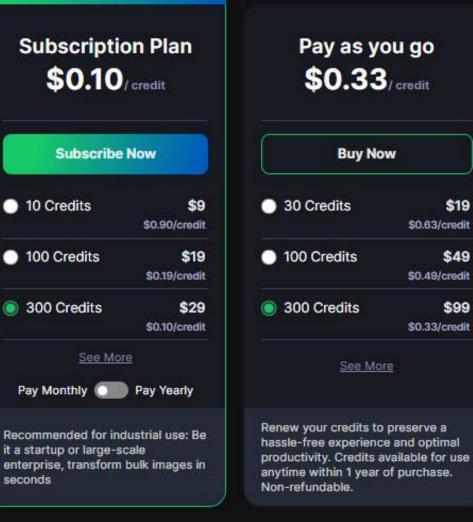
0

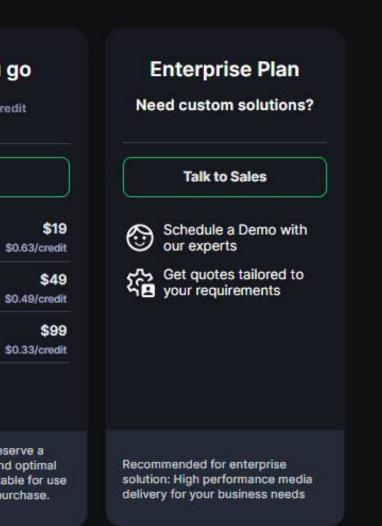
We're currently running a sale! Get up to 30% off on all plans! Check it out! &

