

A close-up photograph of traditional Gitxsan ceremonial attire. It features a red robe with intricate black leather appliqués in a stylized animal or bird pattern. A white tassel collar with gold beads is visible at the top. Below the collar, a red band with gold beads runs across the chest. The lower part of the garment is yellow. A red leather belt with a large gold buckle cinches the waist. The background is dark.

Gitxsan Phrase Book for Health Care Providers

Volume II

Dim gigiinaxxw 'nuu'm (Dim gee gee nah noo oom¹)

Let Us Pray



Nigwoodi'm luu t'aat ts'im Laxha gi (Ni gwo dim loo tat tsim la ha gee) | Father in Heaven

T'oojaxsi'y 'Niin ahl yajasxw go'ohl spagayt gan (Toy ya see neen ahl yadzash gohl spa eight gun)) | I thank you for the animals in the forest

T'oojaxsi'y 'Niin ahl k'uba ts'uuts' limit (T oh ya see neen ahhl g'ooba ts oots lim-it) | I thank you for the little birds that sing

T'oojaxsi'y 'Niin ahl honhl luu loot ts'im aks (T oh ya see neen ahhl hon enhl loo es'im aks) | I thank you for the fish swimming in the waters

T'oojaxsi'y 'Niin ahl ama gan didils xsax gi'namin loo'm. (Toy ah see neen ahl uma didils sah ginamin low um) | I thank you for the good life that you give so freely to us

T'oojaxsi'y 'Niin Sim'oogit Laxha Gi ahl ap ligi agwi (Toy ah see neen Sim o git la ha gee ah! up ligee ugwee) | Thank you God for Everything

Wil ap 'nit dim gan wilt (wil ap nit dim gun wilt) | Amen

Gitxsanimx (git sa ni mah) or Simalgyax (sim ul gyah)
Language of Gitxsan

"Inspire with your knowledge, it will be for the greater good of the Nation." - Dr. Jane Smith

Luu amhl goodi'y win gya'an (I am happy to see you!)

This booklet is a gift to health care providers at Wrinch Memorial Hospital (WMH) from the Northwest East Indigenous Health Improvement Committee to honour and support their ongoing commitment to cultural safety for all community members. It is pocket sized making it more accessible and easy to use as you interact with your patients.

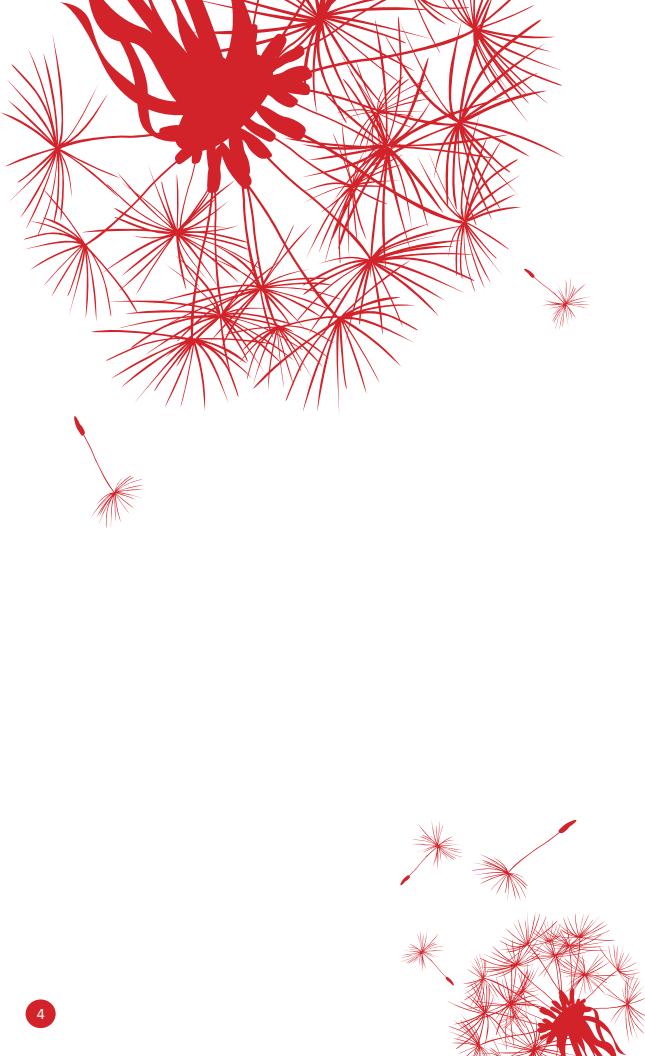
The Gitxsan language is spoken by the communities of the Gitxsan Nation whose territory is along the upper Skeena and Bulkley Rivers. The Gitxsan communities are Gitwangax, Gitanyow, Gijigyukwhla (Gitsegukla), Gitanmaax, Sigit'ox (Glen Vowell), Ansbayawx (Kispiox) and the communities on Gitxsan territory of Hazelton and Hagwilget. There is an estimated 13,000 Gitxsan members with about 70% living on the traditional territories. Within the Gitxsan communities there are two slightly different dialects. The Gyeets (downriver) dialect is spoken in Gijigyukwhla (Gitsegukla), Gitwangax, and Gitanyow and the Gigeenix (upriver) dialect is spoken in Ansbayawx (Kispiox), Sik-E-Dakh and Gitanmaax.

