

Happy March!

Those of you good at maths will realise I need write 15 introductions each year (12 newsletters & 3 The Parks) which could be categorised as a) witty, b) interesting, c) educational or d) complete tosh!

For some this would be stressful as they may be concerned of writer's block, however for me it's an opportunity to explore random topics in your company. This month I've chosen educational with a topic related to information, the internet, and what you can trust.

Many of you will have been brought up in the era of 'Encyclopaedia Britannica' which you read at the local library. Then came the information revolution and the internet. Nowadays you can find out most things from Wikipedia. The question is can you trust it? I thought I should test it with a question 'is the word **hm** valid in Scrabble?'. What do you think? We will discuss this later, after the date's guaranteed to be correct:

Saturday 4 Mar - We will again be providing an interval bar at the Occam Singers A *Gathering of Friends: Music by Brahms, Schubert and Elgar* concert at Holy Trinity Church, Guildford on the evening of Saturday 4 March. All profits raised will go to the Branch Funds. This promises to be a great evening for lovers of classical music, so pencil the date in your diary. Tickets are available via the Occam Singers' website <https://www.occamsingers.co.uk/> website. If you are able to volunteer to assist on the bar please contact your Treasurer, Steve Heron at sheron@guildfordparkinsons.org.uk

Tuesday 14 Mar – Kate Mosse at Glive - The Guildford & South Surrey Branch of Parkinson's UK will be fundraising in the Foyer at GLive in Guildford before and during the interval of author [Kate Mosse](#)'s theatre tour about her new non-fiction book *Warrior Queens & Quiet Revolutionaries: How Women (Also) Built the World*.

Tuesday 28 Mar - The monthly meeting will be held at the Shalford Upper Village Hall, Kings Rd, Shalford, Guildford GU4 8BQ starting 2.00 pm featuring a talk about the Air Ambulance. Refreshments will be served at the end of the meeting.

Tuesday 11 April – World Parkinson's Day. For more details visit Parkinson's UK [website](#) (www.parkinsons.org.uk/get-involved/world-parkinsons-day).

Now going back to the internet and information, we have become used to searching with Google and the like. It can be very helpful in knowing train times, the weather or a million other things. It is however one dimensional – it searches organised data and returns a value.

So what is next? The answer is Artificial Intelligence (AI) which attempts to understand the data. I will not bore you with theory but will show you something creating a buzz – ChatGPT. So after signing in you can ask it a question. Here is a question and the answer

What can a person do to limit the speed of Parkinson's progression?

There is currently no cure for Parkinson's disease, but there are several strategies that can help to slow down the progression of the disease and manage its symptoms. Here are some suggestions:

Medication: *There are several medications available that can help manage the symptoms of Parkinson's disease. Levodopa is the most common medication used to treat Parkinson's, and it helps to increase dopamine levels in the brain, which can help to reduce symptoms.*

Exercise: *Regular exercise can help to improve mobility, balance, and flexibility, which can help to slow down the progression of Parkinson's disease. Exercise can also help to reduce stiffness, improve mood, and increase overall well-being.*

Diet: *Eating a healthy, balanced diet can help to support overall health and well-being. Some studies suggest that a Mediterranean diet, which is high in fruits, vegetables, whole grains, and lean protein, may be particularly beneficial for people with Parkinson's disease.*

Stress reduction: *Stress can worsen Parkinson's symptoms, so it's important to find ways to manage stress. This may include techniques like meditation, deep breathing, yoga, or mindfulness practices.*

Sleep: *Good quality sleep is important for overall health and well-being, and it may be particularly important for people with Parkinson's disease. Getting enough restful sleep can help to improve mood, reduce fatigue, and improve overall quality of life.*

Support: *Parkinson's disease can be challenging to manage, so it's important to seek support from friends, family, or a support group. This can help to reduce stress and provide emotional support, which can be particularly beneficial for people with Parkinson's disease.*

The important thing is this text is generated not simply returned.

So what's the downside – the answer is it's still learning. So for example if you ask the question:

Is Hm a valid Scrabble word

"Hm" is not considered a valid word in Scrabble because it is too short and contains only one vowel. In Scrabble, a word must be at least two letters long and contain at least one vowel. However, "Hm" may be considered a valid word in other word games or informal settings.

However if you ask Google "Is hm a valid Scrabble word?" then nearly all the answers are 'YES' with the explanation it's an expression.

So what should we believe....

Regards, David

(non scrabble player)