

Dim Wila Dil Dils'm

the way we live

Gitwangax Traditional Health Governance (prevention)

by Ruby E. Morgan – Luu Giss Yee

I dedicate this work to my Grandfather "Ksuu" Raymond Morgan

Step by Step...
Get to where you want to go
Then, you can see your next step - Lelt (Fred Johnson)



J.P. Morgan

Am.ma ha'nii tookxwhl en' oonhl ayaawildit.

A good/perfect table is set by the hands of hardworking people

Wii Seeks – Beverly Anderson

Dr. Leslie Main-Johnson

Tsu'alts - Amanda Zettergreen

Gis' ax iitxw - Debbie Bright

T'enimgyet - Dr. Art Mathews

Biiyosxw - Harry Daniels

Skayan - Anita Smith

Wii Hlengwax - Lance Williams

Alaist - Linda Williams

Axgawt - Norma Bright

Luu Dax Hitx'w - Fred Johnson –
Councilor

Tsiiwa - Herb Russel

Gilawo'o - Peter Turley

Fred Philpot

Kirsta Lee Zettergreen

Dylan Daniels

Darlene Hockman – Director - Wilp Si
Satxw

Verna Howard – Community Planner
NW Community Engagement Hub

Gitksan and Witsuwit'en experience of their connection to the land goes back lifetime before lifetime, reincarnation before reincarnation; this adds to their sense of connection to the land, and motivates their resistance - Anotonia Mills, UNBC, Professor, Department of First Nations Studies



Dim Wila Di Dilsm

The way we live



Jim Logan

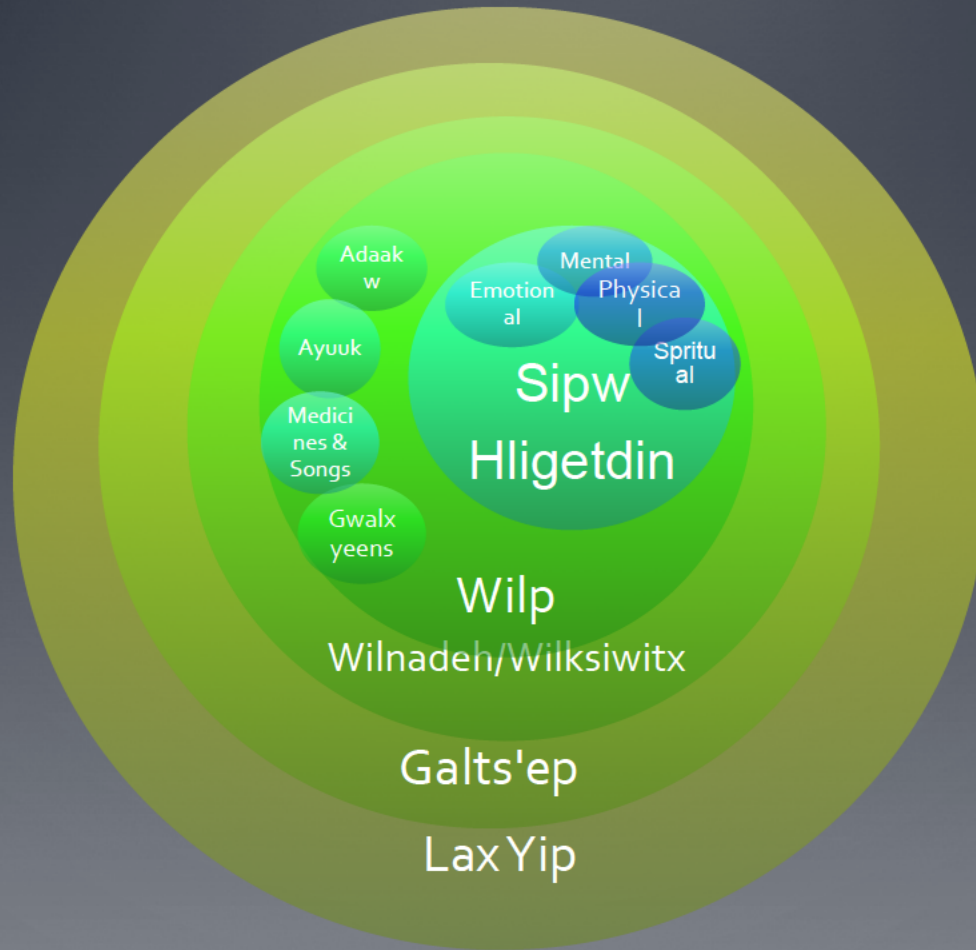
Wila da dils lax yip

The way the land lives

In other words, Gitxsan people are Gitxsan in today's world – enduringly connected to their land and history, and inclusive of all their experiences and societal changes over **time**. (Valerie Ruth Napoleon, LLB, University of Victoria, 2001)