Don't get discouraged. Ts'awinaa (You are smart). You can learn it! We will help you!

Hamiya 'nii'y loosi'm
Thank you

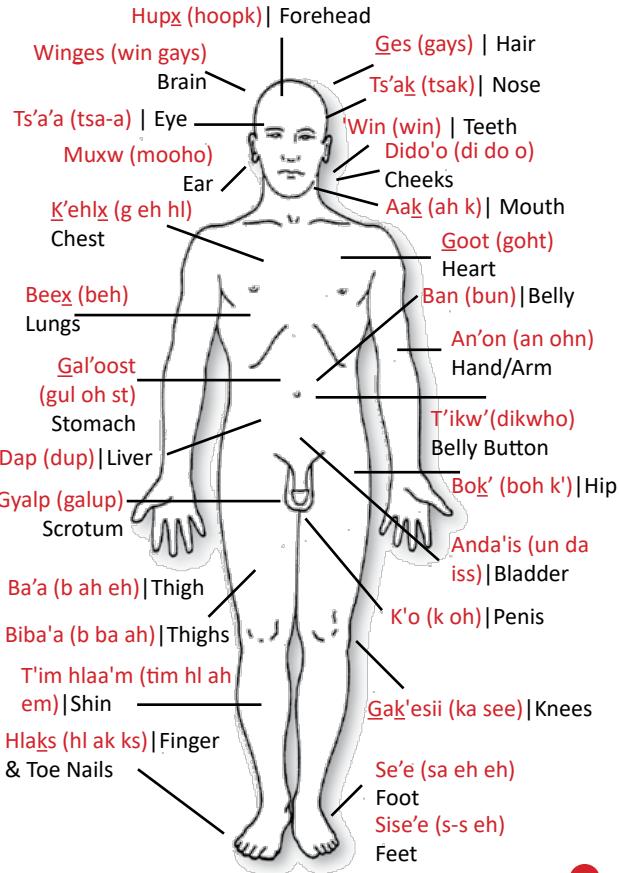
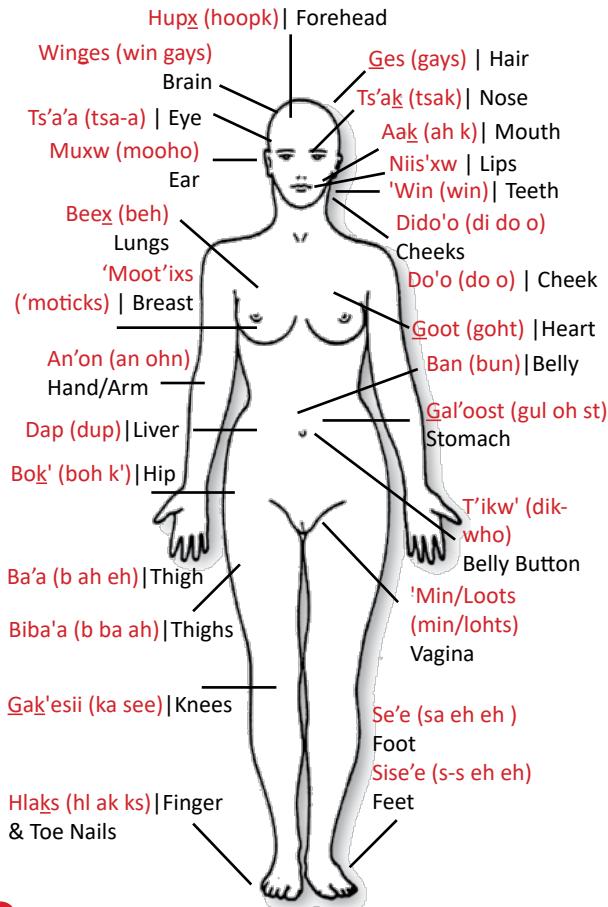


