

**Sun City Summerlin Computer Club
Seminar**

**Meta's Artificial Intelligence
Chatbot**
Featuring Llama 4

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June 12, 2025

Where to Find the Materials

- **Sun City Summer Computer Club Website:**
 - <https://www.scscclub.com/smnr>
- **Direct Hyperlink**
 - <https://www.scscclub.com/smnr/MetaLlamaTour2025.pdf>

Seminar Agenda

- **Overview of AI Chatbots**
- **Accessing Meta's Llama 4 via Meta.AI**
- **Write an Essay Example**
- **Recognize a Picture Example**
- **Write a Computer Program Example**
- **Produce a Recipe Example**
- **Recommend Stocks Example**
- **Write a Power of Attorney Example**
- **Rewrite a Section of a Document**
- **Write a Poem Example**
- **Generate a Picture Example**
- **Limitations of AI Chatbots**
- **Social Implications of AI Chatbots**
- **Reference Links**

Overview of AI Chatbots

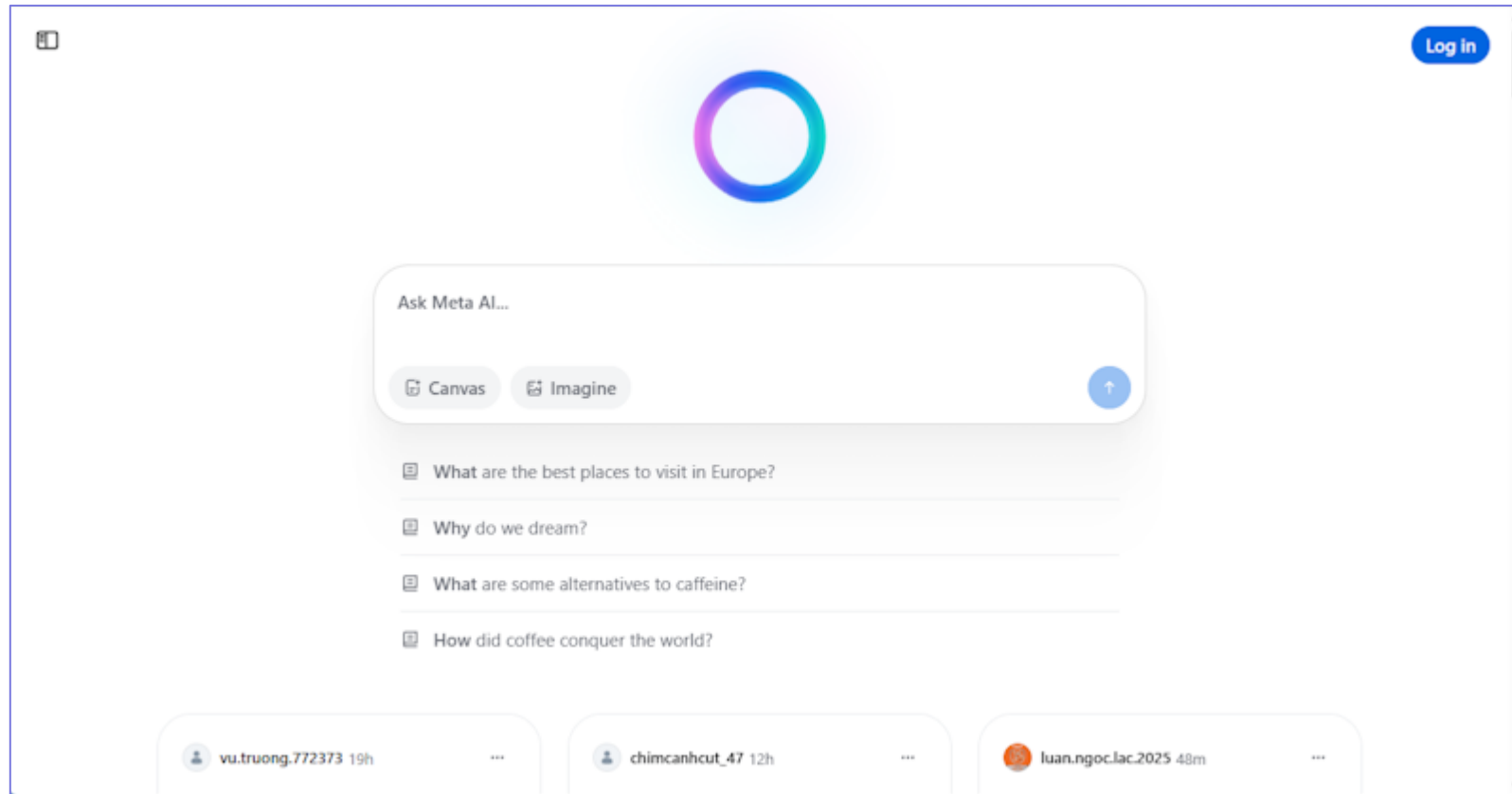
- **Google Gemini, MS CoPilot, Anthropic Claude and Meta AI are “Generative AI” chat-bots that interested users can access.**
 - All the above have web interfaces, so they work on Windows, MacOS, Linux - any device with a web browser.
 - Microsoft CoPilot is also incorporated into the Microsoft Edge web browser and the Office 365 Suite.
 - All are similar to Open AI’s ChatGPT. CoPilot is based on ChatGPT 4.
 - Each AI chatbot uses a different large language model (LLM).
 - Some can read answers to you and accept spoken input.
- **The AI chatbots have been trained by reviewing and digesting billions of web documents.**
 - The chatbots’ “knowledge bases” (LLMs) and answers have been curated by large teams of humans. Because they have been trained on the public Internet, it has digested a lot of misinformation.
 - Chatbots generate answers by predictively merging words and phrases that fit the context of the question asked.
 - **BEWARE** of “hallucinations” – answers that *sound* correct but are factually *wrong*.
 - The newest generation of these AI chatbots are taking on roles as “agents”. They can analyze a problem or request, decide on a course of action and then performs the steps of that action.

