



Learn, Laugh, Live

March 2024

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From the chair:

One of the key roles in our u3a is the organisation of the monthly talk. I am writing this just before the Air Ambulance talk in March but I want to publicly thank Julie for a great job done this year. We have had two cracking talks, full of education and laughter, the u3a mantra, with the Tower of London to come and whatever Chicken Stubbers are?? PLUS an edition of living in Iran.

I know some do other things on a Thursday morning but I would urge you to come, you don't know what you are missing.

We have had a smooth transition of Membership Secretaries from Colin to Hartley and although there will be time and opportunity to thank Colin for his sterling work over the last six years it seems appropriate to start thanking him now. And to thank Elaine who I feel certain has played her unheralded part in the process.

We were indeed fortunate to 'get' Hartley which brings me to the subject of Group Leaders. It is important that all groups, where applicable, 'have a second in command' to step into any breach that might appear if the nominal group leader is unable to continue for whatever reason. There have been a couple of instances in the last few months where groups have folded because no one was prepared to take them on. This is a great shame for the group members in particular but also a shame that people feel inhibited about leading a group.

Mike has made great efforts to get groups revived and new groups started but we must keep them going and even start 'daughter groups' if the original becomes too large and unwieldy. Members of the committee are on hand to help in the early stages to help a new group leader find his or her feet and to help with the early admin tasks to get the group up and running. It really is not that onerous!

My last sentence is to thank the committee for all their endeavours over the winter months as we look forward to another exciting year of u3a activities.

PS: Have you looked at the Summer School programme at Chichester yet?

PPS: I have just heard that our Collection Day for the 'Their Finest Hour' project was the best attended of all the events held. So a HUGE well done to the team and in particular to Valerie Henke, Jane Weston and Trevor Pitt, their helpers and to all of you who came forward with a story.

### Family History Research Group

As a new member to Bognor U3A I went along to Marchs' monthly family history research group. I felt a little nervous going in on my own for the first time but was welcomed by the group leader Colin and other members. Although Colin leads the group it is informal, no set agenda and everyone contributing. Each month there is a selected topic, this months was 'helpful websites', next month 'all things medical'. The group know the topic in advance.

Colin talked about various web sites he found helpful for his research then encouraged everyone to share theirs. I came away with some fantastic tips that I am sure will help me add more information to my family tree.

One kind member had brought along some family history magazines he know longer wanted and shared them with the group. Another showed us an article published in a magazine that she had written about some research into a family member.

People in the group are all at various stages with their family tree. It's a great place to discuss any difficulties and get tips from others. It's £2 a session with a cuppa included. The group runs on the 3rd Thursday of the month, 11-12:30 at the RAFA club in Bognor.

Susan Brigstock-Parker

## **INFORMATION**

How would you contact emergency services in an emergency? Nearly everyone has a mobile phone, even if its just for emergencies. Did you know that there is an app called **What3words** which is a locating system now widely used by emergency services. It uses a three-word combination unique to any 3mtr location over the entire surface of the earth. For example, the front door of [10 Downing Street](#) is identified by *slurs.this.shark*. It is free to download onto your mobile phone **What3words.com** or via Google Apps. Highly recommended and best of all, it's free. A good safety net if you should ever need one.

At the January flower arranging group we made woollen based flower baskets, to be used at our February meeting.



#### OUR FLOWER ARRANGING GROUP

Flowers in the handmade holder we made at our January meeting, a splendid display today







Theatre Group January 2024

The Circle by Somerset Maugham starring Jane  
Asher Clive Francis Nicholas Le Prevost



## Emergency Calls on Smartphone.

Every modern Smartphone whether Android based or iPhone has some form of emergency function. This is very useful for yourself as a reminder, your next of kin and the emergency services.

Unfortunately, each phone handles the service differently, so it's up to you to find the correct method for your phone.

On **Android** (Samsung) phones the link is on the sign in page, usually between the pin entry and the fingerprint identifier. If you are attended to by the emergency services, they will look at the phone to see if you have useful details stored there. Such details should be your emergency contact's phone number (you can input several). You can also store medical details such as the medicines you are taking and what conditions you have.

**Please note that only information you wish to be there is visible to the emergency services. The phone remains locked for all other details**

The information is added to the phone by you in **Settings** under the heading **Safety and Emergency**.

Medical Information you are able to add includes:

Name, Medical conditions, Allergies, current medication, your address (e.g. postcode only) finally if you are an organ donor.

Emergency Contacts – add your next of kin etc here

Emergency SOS. The phone should be set to ring 112 or 999. The phone ignores your provider and if you press the side button (on – off button) 5 times it will ring the number you set there using any provider.

Full details for other phones can be found [here](#).

<https://www.which.co.uk/news/article/how-to-make-an-emergency-sos-call-from-your-mobile-phone-axuyN8J982Hx>



The Supper Club at The Menu restaurant, Littlehampton





## Science and Technology Group



Science group article  
for Pier Views.docx

At our last meeting we held a discussion about AI (Artificial Intelligence), there's been a lot in the press both positive news and negative so, the month before, we had a guest speaker who spoke about AI and we followed the talk with this discussion of both the good and bad of AI. An example of good being the number of advances being found in medical research, and the bad being the possibility of using it to mislead people. It was a very animated discussion with a lot of examples and areas of concern discussed. During our coffee break it was suggested that we used AI to do a search, so we did a search, using ChatGPT 3.5, asking it if its good or bad. We felt it covered the items we'd discussed pretty well. So keep reading for a transcript of what AI thinks of itself!