Sip'xw hligetdin

Demonstrating the Strength and Education to Speak in the Feast Hall - Ready to take Responsibility



Dim wila yux getxw Gitksen

Gitksen Health

**It is the Ceremony that Invites the
Person to Heal**

– Wii Seeks (Beverley Anderson)

Dim wila yux getxw Gitksen

Gitksen Health

Create a Bridge Between Science and Gitksen Culture Validation

Scientific Validated	Cultural Validated
<ul style="list-style-type: none">• Transparency	<ul style="list-style-type: none">• Longevity in Historical Gitksen History
<ul style="list-style-type: none">• Standardization	<ul style="list-style-type: none">• Gitksen Based Practice manual
<ul style="list-style-type: none">• Replication	<ul style="list-style-type: none">• Cultural Replication within the Gitksen Traditions
<ul style="list-style-type: none">• Research	<ul style="list-style-type: none">• Meets Gitksen principles
<ul style="list-style-type: none">• Outcomes	<ul style="list-style-type: none">• Outcomes
<ul style="list-style-type: none">• Study design	<ul style="list-style-type: none">• Traditional Gitksen View applies
<ul style="list-style-type: none">• Fidelity	<ul style="list-style-type: none">• According to the Gitksen Nation

Gya' a 'm engogam

VISION

Dim gya'a'm engogam Dim ii lip gigyetim.

We look into the future, and we will be free and self sufficient.

Dim yuux getxw 'nuu'm dim ii am dim wila dil dils'm

We'll be strong and healthy and we'll live happily...

**Dim iidip wilax ayuuk, adaawak and gwax yeenst gwwax yee, Lax yip
dim ii dip ama ga'add**

Knowing and protecting our laws, histories and heritage, and we will protect our land forever.

Sagayt k'iyam' goot

We will all be all of one heart.

Dim wila ye 'e 'm

MISSION

Dim hooy'm gwelxyee'nst, dim ii dip hoox hla daxgethl gwelxyee'nst 'tal huuksxw loot, dim ii dip luu yuuhl ayuuk'k' dip ye'.

We are going to use our inherent rights and responsibilities that comes from the gwalx yeens, by following the laws of our ancestors'.

Dim am ma ga'a di'm lax 'yip, awin 'nit win 'witxwhl amwil ganhl entoogani'm, 'nit ent sa daxg gyget'

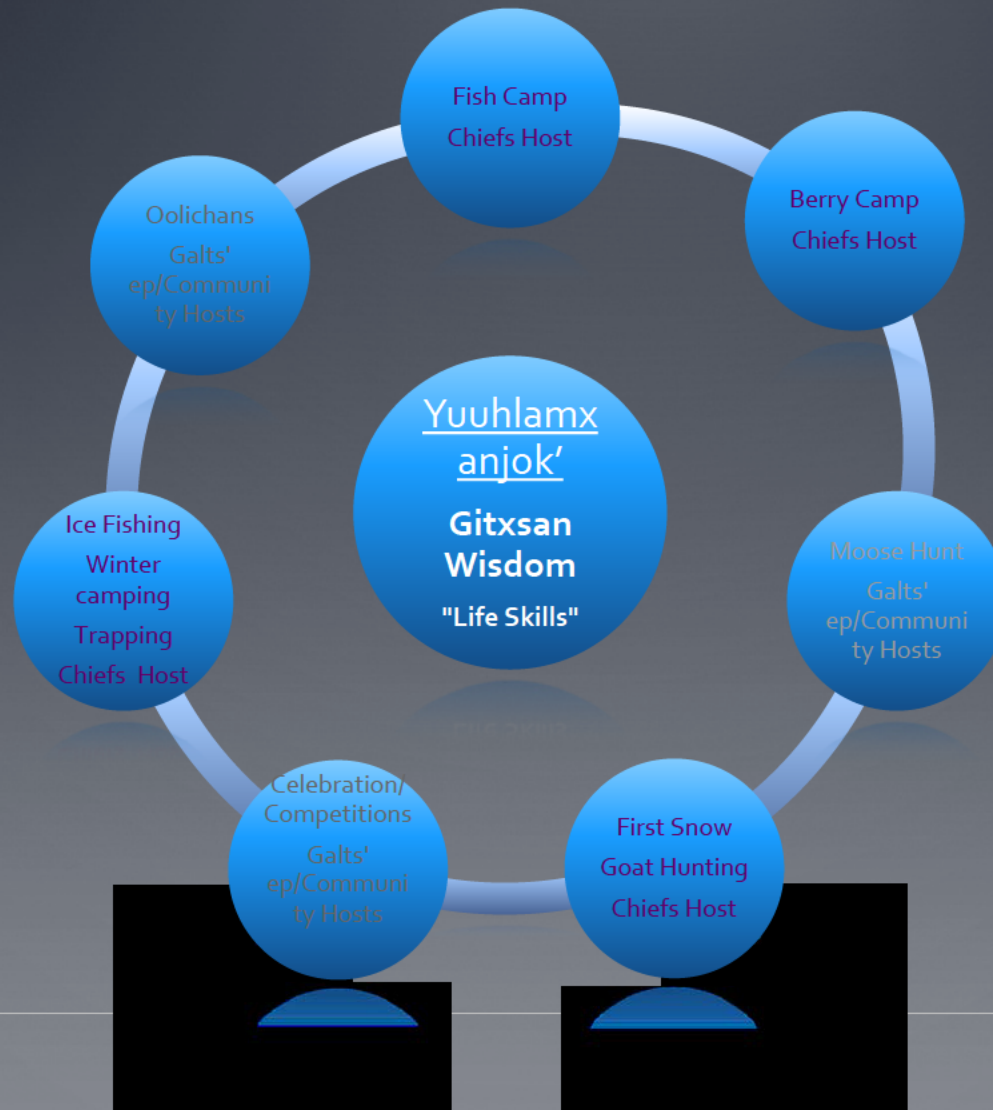
We are going to manage our lands to sustain our resources that provide for our health and well being.