Where to Access the AI Chatbots

- **Today's demo tour will focus on Meta's AI with Llama 4.**
 - While Llama 4 can be installed and run locally, I found the setup to do that was well beyond the knowledge most of our SCS residents have. Notably, you must first install the Python language. So, we'll work with the web interface:
 - <https://www.meta.ai/> (Llama web interface)
 - The Prompts we'll try today should work in any of the Chatbots.
- **Google Gemini**
 - Go to the Gemini website: <https://gemini.google.com> .
 - You can click the Updates link to see what's new in Gemini.
- **Anthropic Claude**
 - Go to the Claude website: <https://claude.ai/login> and login.
 - Claude will send an email with a link to click.
- **Microsoft Copilot**
 - Start the Microsoft Edge browser. Then click the copilot icon at the top right or press Ctrl + Shift + .
 - Go to the Copilot website: <https://copilot.microsoft.com/> (Press Windows + C).
 - There's also a "Copilot for Microsoft 365" set of add-ins, but they cost \$360 / year.



The Meta AI Main Web Screen



Meta.AI Tour 2025

Example: Write an Essay

- **Prompt: Write a 500-word biography of Leonardo DaVinci**
- **Response (First two paragraphs)**
- Leonardo da Vinci was a true Renaissance man - an Italian polymath who made lasting impacts in various fields, including art, science, engineering, mathematics, and anatomy. Born on April 15, 1452, in Vinci, Italy, Leonardo was the illegitimate son of a notary, Messer Piero Fruosi, and a peasant woman, Caterina Buti.
- Leonardo's artistic talent was recognized early, and at the age of 14, he began apprenticing with the renowned artist Andrea del Verrocchio in Florence. During this period, he honed his skills in painting, sculpture, and metalworking. One of his most notable works from this time is his contribution to Verrocchio's "Baptism of Christ," where he painted the angel on the far left.



