



Gitksan Phrase Book
for Health Care Providers
Volume II

Dim gigiinaḵw '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'ooyaxsi'y 'Niin (Toy ya see neen) | I thank you

Ahl yajasw go'ohl spagayt gan (ahl yadzash gohl spa gight gan) | For the animals in the forest

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

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

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

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

Gitxsanimḵ (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

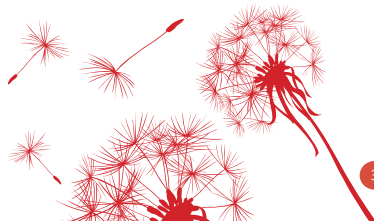
Luu amhl goodi'y win gya'an (I am happy to see you!)

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 Gitwangaḵ, Gitanyow, Gijigyukwhla (Gitsegukla), Gitanmaax, Sigit'ox (Glen Vowell), Ansbayaxw (Kispiox) and the communities on Gitxsan territory of Hazelton and New Hazelton. 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 Gitsegukla, Gitwangak, and Gitanyow and the Gigeenix (upriver) dialect is spoken in Kispiox, Sik-E-Dakh and Gitanmaax.

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

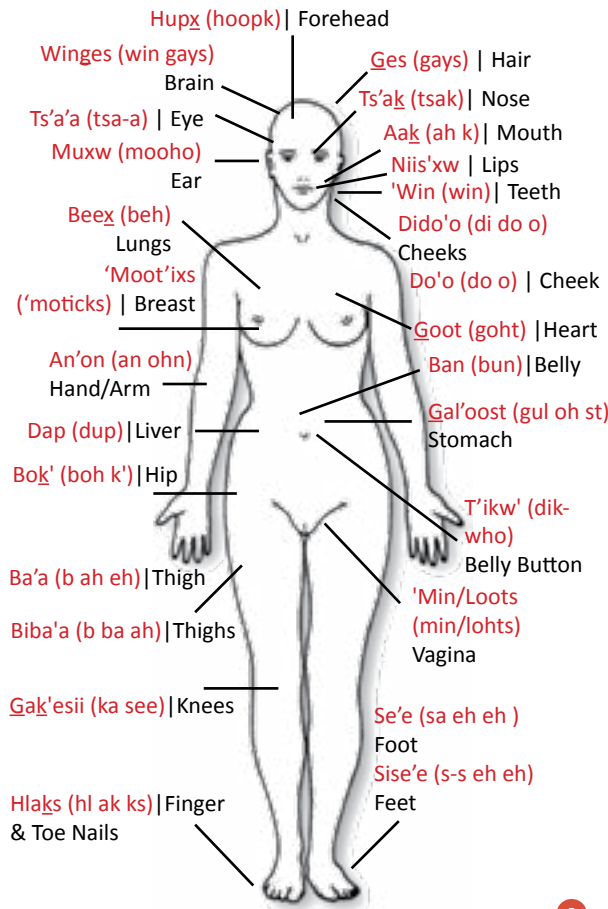
Hamiyaa 'nii'y loosi'm
Thank you

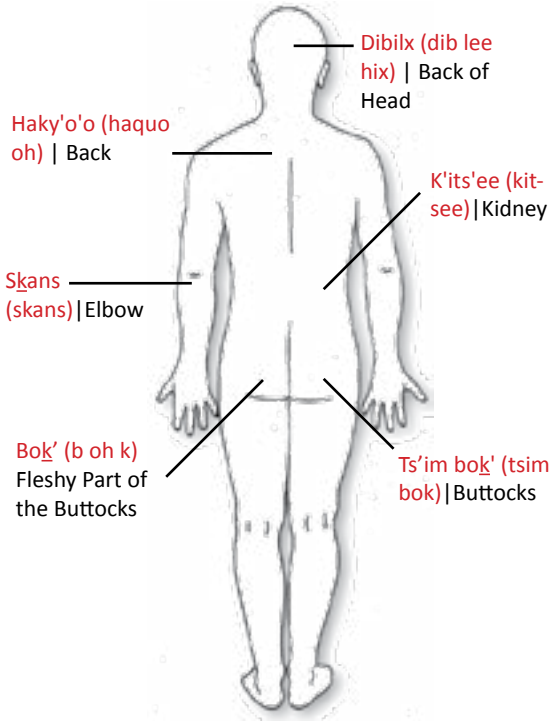
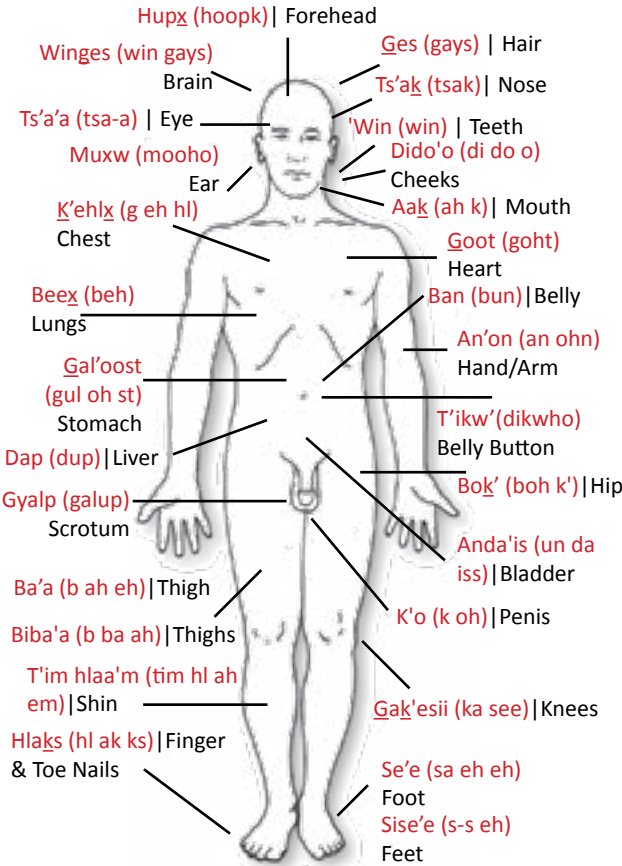