Our mission is to to create a healthy future for generations to come based on:

- Lax yip
 - Ayuuk'
 - Adaawk
-

Yuuhlamx anjok'

Gitksan Wisdom/Life Skills Camp



Sagyit ha'hle'alst

All Working Together

Thank you to those who have expressed these ideas in the past, as “**Gilawo’o**” - Peter Turely says “ We have done this in the past, the papers are in boxes at the Gitwangax Education Society and a few people have them stored in their houses.” These ideas have a long history of being planned and put forth but not consistently, practically supported and implemented throughout the Galts’ ep (community) and Lax yip (territories) by all.

Gitksen Traditional Healers

Access to Gitksen Traditional Healers

Who are the foundation to the communities preventative health care system

Appropriately compensated for their knowledge and experience.

Xkeexhl – a gift for services rendered – advisor, mentor, expert, an educated person

Gitksen Traditional Healers

To create capacity for preventative health care from within our communities and to strengthen individuals, families and communities abilities to care for one another.

Invigorating leadership and community, by reclaiming traditional, healthcare and community practices, using our centuries of experience in preventative health care.

Strengthening our internal capacity to address our health and wellness needs, to rebuild our knowledge and use of traditional health and healing practices, and ensure that health and healing services are culturally based and accessible to all our members

Increased accountability and responsibility for personal and community wellbeing among all community members, and a reduction in the demand of professional health services and other services.

Reduction in the rate of chronic and preventable diseases (through education, increased access to preventive health measures and support of Traditional Healers).

Reduced need for medical intervention by increasing knowledge of preventive health, while enabling people to treat their illness proactively.

Yuuhlamx anjok'

Gitksen Wisdom/Life Skills Camp

Gitksen Wisdom - Life Skills Camp

Develop a seasonal culture camp program plan and implement. **Chiefs hosting:**

- Fish Camp
 - Berry Camp
 - Goat Hunting
 - Ice Fishing/Trapping Camp
-

Yuuhlamx anjok'

Gitksen Wisdom/Life Skills Camp

Develop a Community Cultural program to sustain cultural support between seasonal camps and implement.

Community Hosting:

- **Moose Hunt Camp**
 - **Celebrations/Competitions**
 - **Oolichans**
-

Traditional Food Box

Available throughout the year to community members

Culture camps would also involve the community in the gathering, preparation and preservation of the food for the good food box.

Food security and knowledge of gathering, preparation and preservation of traditional foods

“Knowing from the heart”

Mental Health

Mental health and **Gitksan Traditional Healers** to staff and provide programming at a “Knowing from the heart” Cabin

Providing the ability to “get out on land to heal and come together”.

Also allows for programming to address:

- Depression
 - Suicide
 - Domestic violence
 - Addictions
 - Anger Management
 - Conflict Resolution
-

Develop guidelines for the Social Development Program

So that people on social assistance can work and learn at the
culture camps

Participating in the programs would further the individuals
health and wellness – physical, emotional, psychological
and spiritual.

Building community and territorial infrastructure.