Example: Identify the Contents of a Picture



- **Select or drag and drop an image into the prompt window. Prompt: Describe this waterfall?**
- **Response:**
 - The waterfall in the image is a tall, thin waterfall that appears to be surrounded by rocky cliffs. The water is white and frothy as it cascades down the rock face, creating a misty veil at the base of the falls. The surrounding rocks are dark gray and brown, with some greenery visible at the bottom of the image. The overall atmosphere suggests a serene and natural setting, possibly in a mountainous or wilderness area. The waterfall's height and narrow width create a sense of drama and power, while the surrounding landscape adds to the sense of tranquility and awe.

The waterfall is likely Bridalveil Fall, which is located in Yosemite National Park, California. It is one of the park's most popular attractions and is known for its picturesque views and tranquil surroundings. The fall is approximately 620 feet tall and flows year-round, although the flow is typically at its peak during the spring months when snowmelt is at its highest. Visitors can view the fall from a distance or hike to the base of the falls for a closer look. The surrounding area is also home to a variety of flora and fauna, including trees, wildflowers, and wildlife such as deer and bears. Overall, Bridalveil Fall is a must-see destination for anyone visiting Yosemite National Park.

Example Write a Computer Function

- **Prompt: Write a Function in C# to sort an array of alpha-numeric strings**
- **Response:**
A C# sort function and a Main program to call it. Also included is a brief explanation of how the program works.
- **Prompt: Write a Function in VB.Net to sort an array of alpha-numeric strings**
- **Response:**
A VB.Net sort function and a Main program to call it. Also included is a brief explanation of how the program works.

Example: Produce a Recipe for Two

- **Prompt: Give me a simple recipe for Indian lamb vindaloo for two.**
- **Response:**

Ingredients:

- 1 lb lamb shoulder or boneless lamb chops, cut into 1-inch pieces
- 2 medium onions, diced
- 2 cloves garlic, minced
- 1 tablespoon grated ginger
- 1 tablespoon vindaloo curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon cayenne pepper (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons vegetable oil
- 2 tablespoons white vinegar
- 1 cup lamb or chicken broth
- Fresh cilantro, chopped (for garnish)

1. Heat oil in a pan over medium heat. Add onions and cook until they're lightly browned.
2. Add garlic, ginger, curry powder, cumin, turmeric, cayenne pepper (if using), salt, and black pepper. Cook for 1 minute.
3. Add lamb and cook until it's browned on all sides.
4. Add vinegar and broth. Bring to a boil, then reduce heat to low and simmer, covered, for 1-1.5 hours or until lamb is tender.
5. Serve hot, garnished with cilantro. Traditionally, vindaloo is served with rice or naan bread.
6. You can adjust the spice level to your liking. Enjoy!

Example: Recommend Stocks for Seniors

- **Prompt:.** Recommend a portfolio of 5 large-cap stocks or ETFs that will produce a safe average annual dividend yield of 6% or better
- **Response (Summarized):**
 - High-Yielding ETFs:**
 1. **Invesco KBW Premium Yield Equity REIT ETF (KBWY):** 9.93% dividend yield, focuses on real estate investment trusts (REITs)
 2. **Invesco S&P SmallCap High Dividend Low Volatility ETF (XSHD):** 7.48% dividend yield, tracks small-cap stocks with high dividend yields and low volatility
 3. **Nuveen ESG Dividend ETF (NUDV):** 5.66% dividend yield, focuses on environmentally and socially responsible dividend-paying stocks
 4. **Global X SuperDividend U.S. ETF (DIV):** 5.61% dividend yield, tracks U.S. companies with high dividend yields
 5. **SPDR Portfolio S&P 500 High Dividend ETF (SPYD):** 4.48% dividend yield, tracks high-dividend stocks in the S&P 500 index

To achieve a 6% or better average annual dividend yield, you could consider allocating your portfolio as follows:

40% Invesco KBW Premium Yield Equity REIT ETF (KBWY)

30% Invesco S&P SmallCap High Dividend Low Volatility ETF (XSHD)

30% Nuveen ESG Dividend ETF (NUDV) or Global X SuperDividend U.S. ETF (DIV)

Example: Write a Healthcare Power of Attorney

Prompt: Write a Nevada Healthcare Power of Attorney for a senior appointing his son as agent. Include advanced directives.

