

EXCERPT FROM RECORDED INTERVIEW OF EMILY WILLIS TALKING ABOUT THE
USE OF TREE RESIN

CONDUCTED BY KAREN BREWSTER AND SUSANNAH DOWDS

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EMILY WILLIS: You know, things like resins, like pine resin, I do that in the wintertime because it's one of the only things I can harvest in the wintertime. And it's nice and cold, so it just -- you know, flicks off really easily.

KAREN BREWSTER: Not quite so sticky.

EMILY WILLIS: Right, not so sticky, and you make sure you don't get it, you know -- not from the wound, but like, that's dripped down. So we want the excess, not the stuff that's actually protecting the tree.

KAREN BREWSTER: And what do you do with the resin?

EMILY WILLIS: Well, a couple of things. Um, one, just kinda learned on accident was to just do a tincture. And um, so you take just like a little small jar and maybe do about a quarter to a third of your pine resin or spruce resin. And then do a brandy or a vodka on top of that, and then shake daily. And I've let mine go quite -- quite a long time, four to six months actually, and usually, 'cause I harvest in the spring and then I get so busy. Like, "Oh yeah, I've still got you." And it's really good for lungs. Like when you -- when you have, just like the croup-y, sticky yellow mucus (making a sound of disgust) and you can't -- you want to get it out, so that if you take the tincture, you know like about 30 drops, it just -- it heats you up, warms you up, and gets that stuff out. And it's great for hands. It really -- I like to add it to a beeswax, olive oil, and cottonwood -- cottonwood bud blend, and it smells good, and it heats up. I made the mistake of putting it all over me one time after the shower. By the time I got upstairs, I was sweating. It was like, "My gosh." Because it's just stimulating.

KAREN BREWSTER: Yeah.

EMILY WILLIS: It brings circulation ongoing. So that's another aspect. And, um, splinters, it works great for getting splinters out.

KAREN BREWSTER: Because it works them out.

EMILY WILLIS: Yeah, so, like in the summer time if you get a splinter, you know, you put it on there, and sometimes you can pull it out. It doesn't work all the time, but, that's an option.