

Victoria Toastmasters Club #9376 AH  
COUNTER'S LOG

Name	AH/UH /ER	AND- UH	BUT- UH	LIKE	PHRASE REPEAT	SMACKING	SO	UM	WELL	WORD REPEAT	YOU KNOW
Toastmaster											
General Evaluator											
Grammarian (Word of the Day)											
Quotemaster/Tipmaster											
Jokemaster											
Prepared Speaker 1											
Prepared Speaker 2											
Prepared Speaker 3											
Table Topicsmaster											
Table Topics Speaker 1											
Table Topics Speaker 2											
Table Topics Speaker 3											
Table Topics Speaker 4											
Table Topics Speaker 5											
Table Topics Speaker 6											
Table Topics Speaker 7											
Table Topics Speaker 8											
General Evaluator											
Prepared Speech Evaluator 1											
Prepared Speech Evaluator 2											
Prepared Speech Evaluator 3											
Timer											
Grammarian											

## 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 should also 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. Download the Ah Counter's Log from the Member Downloads section of the club's Free Toast Host system and print it out.

*Upon arrival at the meeting* - Copy from the meeting agenda to the Ah Counter's Log the names of the participants so you may identify people by name in your report.

*During the meeting* - When introduced prior to Table Topics, explain the role of the ah counter.

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.

Source: Toastmasters International Communication and Leadership Program, Catalog No. 225, pg. 77.