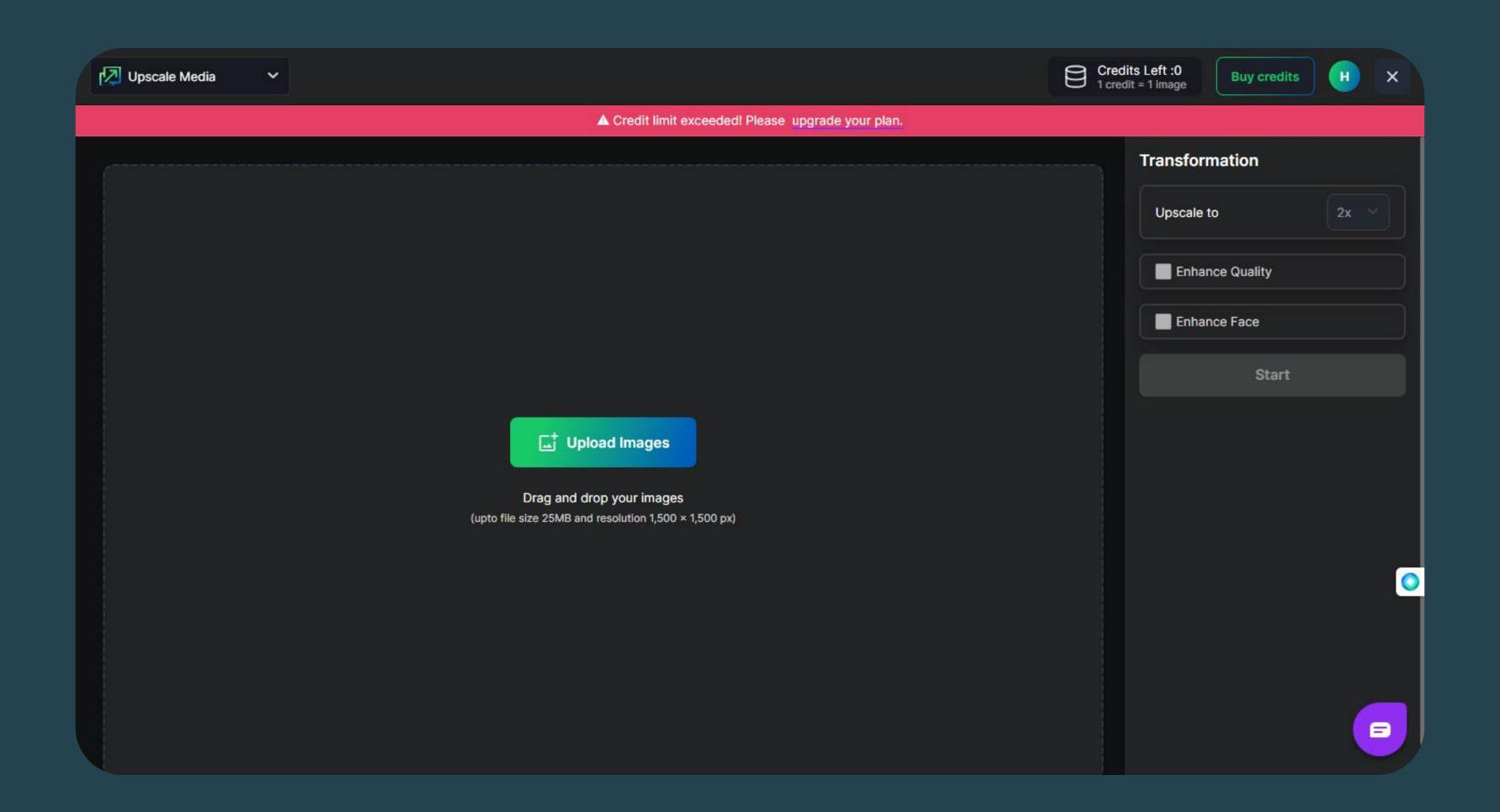
#### **Choose The Right Plan For You**

Choose a plan and enjoy an exceptional user experience instantly











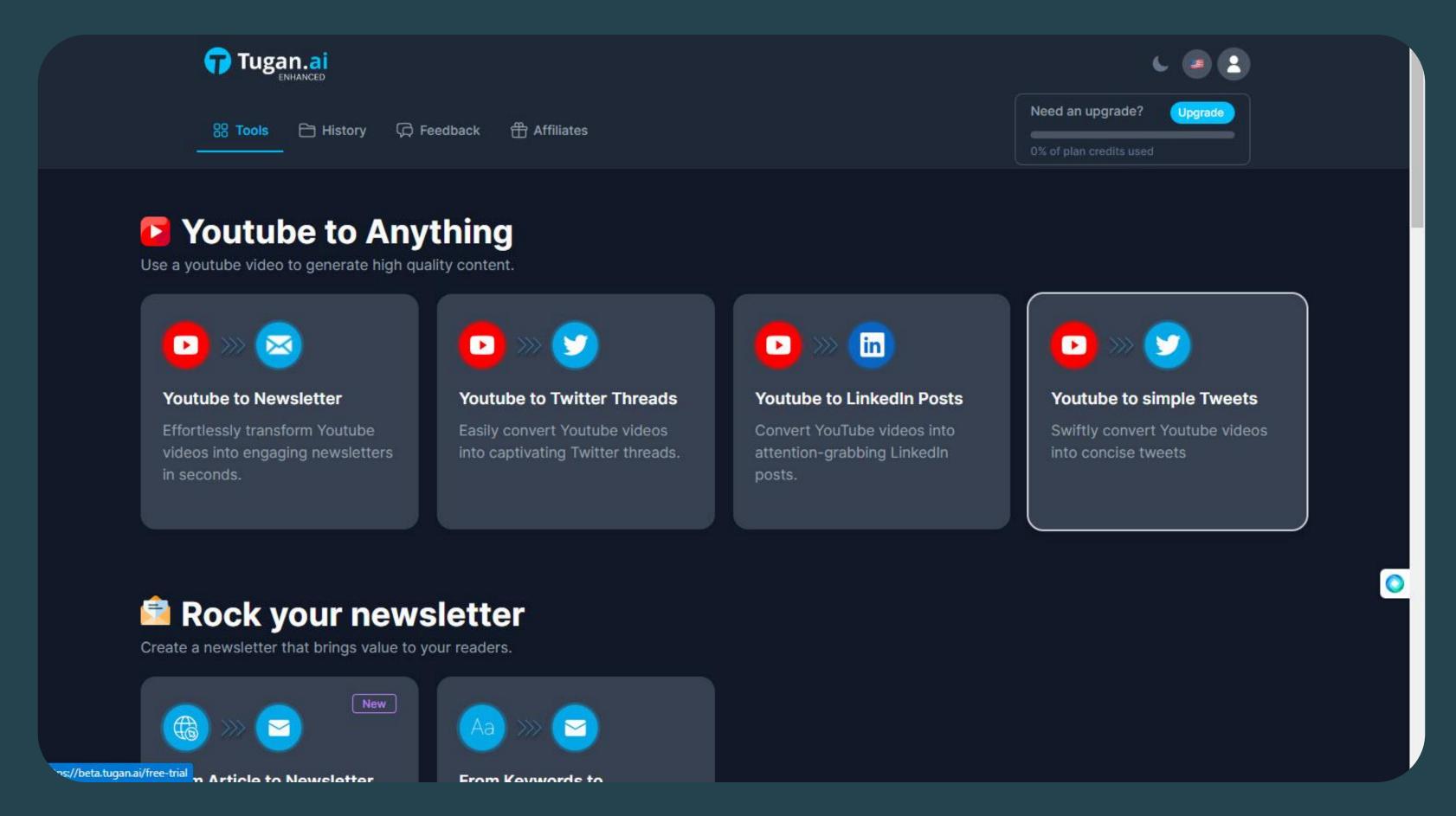


## **Check your inbox**

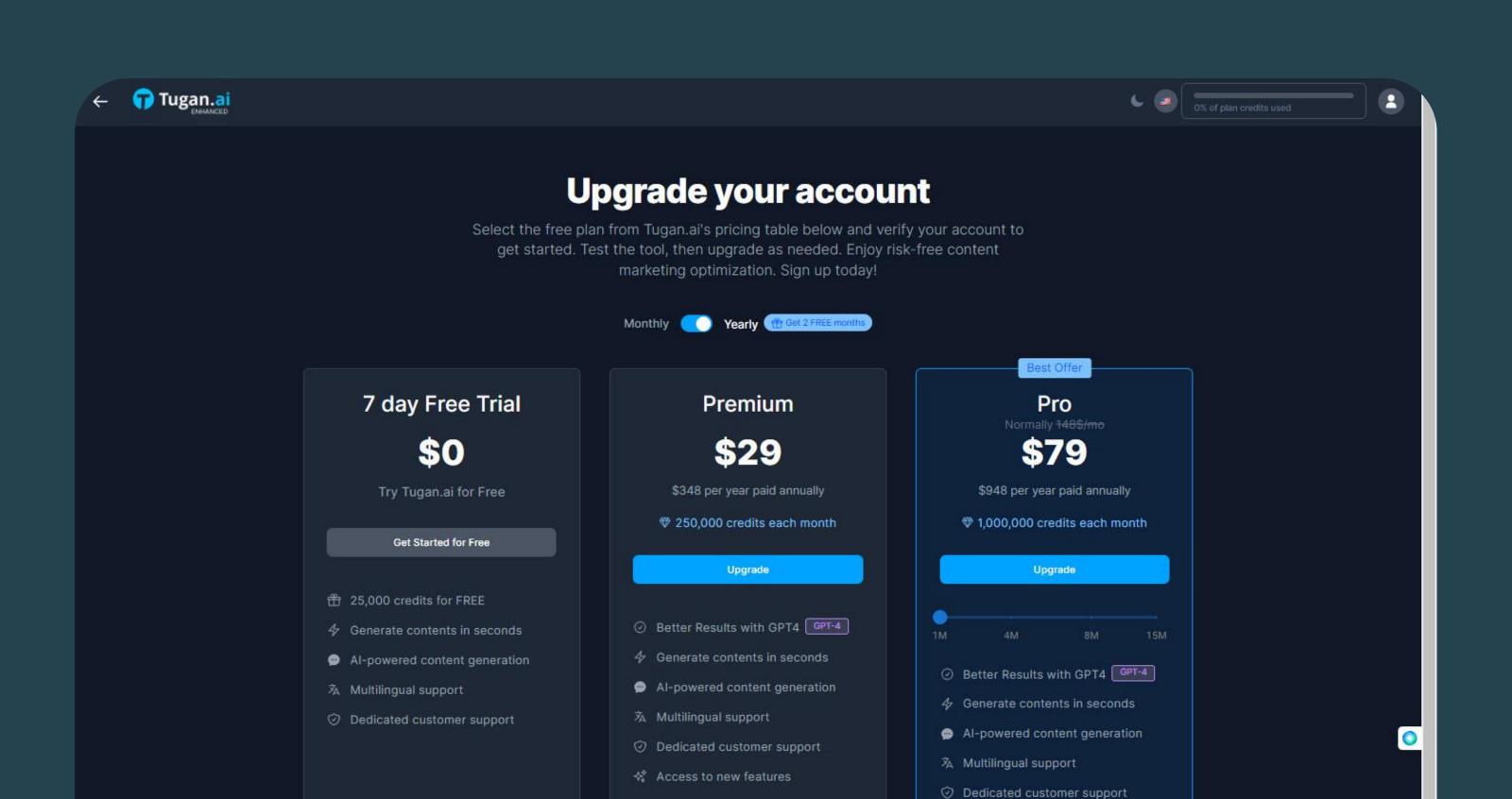
We've sent you a easy login link to the email address hewie@hewie.net, so you don't have to remember or type in yet another long password.

Open Hewie →





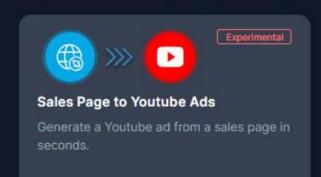
https://www.tugan.ai/



Access to new features

#### Effortless Ad Creation

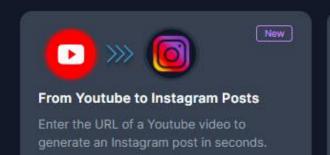
Easily create stop-scrolling and high-converting ads in no time.



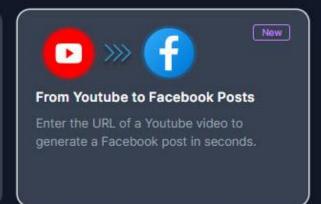


#### Shine on Social Media

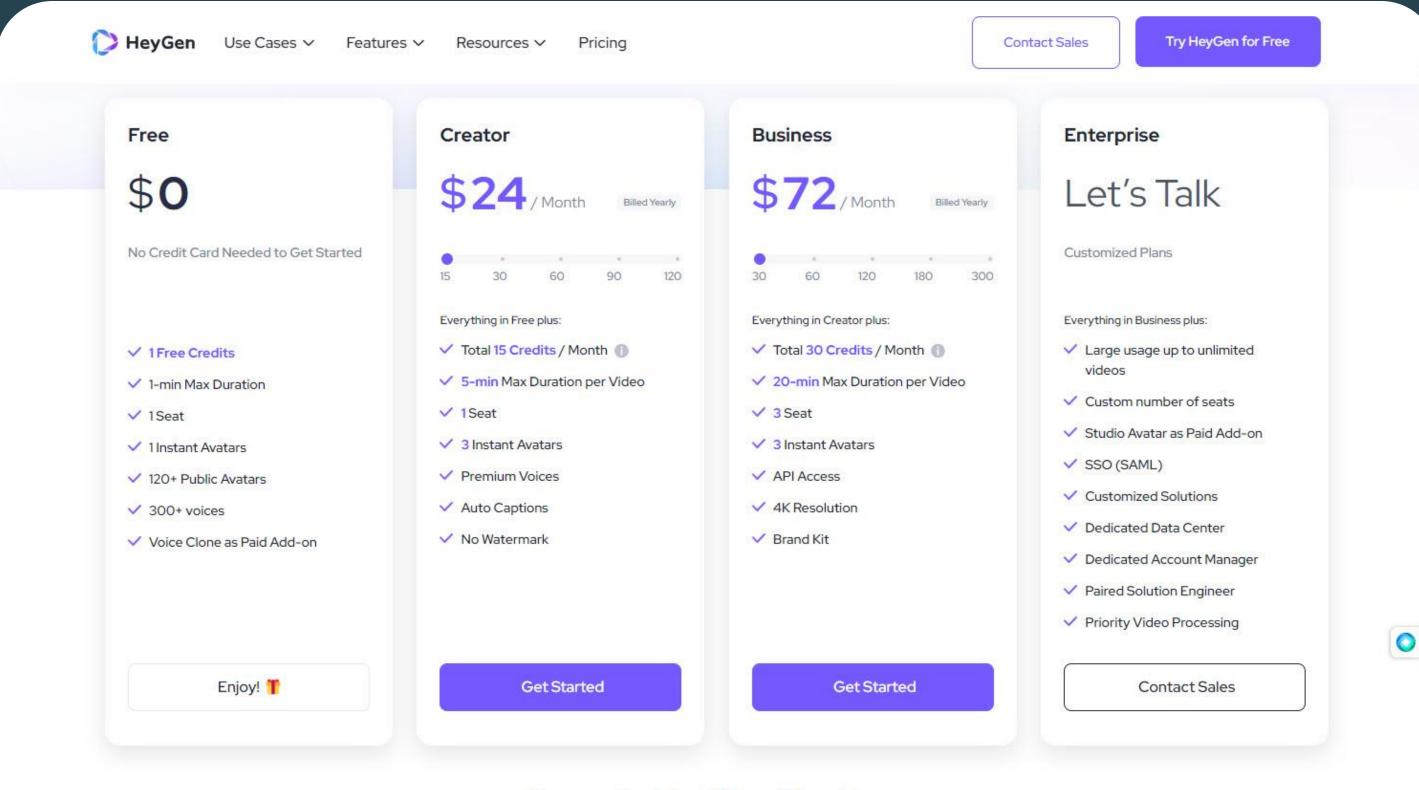
Create social media posts that bring value to your followers.











Personalize Your Plan with add-ons

# **Create stunning Zoom** backgrounds with Al

#### The #1 Al 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



























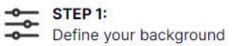








0





Our Al does it's magic



Download your favorites



STEP 4:

Upload to Zoom

What's included?

Why Choose Zoomscape?

## **Smart moves always get Noticed**

Our pricing is straightforward and aligned with your business goals.



Free

\$0

Start playing around with Notice for free

- 1 Maximum project
- 0 Collaborator
- Integrate everywhere
- Customization
- Translation
- Insights

Individual

\$19 per month

Customize your new content's home

- 2 Maximum projects
- O Collaborator
- Integrate everywhere
- Customization
- Translation (1 language)
- Insights
- Remove Notice branding
- Custom domain

Essential

\$49 per

per month

Manage smart content for your company

- 5 Maximum projects
- 3 Collaborators
- Integrate everywhere
- Customization
- Translation (5 languages)
- Insights
- Remove Notice branding
- Custom domain
- Al assistant
- Custom support and help

Team

**\$199** per month

Activate content synergies for your team

- 15 Maximum projects
- 10 Collaborators
- Integrate everywhere
- Customization
- ☑ Translation (200+ languages)
- Insights
- Remove Notice branding
- Custom domain
- Al assistant
- Custom support and help

Enterprise

#### Let's talk

Customize your experience with our enterprise-grade solution

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





## **Smart moves always get Noticed**

Our pricing is straightforward and aligned with your business goals.