Response (*First few paragraphs*):

Nevada Healthcare Power of Attorney and Advance Directives

NEVADA HEALTHCARE POWER OF ATTORNEY

I, [Your Full Name], appoint my son, [Son's Full Name], as my agent to make healthcare decisions for me when I am unable to make them myself.

APPOINTMENT OF AGENT

I appoint [Son's Full Name] as my agent to make healthcare decisions for me. If my agent is unable or unwilling to serve, I appoint [Alternate Agent's Full Name] as successor agent.

AUTHORITY GRANTED TO AGENT

My agent has the authority to:

- Consent to or refuse medical treatment
- Choose my healthcare providers and facilities
- Access my medical records
- Make decisions about my care, including end-of-life care

Example: Rewrite a Section of a Document

- **Prompt: Rewrite the following. <paste in a block of text>; Response: Llama's rewrite ...**
- **Let's look at my original and Llama's rewrite side-by-side**

Tom's Original ...

Why You Might Want to Lease a New Car

With a lease you are always driving a relatively new car that is under warranty and has new tires, brakes, battery, wiper blades and other consumables. There's little likelihood that the car will break down during the three years / 36000 miles of the lease.

With a lease, you are driving a new car with the latest in technology and safety features

At the end of the lease, you can turn in the car, lease a new one and continue for another 3 years. If the turn-in has low mileage and is in good condition (likely for most seniors), you may be able to get a trade-in allowance toward the new lease. Alternatively, you can turn in the car and walk away. Or ... especially if the car has very low mileage, you might decide to buy the car, paying the residual.

Often, the monthly payment on a lease is lower than the payment on a financed purchase. This is because you're not buying the entire usable operating life of the car – only the first 3 years / 36,000 miles worth. So, when you turn it in it has a lot of remaining value.

Meta.AI's Rewrite

Why Leasing a New Car Might Be Right for You

Leasing a car offers several benefits that make it an attractive option for many drivers. Here are some key advantages:

Drive a New Car Every Few Years: With a lease, you'll always be behind the wheel of a relatively new car that's under warranty. This means you can enjoy the latest models with new tires, brakes, battery, wiper blades, and other consumables. The likelihood of breakdowns is low during the three-year or 36,000-mile lease period.

Stay Up-to-Date with Technology and Safety: Leasing allows you to drive a new car with the latest technology and safety features. This is especially important for those who value advanced safety features and want to stay current with the latest innovations.

Flexibility at the End of the Lease: When your lease ends, you have several options:

- Turn in the car and lease a new one, starting another three-year cycle.
- If the car has low mileage and is in good condition, you might be eligible for a trade-in allowance toward your next lease.
- Simply turn in the car and walk away.
- If the car has very low mileage, you could consider buying it by paying the residual value.

Lower Monthly Payments: Leasing often results in lower monthly payments compared to financing a car purchase. This is because you're only paying for the car's depreciation during the lease term, which is typically three years or 36,000 miles. When you return the car, it still has a significant amount of its usable life left, which is reflected in the lower monthly payments.