Greetings

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 yooch sa)	good evening
Hamiyaa	(hum ee ya)	thank you
T'ooyaxsi'y 'niin	(Toy ah see neen)	I thank you
Hamiyaa 'niiy loosi'm	(hum ee ya nee ee lo sum)	I thank you all
T'ooyaxsi'y 'nisi'm	(Toy ah see nisim)	I thank you all
Wii'oo'y 'nisi'm	(Wee oy ee nisim)	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

Hanak' (hanuck) | Woman





Your whole face is also **ts'a'a** same as eye/s
 Your whole head is **T'imges** (tim guess)
 Your bum is also **Bok'** same as hip

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

Silkw'inst (silquenst)

Middle Finger

Sta'lixs (stylics)

Ring Finger

Gaak (g ah k)

Index Finger

Sgenix/Sgenx

(sk en hix)

Little Finger

On (ohn)

Hand

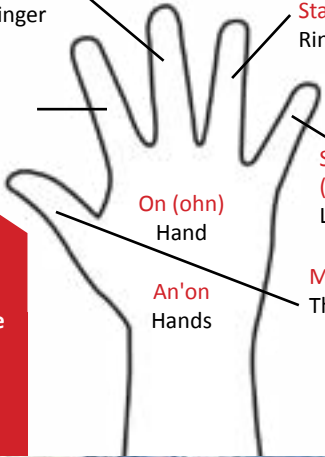
Moos (m oh s)

Thumb

An'on

Hands

Gaak (g ah k) is also the word for raven!



8 Nikat'een is a Gitksan Elder who is fluent in Simalgyax.

Pain Scale

Hindah! gay
siipxwit lun?

(hindah! gay
seepoowit louen)

Where is your
pain?

Hinda wil 'wo
sit'aa'maahl
siipxwit?

(hinda wil wo sit
aa siipxwit lun)

Where does the
pain start?

Hindah! wats hehl
siipxwit?

(hindah! 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)

Is it stinging?

Dim guxs ama
gya'atwx 'niin

(dim goose uma
atwx neen)

You will look after
yourself

Dim guxs ama
gya'atwx 'nisi'm

(dim goose uma
atwx nism)

You will look after
yourself

Gwihl ha'niigoodin
ji gasgohl litsxw
siipxwit lun?

(gwihl 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 al pha) | Between one and four

5 7 5 to 7

Sa'apdihl xsidins gant t'ipxoo'lt (sap dihl hasidins gant tiphoolt) | Between five and seven

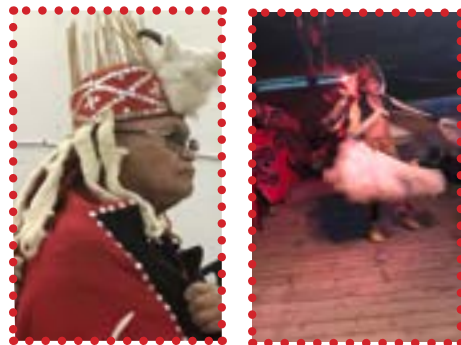
8 10 8 to 10

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

Health Phrases

Sii ^{pxw} '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	(timwok'nii'y)	I am sleepy
Gaagu wil sgalanim yookxwin	(gwi wil sha lani'm yookxwin)	When did you last eat?
Gaagu wil sgalanim isin	(gwi wil sgalamim isin)	When did you last urinate?
Gaagu wil sgalanim kw'ats'in	(gwi wil sgalami'm 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 your 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 sii ^{pxw} 'nii'y	(hlee seep who knee ee)	I'm in pain.

Xwdax '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) Tsibasa (R) and Ksan dancer Dax gyatim on

Banhł 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
Hliinaahlx	(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 Gitksan Elder who is fluent in Simalgaya.


'Nuw' 'nit go'ohl wilp siipxw	(nee oo nit golph wilp seep hew)	He/she died at the hospital.
Nuts'	(noots)	Snot
Xsineek	(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 def.
Sins	(s i ens)	Blind
Sins 'nit	(sins toos)	That person is blind.
Wilaa'y	(wil lie ee)	Understand
Wilaayinhl he'e'yaa?	(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

<u>Gal</u> hix 'nii'y	(gul heeh nee ee)	I am too fat
Gilswx	(gilsh)	Moaning
Aks	(ah ks)	Water, to drink.
Mitxw	(me to who)	To be full
Mitxwhl bani'y		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 <u>Gal</u> jap	(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 Gitksanimx.

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, J.M. (2009). Gitxanixm speller: Text for adult gitxanixm class. J.M. 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 Gitxan: A website dedicated to teaching you the native language Gitxan.
www.learngitxan.com



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



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

We would like to acknowledge the following people for their contributions to the book:

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- Shar McCrory - Administrative Assistant, WMH
- Mary Vanstone - Health Services Administrator (former), WMH
- Charlotte Resch - Gitxan Elder/Knowledge helper
- Dr. M. Jane Smith - Language Teacher/Storyteller/Author/Knowledge Holder
- Francis Sampson - (Nikat'een) Gitxan Elder/Knowledge Holder
- Victoria Carter - Lead, Indigenous Health and Shelby Petersen - Web Coordinator, Indigenous Health

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