\$0

Start playing around with Notice for free

1 Maximum project
0 Collaborator
② Integrate everywhere
② Customization
② Translation
③ Insights

\$23 per month

Customize your new content's home

2 Maximum projects
0 Collaborator
② Integrate everywhere
② Customization
② Translation (1 language)
② Insights
② Remove Notice branding
③ Custom domain

\$59 per month

Manage smart content for your company

5 Maximum projects
3 Collaborators
© Integrate everywhere
© Customization
© Translation (5 languages)
© Insights
© Remove Notice branding
© Custom domain
© Al assistant
© Custom support and help

\$239 per month

Activate content synergies for your team

15 Maximum projects
10 Collaborators

Integrate everywhere

Customization

Translation (200+ languages)

Insights

Remove Notice branding

Custom domain

Al assistant

Custom support and help

Team

Let's talk

Customize your experience with our enterprise-grade solution

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

Enterprise

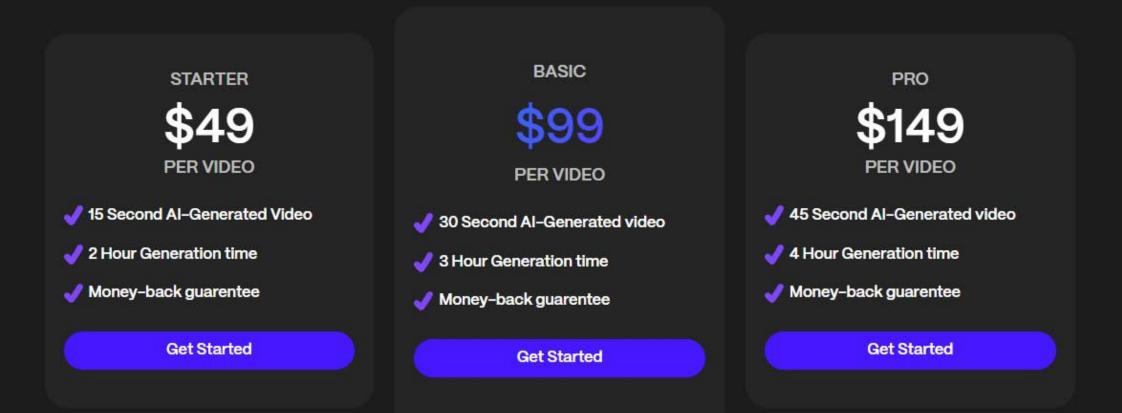






# Premium quality without the premium price

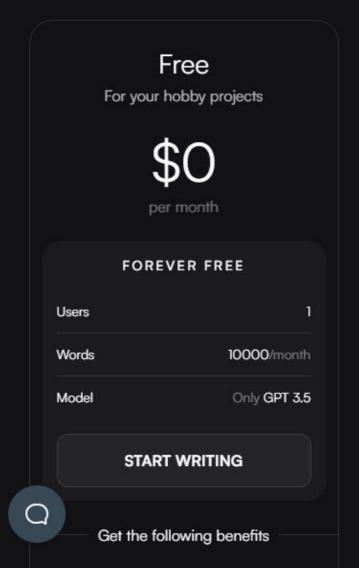
Create stunning product launch videos that look like they were created by a studio.

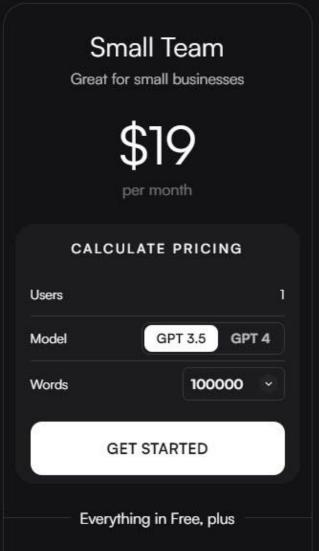


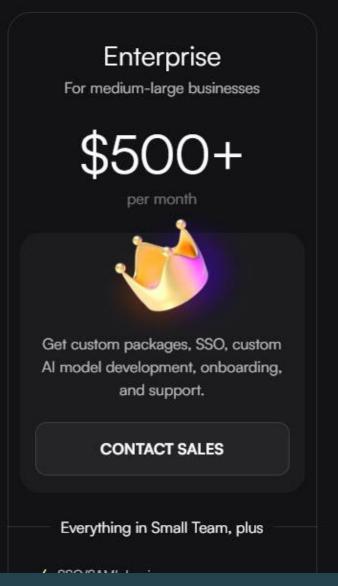
\*You will be redirected to a form to complete after placing your order\*

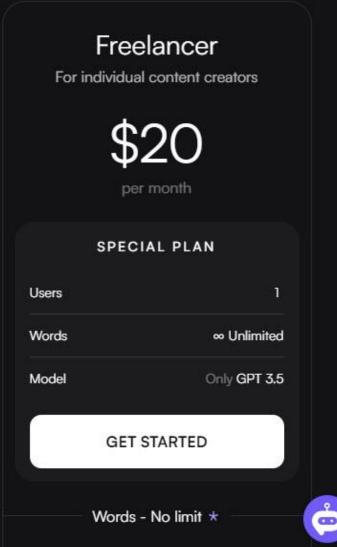












#### Credits from



#### **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.

Sign In To Claim



# Welcome back, Hewie

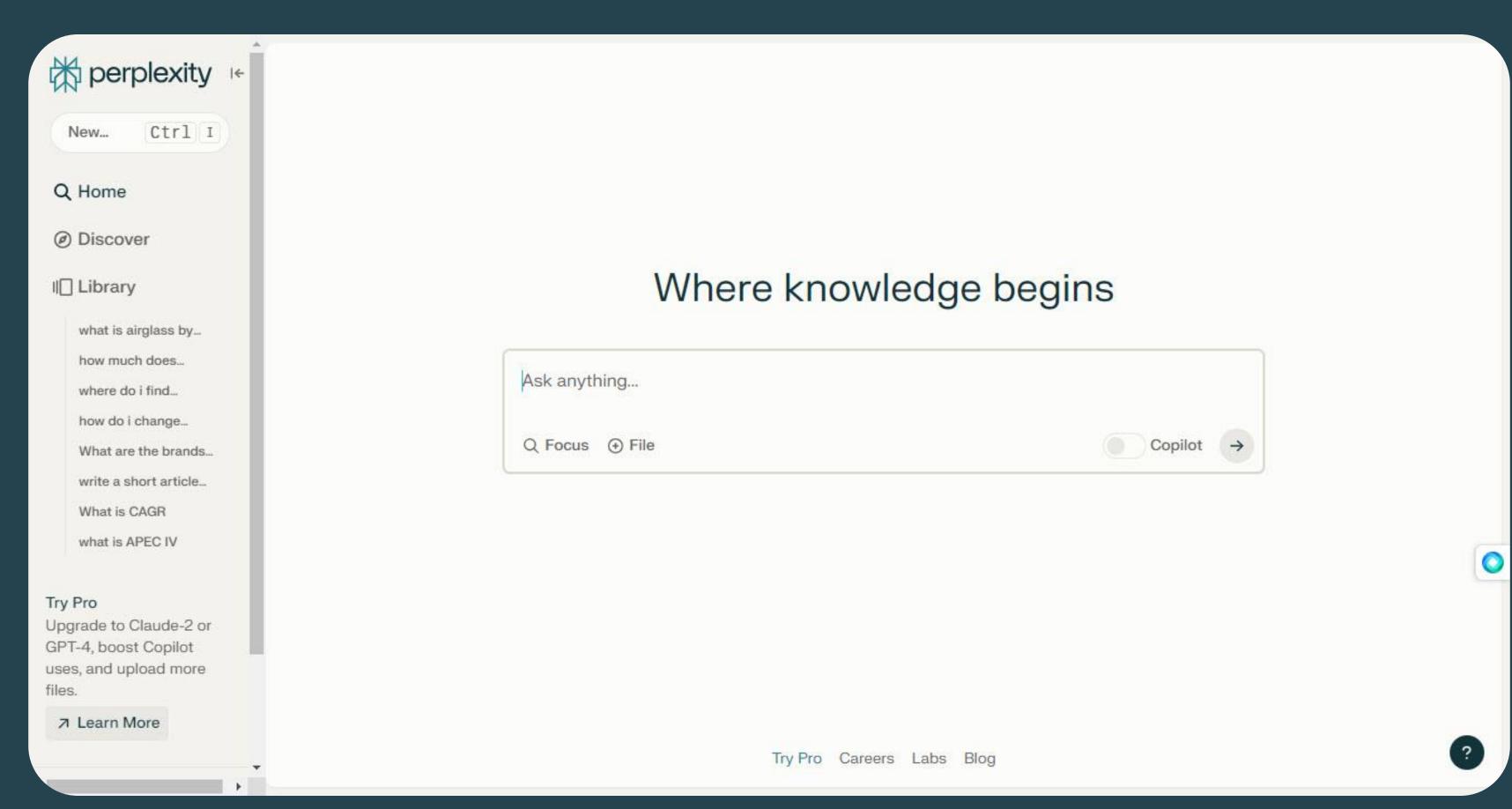
Start your first message with Claude...