### "Question is AI a good thing?"

ChatGPT

#### ChatGPT

The impact of AI can be both positive and negative, and whether it is considered "good" depends on various factors, including how it is developed, implemented, and regulated. Here are some aspects to consider:

#### Positive Aspects:

**Efficiency and Automation:** AI can automate repetitive tasks, leading to increased efficiency and productivity in various industries.

**Medical Advancements:** AI is being used to analyze medical data, assist in diagnostics, and develop personalized treatment plans, contributing to advancements in healthcare.

**Innovation:** AI has the potential to drive innovation in various fields, from transportation and agriculture to entertainment and education.

**Improved Decision-Making:** AI systems can analyze vast amounts of data quickly, helping in better decision-making processes in areas such as finance, logistics, and risk management.

**Assistance to Humans:** AI-powered tools, such as virtual assistants and chatbots, can enhance user experiences, provide customer support, and assist with information retrieval.

#### Negative Aspects:

**Job Displacement:** The automation of certain jobs by AI technologies may lead to job displacement for some workers, potentially creating economic and social challenges.

**Bias and Fairness:** AI systems can inherit and perpetuate biases present in their training data, leading to unfair or discriminatory outcomes.

**Privacy Concerns:** The widespread use of AI in surveillance and data analysis raises concerns about the privacy and security of individuals.

**Ethical Dilemmas:** As AI systems become more sophisticated, ethical concerns arise regarding their use in areas such as autonomous weapons, deepfakes, and manipulation of information.

**Dependence and Reliability:** Overreliance on AI systems without proper understanding or oversight could lead to unintended consequences and potential vulnerabilities.

In conclusion, the impact of AI is nuanced, and it is essential to approach its development and deployment with careful consideration of ethical, social, and economic implications. Responsible AI development, transparency, and regulation are crucial to ensuring that the benefits of AI are maximized while mitigating potential risks."

ChatGPT came back with this instantly, we'd discussed it for about 1 hour and 20 minutes and came to similar conclusions.

## Free car parks – Felpham and Middleton-On-Sea FAQs

From 1 April 2024, we are proposing to introduce a new maximum free stay period within Grassmere (Felpham), Links Avenue (Felpham) and Shrubbs Field (Middleton-on-Sea) free car parks. We know residents have questions about these changes so have prepared this page to address them.

### Which car parks will be affected?

Links Avenue (Felpham), Grassmere (Felpham) and Shrubbs Field (Middleton-On-Sea) car parks.

### Are charges being introduced?

No; the three car parks will remain free.

### What changes are happening?

The maximum free parking period and no return period is proposed to be introduced in three free car parks in Felpham and Middleton-On-Sea. Motorists will be required to obtain a free ticket from one of the repurposed pay and display machines located within the car parks. This ticket must be clearly displayed on the dashboard of the vehicle.

### What are the proposed free parking and no return times?

Grassmere car park – 8 hours free parking, no return within 2 hours.

Links Avenue – 2 hours free parking, no return within 6 hours.

Shrubbs Field – 8 hours free parking, no return within 2 hours.

### When will the changes come into force?

The changes will be in place from 1 April 2024.

## Why are these changes being made now?

We are proposing to introduce ticket machines to enable us to collect usage data on these car parks. This data can be used to inform decisions, in partnership with the parish councils, regarding any future changes to the car parks.

The proposed changes will also deter abuse of the car park, allowing a greater turnover of vehicles and will identify abandoned vehicles earlier, enabling their removal, ensuring availability for residents and visitors.

## Between what times will I need to obtain a ticket?

The operating hours of the car parks are proposed to be 8.00am-6.00pm, seven days a week.

## Can I park overnight?

Vehicles will be permitted to park overnight from 6.00pm to 8.00am without needing to display a free pay and display ticket.

## What will happen if I don't display, or forget to display a ticket?

If a vehicle is parked within one of the three free car parks and fails to display a ticket, a Penalty Charge Notice may be issued.

## What happens if I stay beyond the free parking period?

If a vehicle remains within one of the free car parks beyond the free parking period, they may be issued with a Penalty Charge Notice. Vehicles must not return to the car park within the no return period or risk being issued with a Penalty Charge Notice.



## How many ticket machines will there be?

In Links Avenue car park, there will be one machine located near the entrance. Grassmere and Shrubbs Field car parks will each have two machines.

## Do I need to obtain a ticket if I have a valid Blue Badge?

No. Blue Badge holders can continue to park within all Arun District Council car parks all day, without obtaining a ticket, as long as a valid Blue Badge is clearly displayed.

## After getting a ticket, can I leave the car park and come back within the original free parking period?

If a ticket is obtained for a free parking stay, motorists can come and go during this time as long as the ticket is retained and displayed each time upon parking. Once the free parking period has expired, the applicable no return period will apply