Example: Write a Haiku Poem

- **Prompt: Compose a Haiku about enjoying nature**

- **Responses ...**

Sunset's gentle glow
Rustling leaves in forest deep
Nature's peaceful hush

Golden light descends
River's gentle voice whispers
Nature's soothing song

Soft breeze on my skin
Petals dance in morning dew
Nature's gentle kiss

- **Tom's own tries ...**

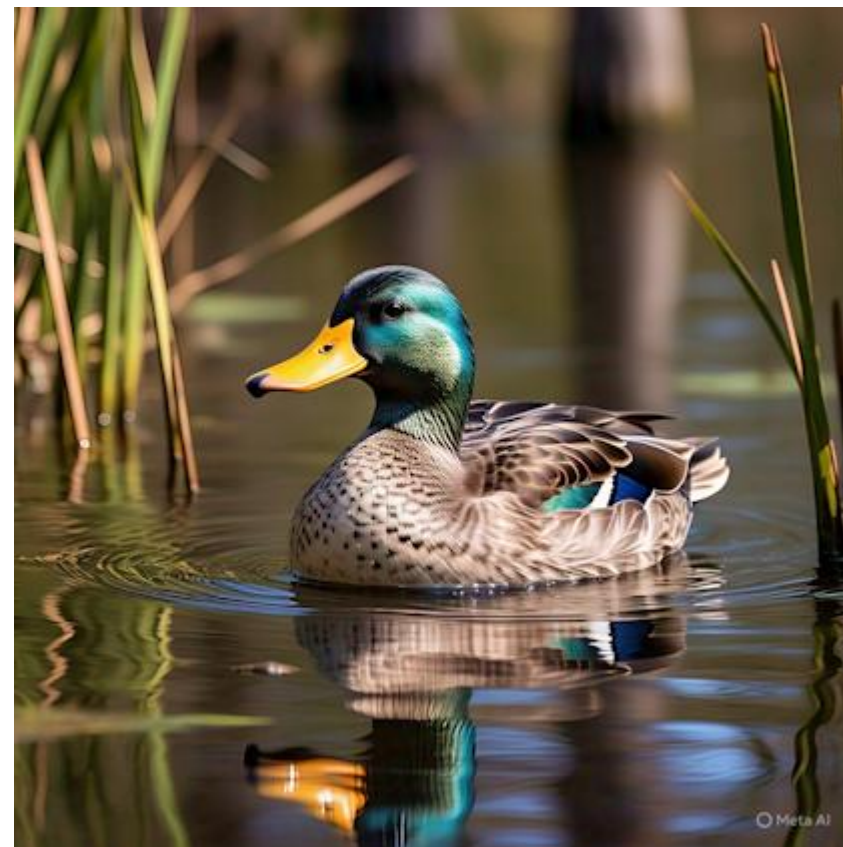
Nature's beauty found,
A feast for senses all around,
Take a rest, slow down.

Golden light descends
River's voice comes round the bend
Daytime softly ends

Morning dew on leaves,
Birds sing in the crisp, cool air,
Daybreak's gentle kiss.

Example: Generate a Picture

- **Prompt: Create a photorealistic image of a mallard duck swimming in a pond surrounded by trees and bullrushes**
- **Response: Meta.AI's rendering (at right) ...**



Limitations of AI Chatbots

- **They're “trained” by scanning billions of pages of web content.**
 - Content may have various biases.
 - Content may be inaccurate.
 - Requires large numbers of human reviewers (with their own biases) to verify answers.
 - Be very careful using responses for medical, legal, military or law enforcement decisions / actions.
- **Responses are sensitive to how questions/prompts are expressed.**
 - The art is in deciding how specific or general to be.
 - Chatbots currently don't know much about people not publicly known.
- **Caution about asking questions in which proprietary information is included.**
 - Chatbot's “learn” from the questions posed and from ratings given to the answers.
- **Because chatbots answers are digested from material the bots have scanned, the answers may infringe on copyrighted / patented intellectual property.**
 - Be careful using the output of a chatbot without verifying whether that material is protected.

Social Impact of AI Chatbots

- **Prompt: In 500 words, discuss how and where can AI replace humans?**
- **Prompt: Discuss the social impact of AI technology**
- **Recent Articles:**
 - <https://www.zdnet.com/article/ai-taking-on-more-work-doesnt-mean-it-replaces-you-here-are-12-reasons-to-worry-less/>
 - <https://www.techrepublic.com/article/top-ai-trends/>
 - <https://bernardmarr.com/what-is-the-impact-of-artificial-intelligence-ai-on-society/>
 - <https://www.zdnet.com/article/what-gartners-2024-hype-cycle-forecast-tells-us-about-the-future-of-ai-and-other-tech/>

Additional Reference Links

- <https://www.techrepublic.com/article/google-bard-cheat-sheet/>
- <https://docs.anthropic.com/en/docs/intro-to-claude>
- <https://learn.microsoft.com/en-us/copilot/tutorials/learn-microsoft-copilot>
- **Meta AI Video Tutorial:** https://www.youtube.com/watch?v=gVOW1Zw6_bY

Final Q and A

Final Questions and Answers