Yesterday

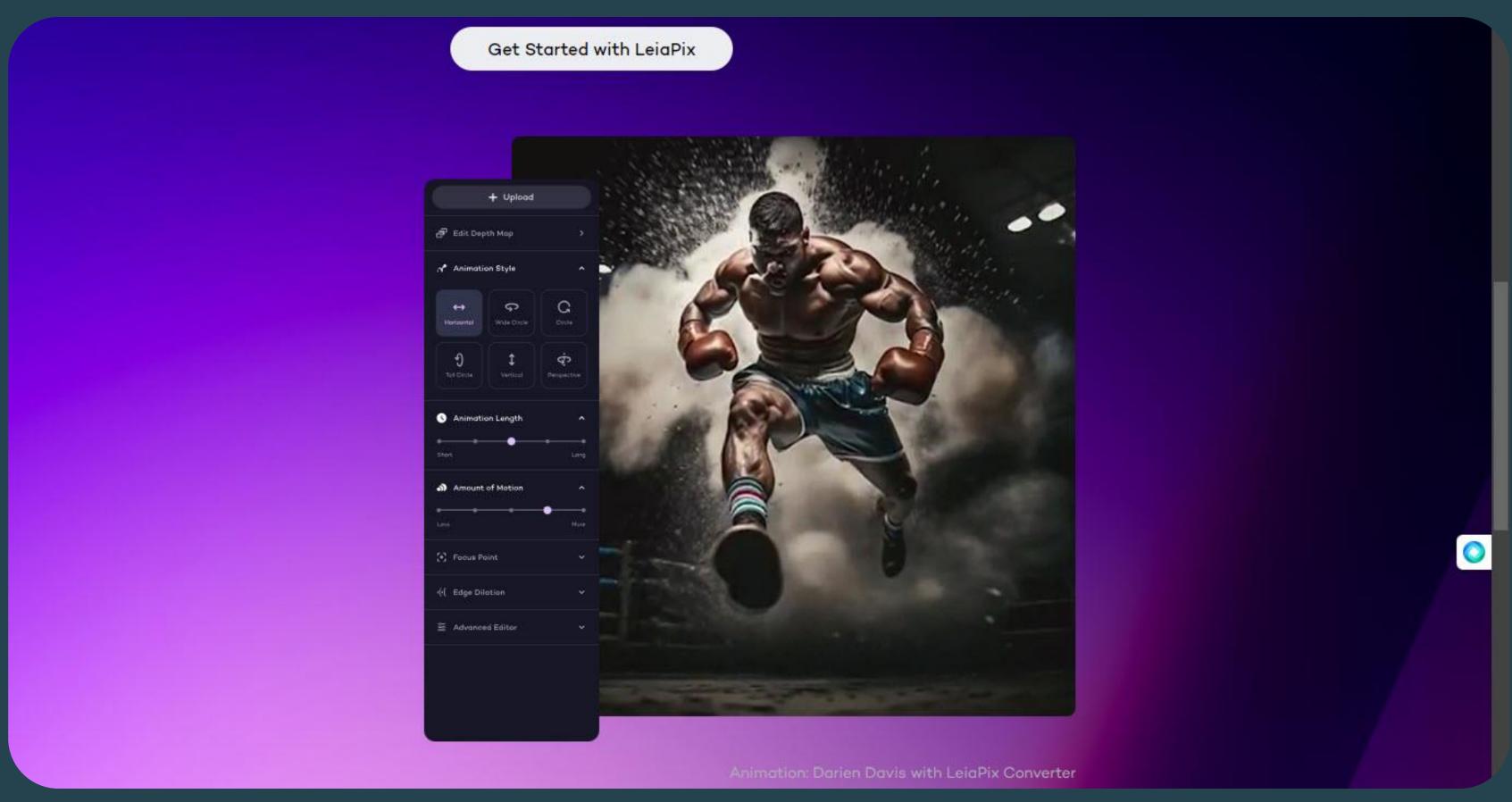
An Ode to STUG's Tech Support

3 days ago

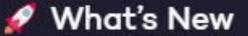
https://claude.ai/chats



https://www.perplexity.ai/



https://convert.leiapix.com/





Release 2.2 (10/25/2023)

#### Depth Map Editing is back!

We listened to your feedback, and we're thrilled to announce that you can now use the Depth Map Editing feature again. Dive in and finetune your 3D animations with enhanced precision.

#### Commercial Rights for Full Resolution MP4

For 50 credits, you can now use your Depth Animation for commercial purposes or monetization, such as in advertisements, selling products featuring the content, or using the content in a monetized YouTube video, among other scenarios.

#### **Need More Credits?**

Don't forget, you can conveniently purchase 1,000 credits for only \$10 directly from your LeiaPix account.

#### **Leia** Pix

# Bring your images to life

Transforming 2D images to 3D masterpiece: With every image, we're unlocking a new realm of depth and motion. Imagine a world where memories aren't just flat snapshots but dynamic experience, where a single photo becomes a gateway to immersion.

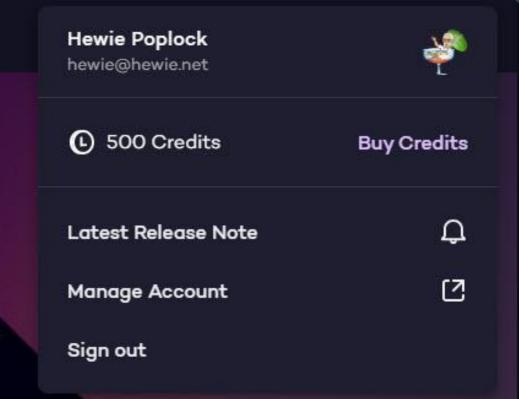
Our Al-driven 2D to 3D converter isn't just a tool - it's the future of visual storytelling. Here, your images leap into life, bridging the gap between the static and the dynamic, the old and the new.

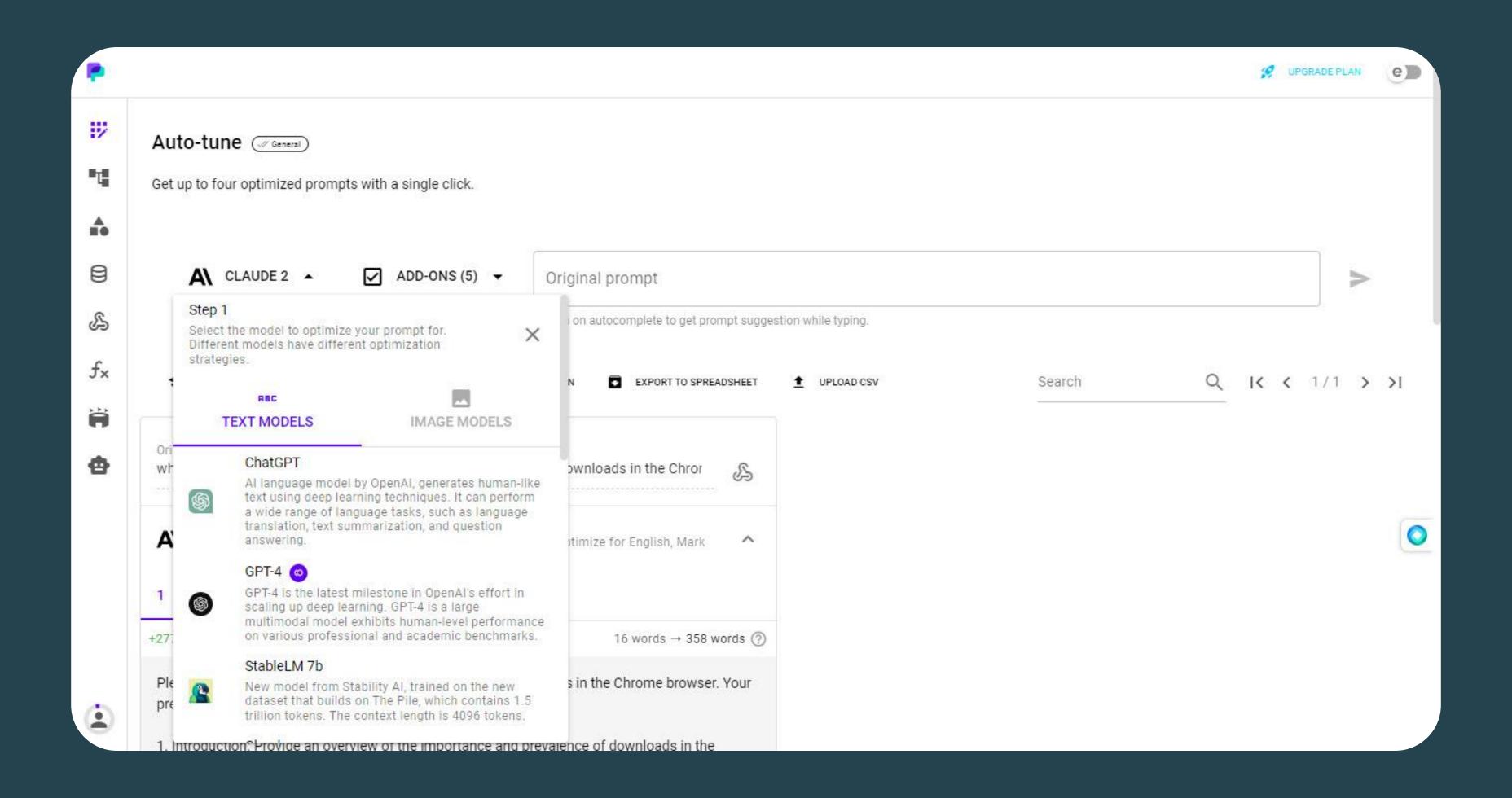
Dive deeper into your moments, and see them like never before. Refine your 3D animation using the top Al-generated depth map in the industry.