¹The "h" in this booklet should be pronounced. An English speaker may miss this because many h's at the end of words in English are silent like the word "oh" but in Gitxsanimx all h-like sounds are pronounced.

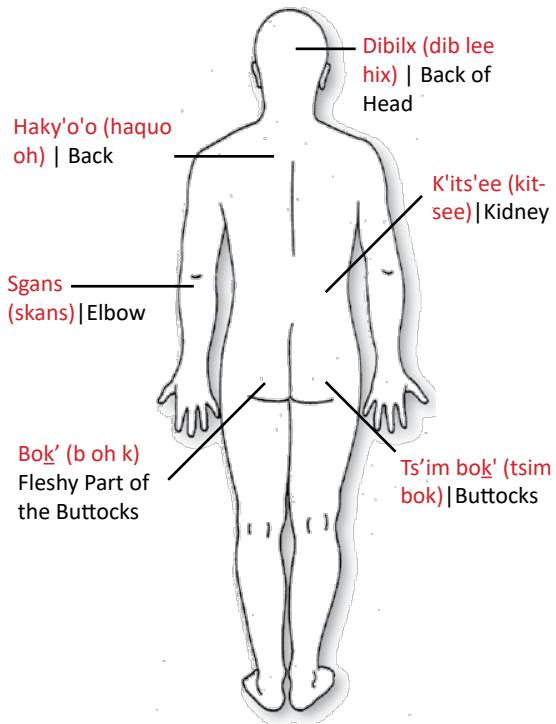


Greetings

Luu amhl goodi'y	(loo umhl go dee)	I am happy or my heart is happy
Luu amhl goodi'y win gya'an	(loo umhl go dee win gya an)	I am happy to see you
Hindahl wila win?	(hin dahl willa win)	How are you?
Amhl wila winaa?	(umhl willa win a)	Are you doing fine?
Amhl wila wili'y	(umhl willa will ee)	I am doing fine/great
Luugwilam	(loo gwil um)	very good
Luu amhl goodi'y	(loo umhl go dee)	I am happy
Ama hiihluxw	(uma hee looh)	good morning
Ama silkwsa	(uma silk sa)	good afternoon
Ama yuxwsa	(uma yooh sa)	good evening
Hamiyaa	(hum ee ya)	thank you
T'oooyaxsi'y 'niin	(Toy ah see neen)	I thank you
Hamiyaa 'nii'y loosi'm	(hum ee ya nee ee lo sum)	I thank you all
T'oooyaxsi'y 'nisi'm	(Toy ah see nism)	I thank you all
Wii'oo'y 'nisi'm	(Wee oy ee nism)	I like /love you all
Wii'oo'y 'niin	(wee oy ee neen)	I like/love you
Naahl wan?	(nahl wun)	what is your name
Ts'awinaa	(Zow in a)	you are smart!
Ama'mas	(uma mas)	to be pretty/handsome



Haky'o'o (haquo oh) | Back



Your whole face is also **ts'a'a** same as eye/s

Your whole head is **T'images** (tim guess)