Community Safety

Re-establishing traditional protocols regarding upholding women.

Victim services are integrated with Gitxsan culture and traditional practices.

Rebuild systems where members are designated within house groups to be safe people and places.

The response to violence includes hereditary systems such as the father's house and clan systems intervening, staying involved and finding ways to increase safety

Traditional Community Watch would oversee community safety (youth outside late etc.)

Working with the RCMP, the **community justice liaison** must be notified when they are apprehending a community member.

The **community justice liaison** would also advise the police how to handle certain situations.

Systems like RCMP and MCFD to involve traditional systems and roles like chiefs and extended family members when intervening with parents due to domestic violence.

Gitxsan course for new RCMP to have cultural and social orientation.

Preventative work is done so intervention doesn't start with a report to RCMP and/or MCFD, starts earlier with identification of problems early and supports for families.

Community Safety

Increased accountability and responsibility for personal and community wellbeing among all community members.

To also promote the general understanding that violence is not normal, and that it is possible to create a home and community where there is no violence.

These programs should address the needs, in a compassionate way, of both victim and perpetrator

Gitksen Cultural Awareness Program

Mandatory for **ALL** service providers and staff

Creating a better understanding between the community and the service providers, thus being able to better work together successfully.

Service providers are to partner with Aboriginal communities throughout the research and policy-making and implementation processes.

Service providers should then be able to realize that this relationship begins with the community and that they are playing a supporting role and one of student.

Develop and Protect Traditional Territorial Economic Opportunities

“Before a person crosses another’s laxyip, he visits the Sim’oogit and states: this is where I will go. Is it alright if I go here? If I shoot (take) anything, I will give you half. If I don’t shoot (take) anything, I will keep walking by.”

- Sim’oogit Sakum Hiigokw

Aatxasxw

mentor/guide

600 hour master apprentice program for language and
Gitksen ways

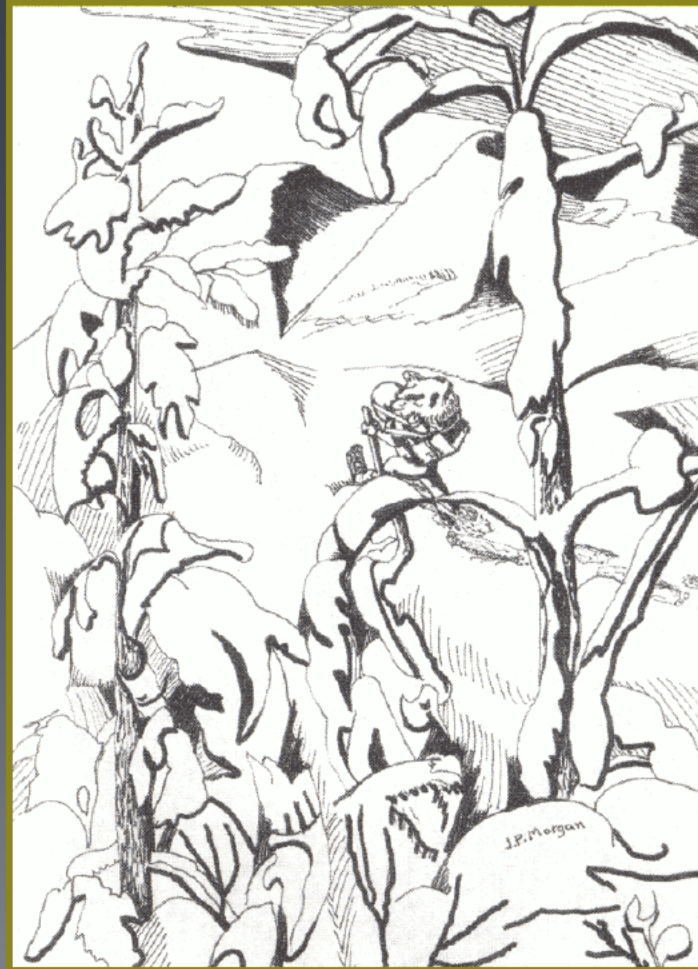
To develop and implement a program that creates a mentor
program for mastering the Gitksen language and Gitksen
ways

Gitksen Arts

- Gitksen Literature (oral and in print)
 - Gitksen Music & Dance
 - Gitksen Medicines
 - Genealogy
 - Gitwangax Music Society
- Gitksen Art forms – carving, design, basketry, clothing, music, dance ect...
- Archive all research and historical documents

Knowing that being **knowledgeable and educated** about who we are as Gitksen – is of value and gives us strength. Moving us forward in the world knowing who we are.

Sagyit ha'hle'alst All Working Together!



J.P. Morgan