**The “Ah” Counter**

The Ah Counter counts and notes the number of times the members use words and sounds as speech crutches or pause fillers throughout the meeting when they speak.

Examples of crutches and pause fillers (you may be able to think of others):

Ah, Er, Um, And (elongated and not use as part of the sentence construction), So, Well, Actually, Basically, Etcetera, You know.

**Prior to the meeting:**

1. Read these guidelines! They relate specifically to the Ah Counter role in *our* club.
2. If you are new to the role, ask your mentor or the VPE for assistance.

**At the meeting:**

1. Arrive early, at least by7.15pm, and let the Toastmaster know you are there.
2. Make sure you have a pen and paper.
3. If you are working on the CL manual, ask the Timer or Wordmaster to evaluate you, give them the manual and make sure they complete it by the end of the evening.

**Introducing your role:**

1. Explain your role from your seat in up
2. Tell the audience that you will be listening carefully to everyone who speaks throughout the evening, paying particular attention to fillers and crutches, long pauses, elongated “ands”.
3. Tell them you will report back at the end of the evening.

**During the meeting:**

1. Listen carefully to everyone who speaks.
2. Record those who use fillers and crutches and how often.

**Your report:**

1. Announce which members (and guests) used crutches and fillers and how many times.
2. Make your report a well structured mini speech lasting up to 2 mins using the skills you have learned as your performance will be evaluated at the end of the evening – by the General Evaluator.

**How this role helps you:**

1. This role will help you to enhance your listening skills as you must listen intently to *everyone* who speaks
2. You will deliver a well structured oral report to the members; thereby giving you practice in delivering a mini speech.
3. You may be able to use it to advance your CL manual for the following projects:
	* Project 1 – Listening and Leadership