Download your creation in MP4, SBS, or share seamlessly!

Open a new account today and Get 300 Free Credits to Start!

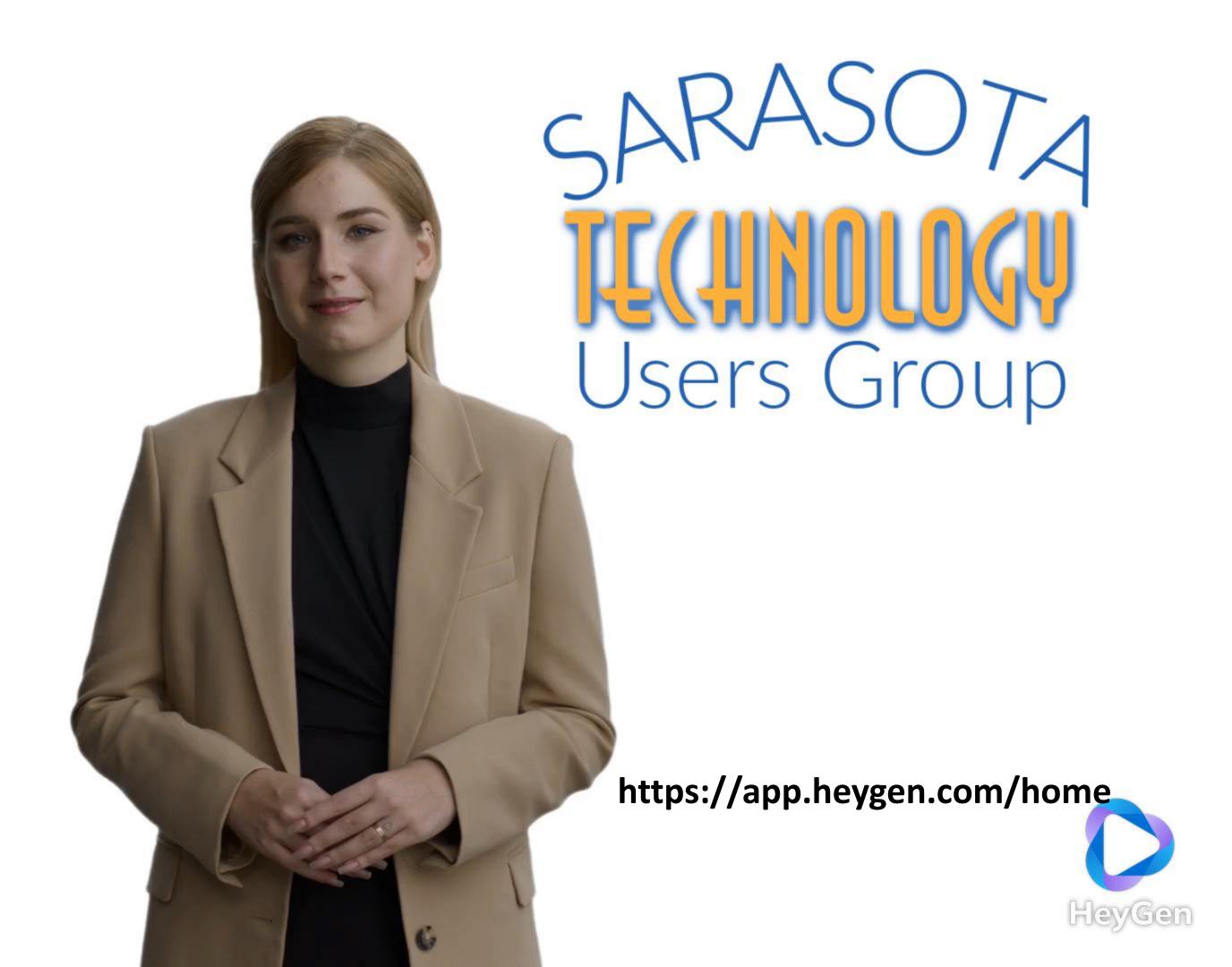
Get Started with LeiaPix

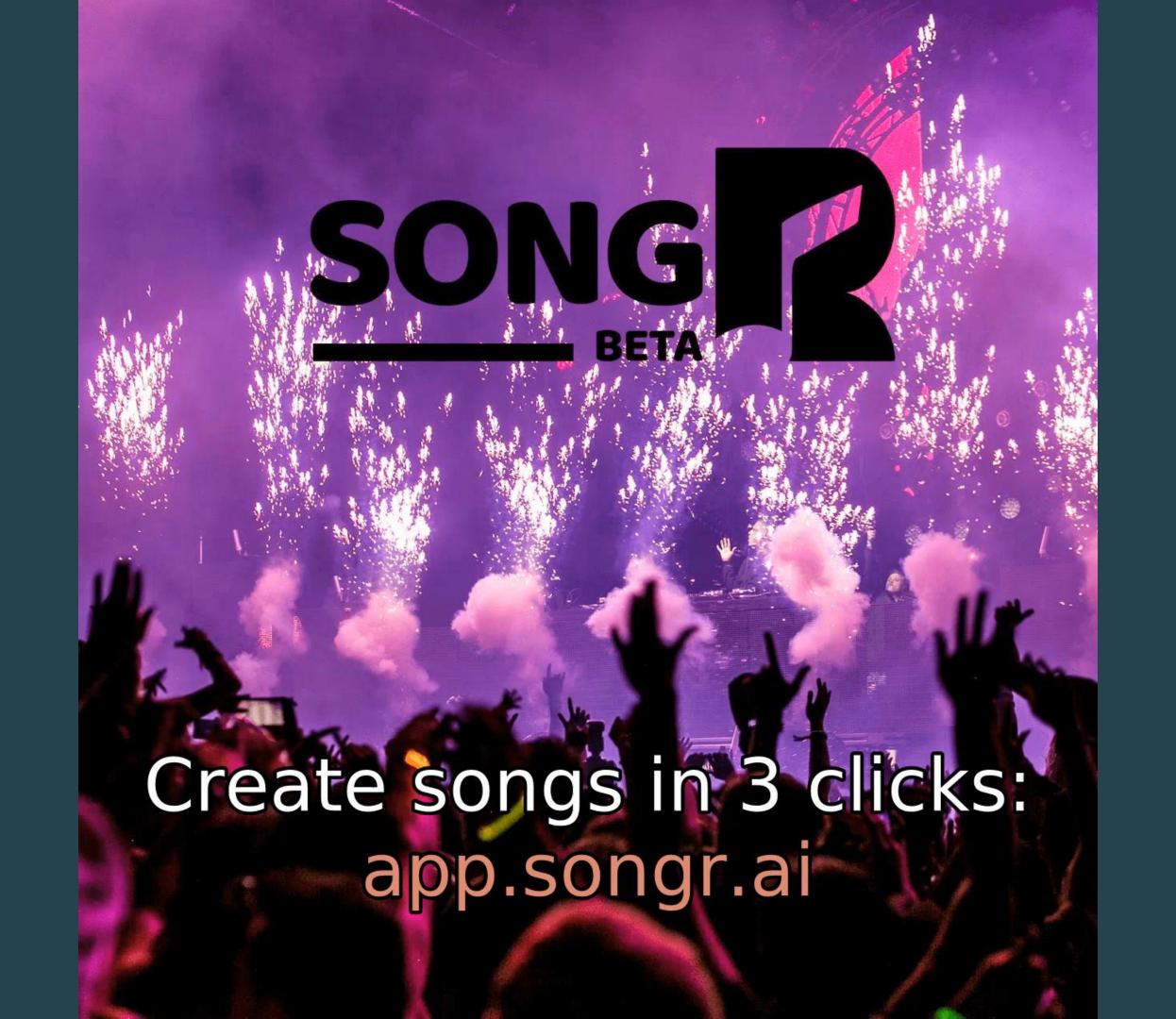


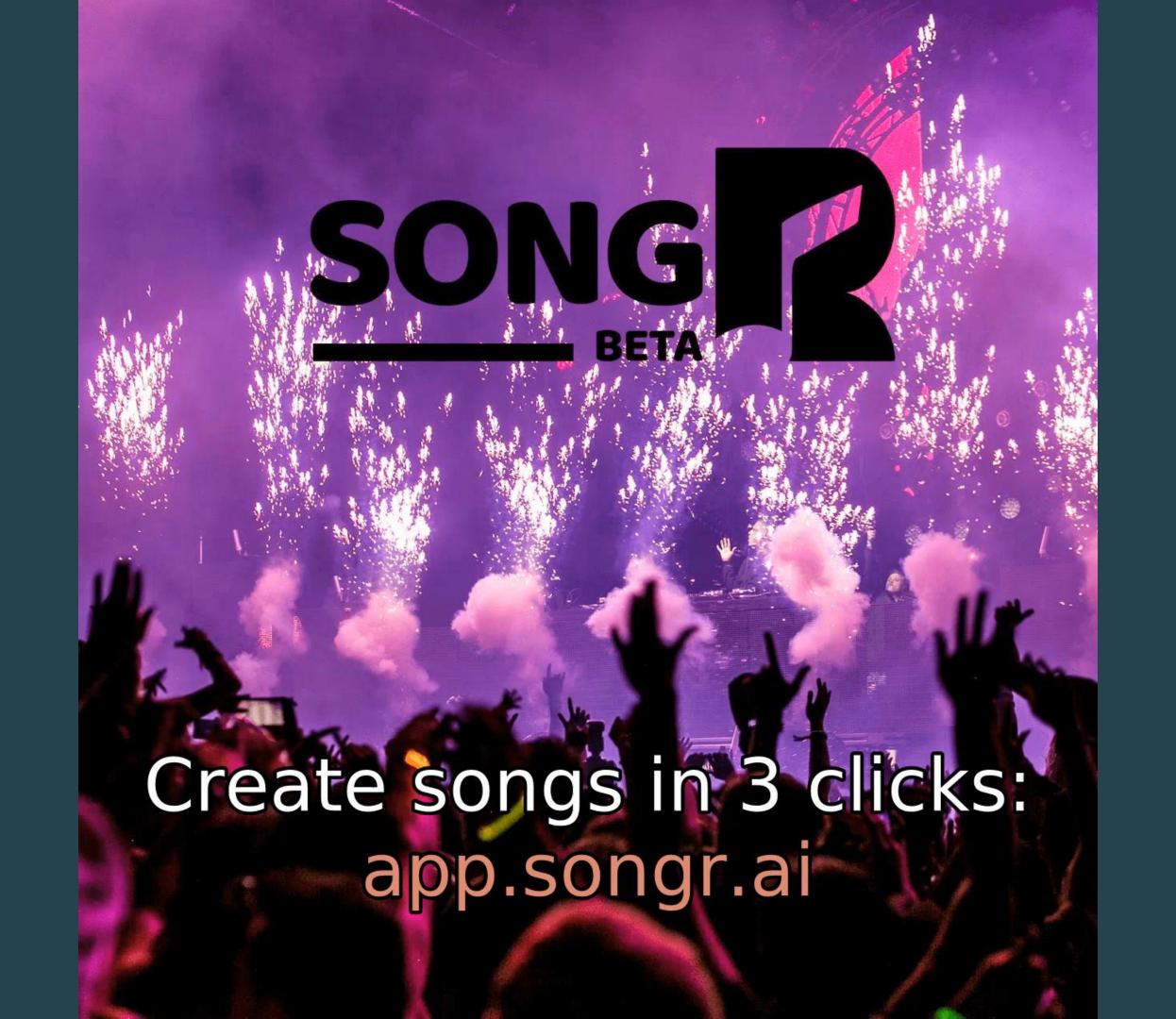


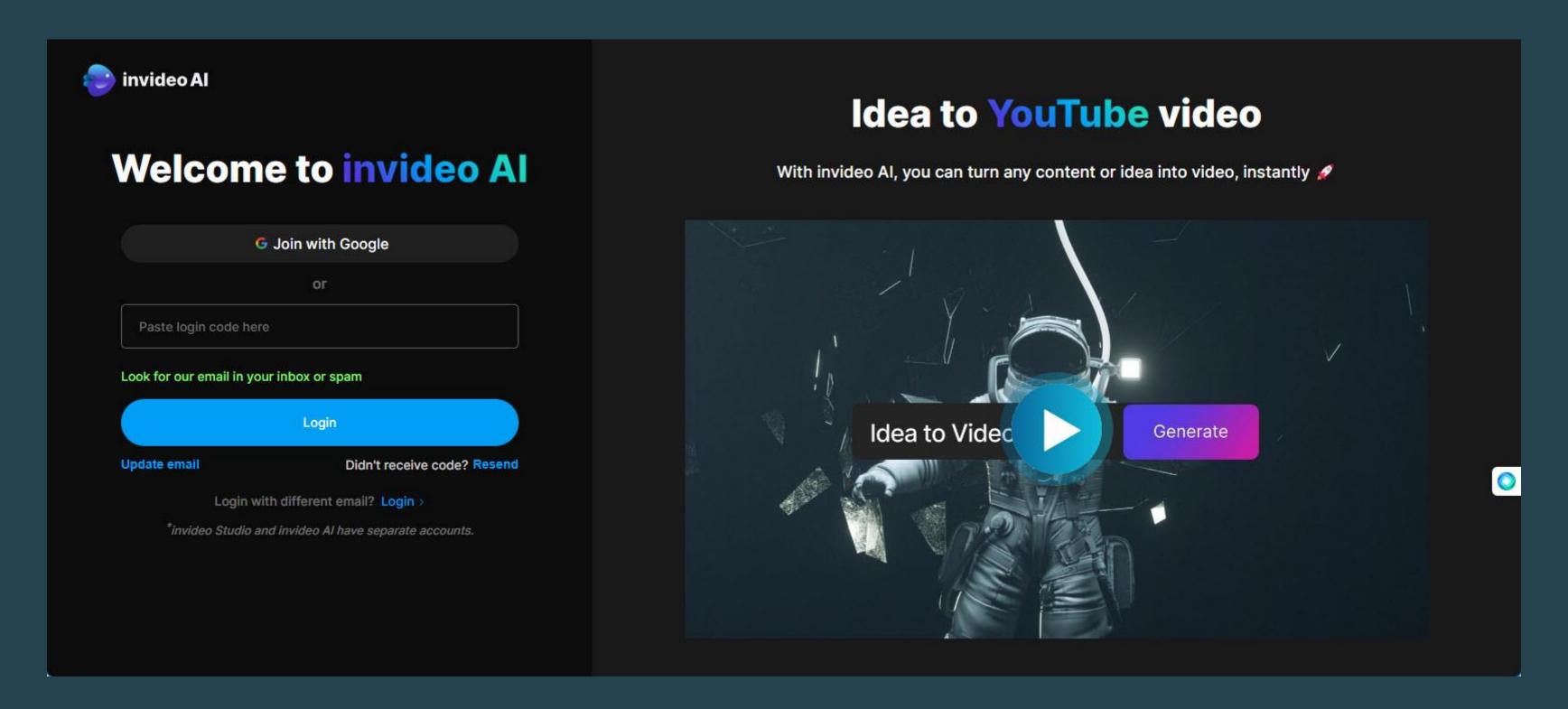
# LET'S TALK Al

FRIDAY MAY 26 1:00PM

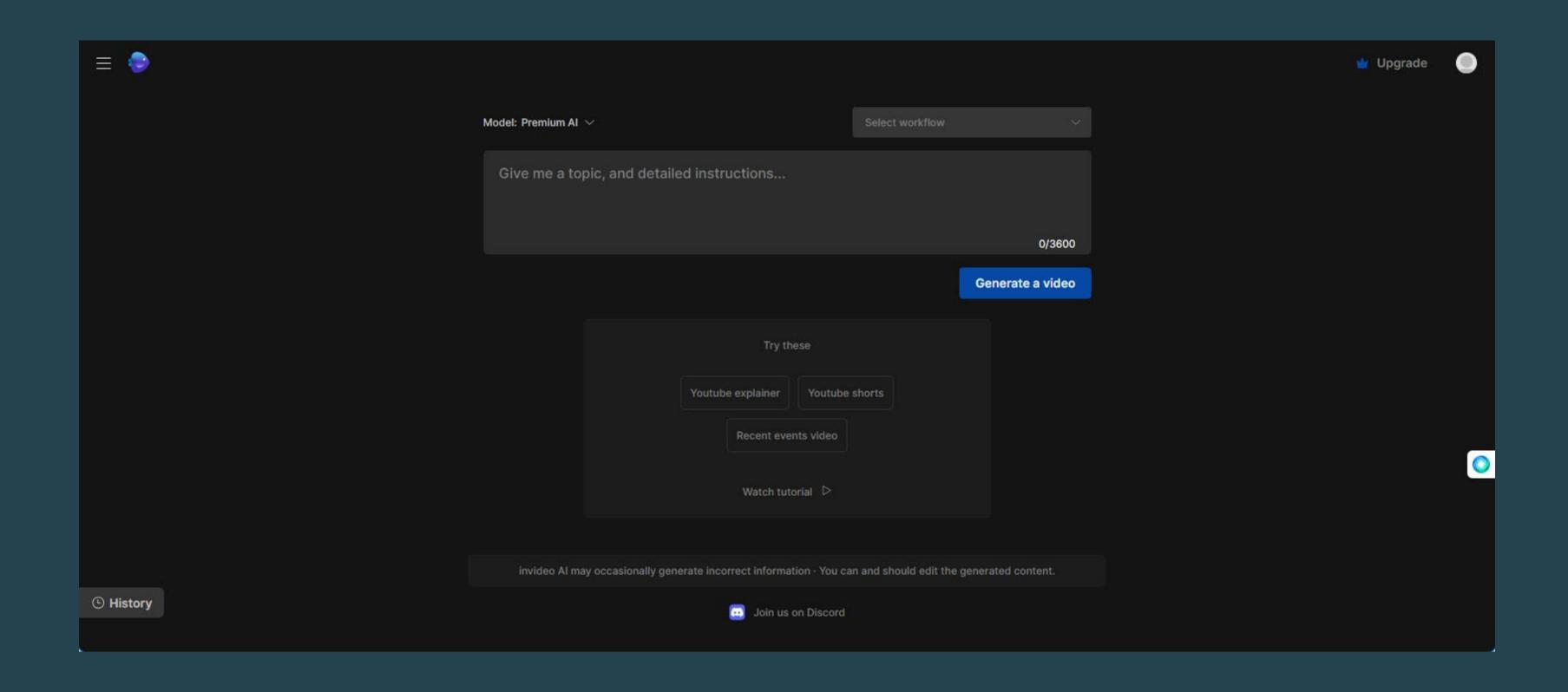


