

*When you are the*

# AH COUNTER

The purpose of the ah counter is to note words and sounds used as a “crutch” or “pause filler” by anyone who speaks during the meeting. Words may be inappropriate interjections such as “and, well, but, so, you know.” Sounds may be “ah, um, er.” You also should note when a speaker repeats a word or phrase such as “I,I” or “This means, this means.”

## PRIOR TO THE MEETING

- Prepare a brief explanation of the duties of the ah counter for the benefit of guests.

## UPON ARRIVAL AT THE MEETING

- Get a pen and blank piece of paper on which to make notes, or get a blank copy of the ah counter’s log, if your Club has one, from the Sergeant at Arms.

## DURING THE MEETING

- When introduced prior to table topics, explain the role of the ah counter. In some Clubs, small fines are levied on members who do or do not do certain things. (For example, members are fined who use crutch words, are not wearing their Toastmasters pin to the meeting, etc.) If your Club levies fines, explain the fine schedule.
- Throughout the meeting, listen to everyone for “crutch” sounds and long pauses used as fillers and not as a necessary part of sentence structure. Write down how many crutch sounds or words each person used during all portions of the meeting.
- When called on by the general evaluator during the evaluation segment, stand by your chair and give your report.

○