Your bum is also **Bok'** same as hip

Gats'iwilin (gats' wini lt) | Name of Fingers



Pain Scale

Hindahl gay siipxwit lun?	(hindahl gay seepoowit louen)	Where is your pain?
Hinda wil 'wo sit'aa'maalh siipxwit?	(hinda wil wo sit aa siipkxwit lun)	Where does the pain start?
Hindahl wats hehl siipxwit?	(hindahl wats ehl see pwit)	How is the pain?
Neehl gyahlasxwdaa?	(nayhl gyahl a shoo)	Is it stabbing?
Neehl xdeekdaa?	(nayhl da k daa)	Is it dull?
Neehl gyaadisxwdaa?	(nayhl gy adishoo daa)	It is stinging?
Dim guxs ama gya'atxw 'niin	(dim goose uma atwx neen)	You will look after yourself
Dim guxs ama gya'atxw 'nisi'm	(dim goose uma atwx nism)	You will look after yourselves
Gwihi ha'niigoodin ji gasgohl litsxw siipxwit lun?	(gwihi han ee godin ji ga s gohl litsh seep wit lun?)	Scale intensity with pain

1 4 1 to 4

Sa'apdihl k'i'y gant tx'alpx (sapdihl kee ee gant t a pha) | Between one and four

5 7 5 to 7

Sa'apdihl xsidins gant t'ipxo'o'l (sap dihl hasidins gant tiphootl) | Between five and seven

8 10 8 to 10

Sa'apdihl gandoo'l gant xbi'l (sap dihl gan doe it gant habil) | Between eight and ten

Health Phrases

Siipxw 'niinaa?	(see po who knee na)	Are you sick?
Gyahlasxw het	(ga hl ishew)	Stabbing or piercing pain
Gyahlasxwdiihl hehl goodi'y	(ga hl ishew goot dee)	My heart has piercing pain.
T'im wok 'nii'y	(timwo <u>k</u> 'nii'y)	I am sleepy
Gaagu wil sgalamim yookxwin?	(gwi wil sha lani'm yookxwin)	When did you last eat?
Gaagu wil sgalamim isin?	(gwi wil sgalamim isin)	When did you last urinate?
Gaagu wil sgalamim kwatsin?	(gwi wil sgalamim kwatsin)	When was your last bowel movement?
Hasaga'y dimin daphl ihlee'en	(ha sah guy dim in duphl i hl ā en)	I need to take your blood pressure.
Dim guudihl hasit'amhlxw ahl se'en	(dim goo diihl hasil dum too ahl seen)	Need to take x-ray of your foot.
Naxniiyin 'nii'yaa?	(nah knee en nii y a)	Can you hear me?
Naxniihi'y 'niin	(nah nee ee neen)	I can hear you.
Wilaayinhl he'eyaa?	(wi lie heh e ya)	Do you understand?
Xsit	(ha sit)	Vomit
Nim xsit 'nii'y	(dim sit knee ee)	I have to vomit
Hli siipxw 'nii'y	(hlee seep who knee ee)	I'm in pain.

Xwdxax 'nii'y	(ha die he knee ee)	I am hungry.
Gwalgwax 'nii'y	(qual au ah knee ee)	I am thirsty.
Wilp xseek	(wilp sh eh k)	Bathroom
Nim yee 'nii'y wilp xseek	(dim yah knee ee wilp sh eh k)	I need to go to the bathroom
Banhl	(bun hl)	Aching
'nu'w	(new oo)	Die
Neehl masxwinaa?	(nay hil mahshoe en nay)	Did you pass gas?
Masxw	(mah ah shoe)	Fart/pass gas
Alisxw 'nii'y	(a lish shoo knee ee)	I am weak.
Ubin	(oobin)	Pregnant
Ubin 'niinaa?	(oobin neen na?)	Are you pregnant?
Diyee'm gyat	(dee yay im get)	Funeral



(L) Tsibasaa (R) and Ksan dancer Dax gyatim on

Banhl t'im gesi'y	(bun t im gues see)	My head is aching.
Sil	(sill)	Dizzy/drunk
Sil 'nii'y	(sil nee ee)	I am drunk/I am dizzy
Hlinaahlx	(hi in aah hl)	Breath
Naalx	(na lh whoo)	Fasting/not eating
Gosii xsinaahlxwi'y	(see na lh who)	I can't breathe.
Gwalkw ts'eewi'y	(qu all qool zim za we)	I am constipated.
Lat'	(laht)	Diarrhea
Alisxw	(a lish shoo)	Weakness



Osk'lak'amks is a Gitxsan Elder who is fluent in Simalgyax.



