

## Replacement Wooden Seat.

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After some use, the pine seat on my Dabeb pottery wheel proved to be a pain in the proverbial. ►

Sitting for more than half an hour, caused numbness under my sitting bones. This is despite the seat being tilted forwards at 8 degrees to place the spine and pelvis at the correct angles. The tilt is important, given that some of the time is spent bent over the wheel head. When throwing, it is

important to be able place one's elbows on the rim of the basin for stability. Also, the seat is rather narrow at 21cm wide and not sculpted at all. At my age, I find my sitting bones need some support on the sides as well.

Being a wood worker, this was a challenge. I know from my shave-horse seat how ► much more comfortable a shaped seat is, even without any padding. The shave-horse seat is also tilted forwards, which helps to avoid back-ache.

This piece of white stinkwood (Celtis ► africana) was the right size and thickness, so after cutting out the shape on the bandsaw, I used hand-planes, spokeshaves and a hollowing plane to shape and hollow the seat. It is half as wide again at 32cm and hollowed about 15mm. Even this small hollow makes a surprising difference to comfort. If the seat is dishd too deeply, then it tends to hold your bum in a straight-jacket.

Finish is water-based Rystix Timbacre Armadek Clear. Being water-based, it doesn't yellow the wood, which I prefer.