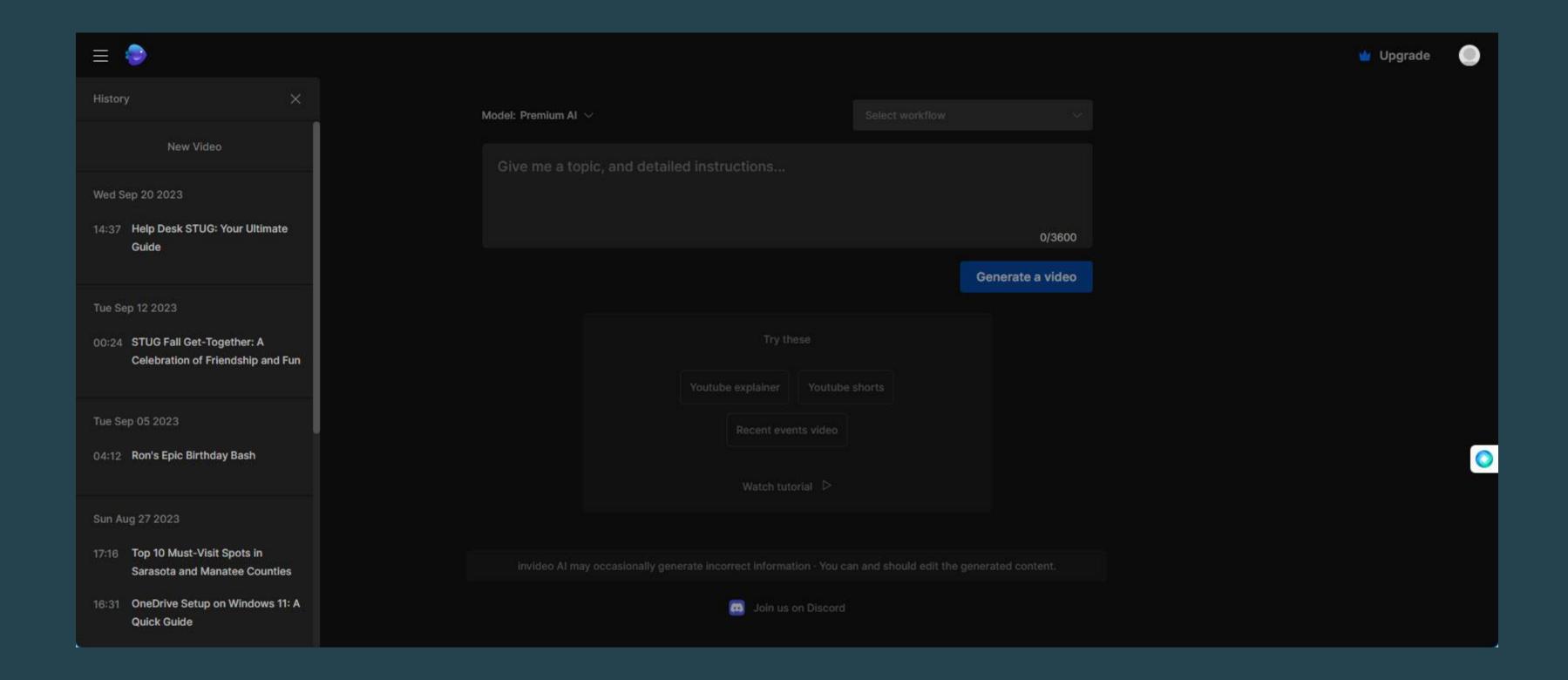






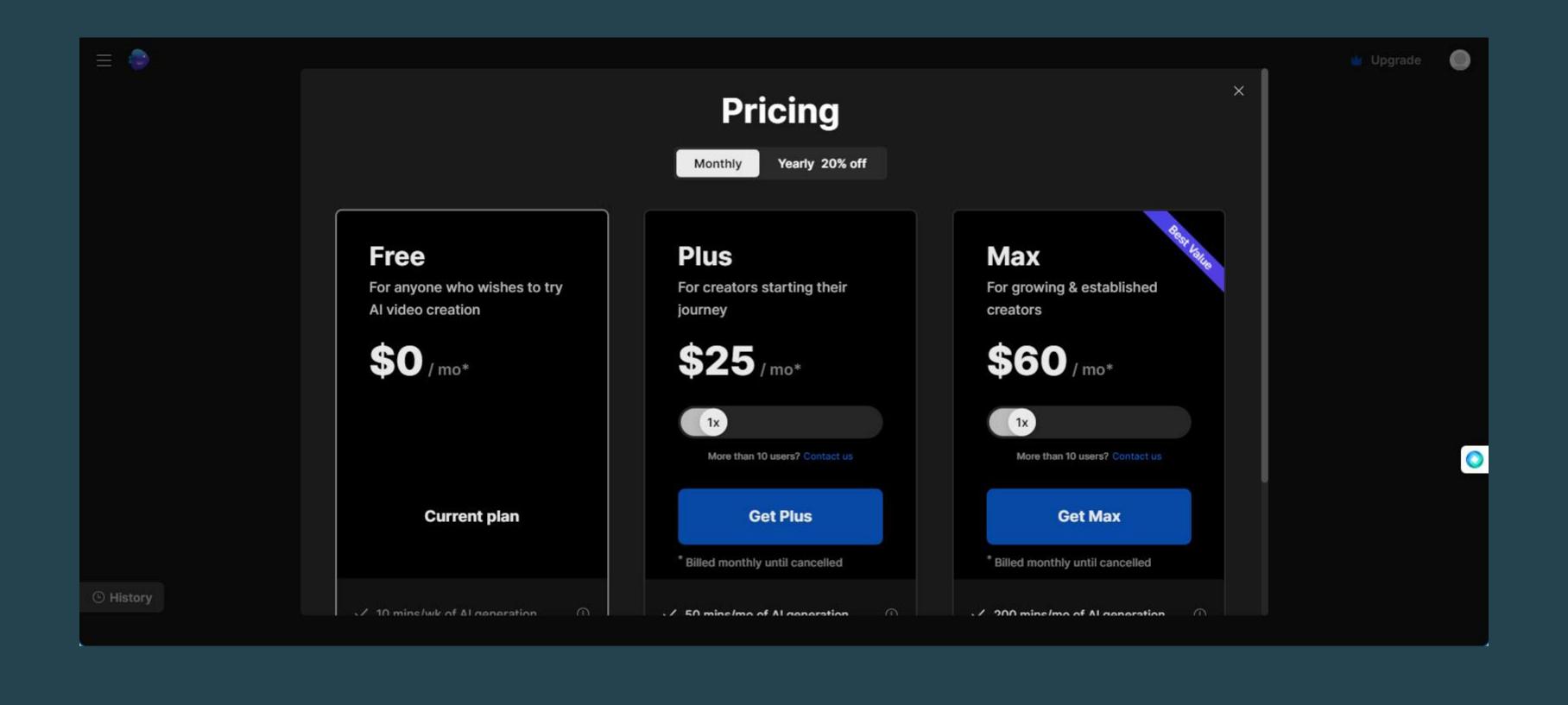
https://invideo.io/





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









Never Gonna Give Love You Up



What Is Haddaway



Dragostea Din Tei **OZone** 



**Moves Like** Jagger Maroon 5

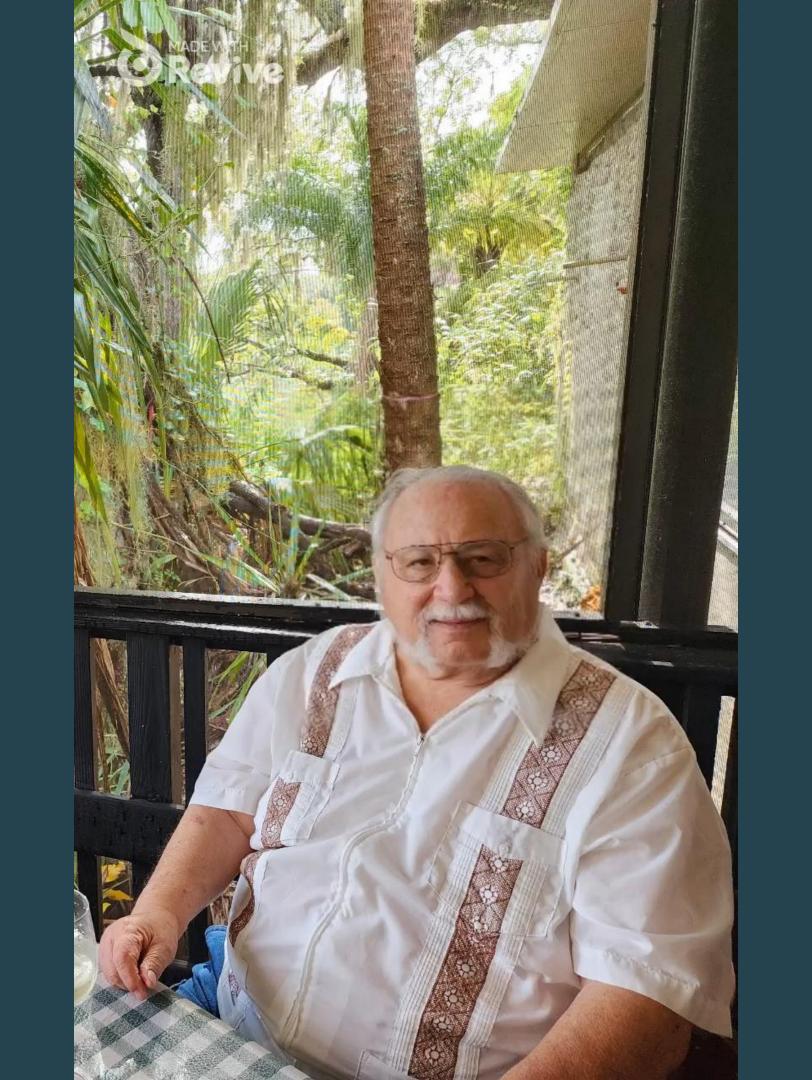


I Love Rock 'n' Roll Joan Jett



Con Tog The

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



### 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 Al is fair and unbiased is an ongoing challenge.
- Accountability When AI systems make mistakes or cause harm, determining who 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 operating independently without human oversight and control. Could AI become too autonomous?