'Nu'w 'nit go'ohl wilp siipxw	(nee oo nit golth wilp seep hew)	He/she died at the hospital.
Nuts'	(noots)	Snot
<u>Xsineek</u>	(s ah naak)	Snore
Dalx xsineekst	(dul s ah naaks)	He/she snoring loudly.
Anda'is	(un da iss)	Bladder
Is	(is s)	Pee/urine
Nim is 'nii'y	(dim is nee-ee)	I have to pee.
Binbanhl hla sibi'y	(bin bun hla sip ee)	My bones are aching.
K'its'ee	(k its'ee)	Kidney.
Nax 'nii'y	(n aw knee e)	I hear.
Nax 'nii'y 'niin	(nah nee ee nee)	I hear you.
Dok'	(doh k)	Deaf
Dok' 'nii' y	(dok knee 'ee)	I am deaf.
Sins	(s i ens)	Blind
Sins 'nit	(sins toos)	That person is blind.
Wilaa'y	(wil lie ee)	Understand
Wilaayinh he'e'ya?	(wil lie en h eh ee ah)	Do you understand what I said?
Alisxw	(alish hew)	To be slow/weak
Hla galyeehl alisxwt	(hla sum a lish hew)	He/She is getting weaker
Hix	(heeh)	Fat

Gal hix 'nii'y	(gul heeh nee ee)	I am too fat
Gilsxw	(gilsh)	Moaning
Aks	(ah ks)	Water, to drink.
Mitxw	(me to who)	To be full
Mitxwhl bani'y	(meet whohl bunee)	My belly is full.
Seel'ax	(s ā la h)	Needle
Kw'ats	(qu-ahts)	Poop
Isxw	(i shoe)	Stink
Li'ligit	(lil i get)	Feast
Wilp Galjap	(wilp lil i get)	Feast hall
So'o	(so oh)	Take home food from the feast (excess food)



Hloxs	(hl oh hs)	Sun
Gyuksxw	(gy ooksh)	Wake up
Yee	(y aye)	Walk
Hloxsim axxw	(hloh sim ah oo))	Moon
Halayt	(ha light)	Shaman/ Medicine Man
ky'adisxw	(ga ya dish hew)	Stinging pain
Bil'ost/Bil'ust	(bilost)	Stars
Alisxw 'nii'y	(a lish shoo knee ee)	I am weak



**T'ooyaxsi'y gwalk'a 'nisi'm
(t oh ya see gwala nism)
I thank you all**

**Dim guxs ama gyaat'xw 'nisi'm
(dim goose uma gya a t ew niism)
Take care of yourselves**



Chael Combs watching and learning dancing.



Deirdra and her son Harlen Lattie learning Gitxsanimx.

Additional Resources:

Gitxan Phrase Book for health care providers (2017)

<https://www.indigenoushealthnh.ca/sites/default/files/local-cultural-resources/gitxan-phrase-booklet.pdf>

Gitsenimx Community Portal.(2017). First Voices.
www.firstvoices.com/en/Gitsenimx

Smith, M.J. (2009). Gitxsanimx Speller: Text for adult gitxanimx class. M.J. Smith.

Gitsenimx.(n.d.). First Peoples' Language Map of British Columbia. Retrieved February 7, 2017 from
www.maps.fphlcc.ca/gitsenimx

Lomax, Betsy. (n.d.). Learn Gitxsan: A website dedicated to teaching you the native language Gitxsan.

www.learngitxsan.com

Gitksan Language App (2018). Gitksan Research Lab.
<https://mothertongues.org/gitksan>

Ha'miimagoonsxwhum Algaxhl Gitksen – Gitksan



Wii xs gyaak and Diboogit are Gitksan Elders who are fluent in Simalgyax.



Niigyel and Gamhl'man'muuxw are Gitxsan Elders who are fluent in Simalgyax.

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- Charlotte Resch - Gitxsan Elder/Knowledge helper
- Dr. M. Jane Smith - Language Teacher/Storyteller/Author/ Knowledge Holder
- Frances Sampson - (Nikat'een) Gitxsan Elder/Knowledge Holder
- Catherine Dworak - linguist, UBC
- Victoria Carter - Lead, Indigenous Health and Shelby Petersen - Web Coordinator, Indigenous Health



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