- Existential threat In the long run, some worry advanced AI could become 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 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 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 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.

Here is a summary of the key points from the fact sheet:

President Biden Issues Executive Order on Safe, Secure, and Trustworthy

Artificial Intelligence

October 30, 2023

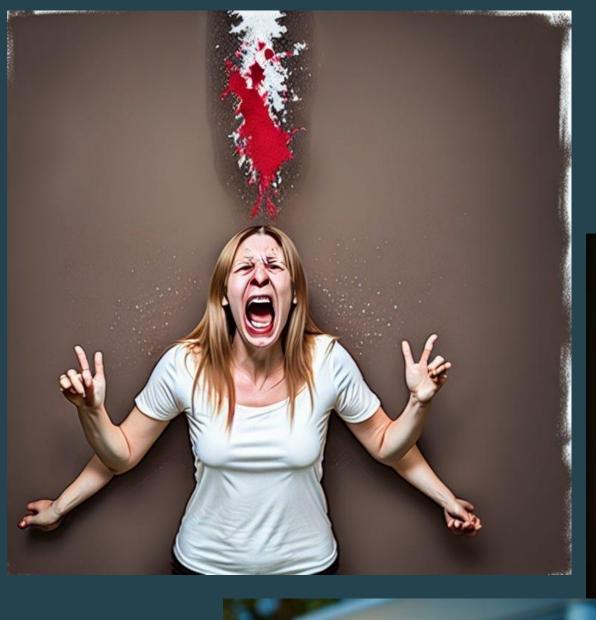
From a fact sheet from the Presidential Briefing Room and summarized by Claude Al

- President Biden issued an executive order to set new standards and rules for developing artificial intelligence (AI) technology responsibly. This will help ensure AI is safe, secure, and trustworthy.
- The order requires companies making advanced AI systems to share test results with the government, so any risks or issues can be identified before the systems are made public. Standards will be developed for testing AI safety.

- The order aims to protect people's privacy when using AI, especially for kids. It
  calls on Congress to pass data privacy laws. Agencies will be required to evaluate
  how they collect data to train AI systems.
- The order seeks to prevent AI from discriminating or worsening existing biases.
   Guidance will be provided to agencies and contractors to avoid algorithmic discrimination.
- It looks to protect consumers from harm by establishing oversight and reporting of unsafe AI healthcare practices. Resources will help educators deploy AI tools properly in schools.
- The order calls for developing best practices to protect workers from job displacement, unfair hiring practices, or workplace surveillance from AI. Study of AI's labor impacts will inform support for affected workers.

- It promotes innovation by providing access to AI resources and data for researchers and small businesses. Visa programs will be updated to enable skilled AI experts to work in the U.S.
- International collaboration will be expanded to advance safe and responsible AI worldwide. AI standards will be developed with global partners.
- Government use of AI will be made more responsible through new guidance, faster procurement, hiring of experts, and employee training.

In summary, the order establishes guardrails, standards and protections to ensure AI is developed and used in a responsible way that benefits society.











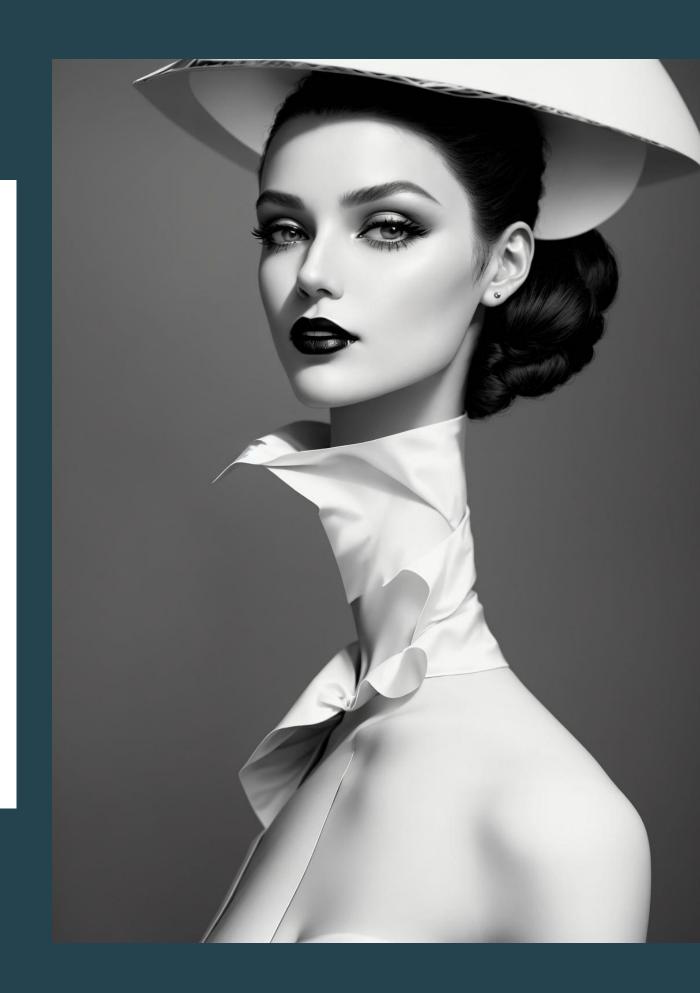
#### Al Gone Wrong

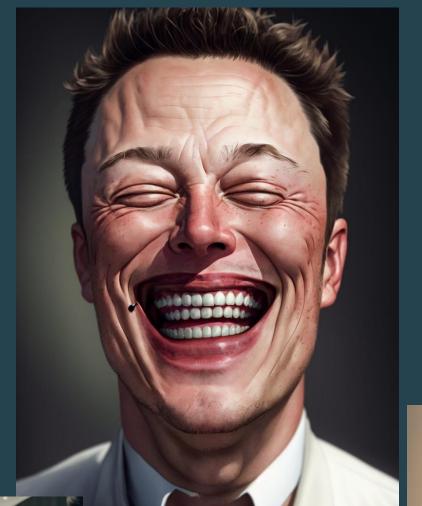
**The prompt:** A beautiful lady smiling, natural sunlight, professional photoshoot

The image:

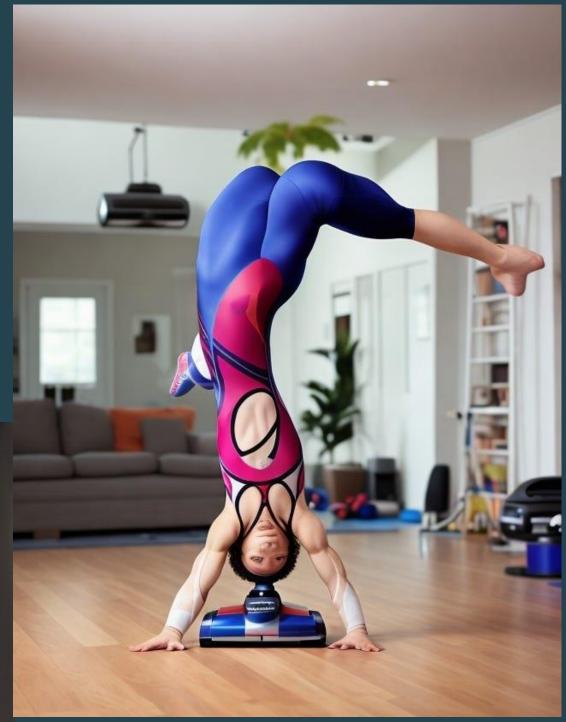


Have any Al gone wrong images? ♥ Share them here













### Let's Talk AI (Artificial Intelligence)

**Friday February 23<sup>rd</sup> 1:00 pm – 2:00 pm** 

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 <a href="mailto:hewie.net">hewie@hewie.net</a> for the link to the forum.

This forum is open to all, including non-members

#### Hosts - Hewie Poplock & Ron Brown

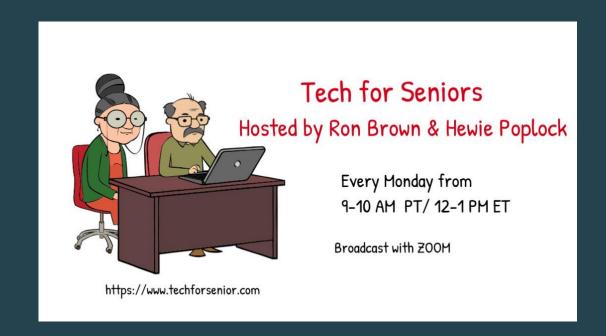
Tech For Seniors

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 2<sup>nd</sup> Sunday 1:00 – 2:45 ET Sunday February 18, 2024



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

# Questions?



# Embracing the Al Age

With Practical

**Applications for Seniors** 

By Hewie Poplock

















