

Field Notes 3: National Indigenous Peoples Day

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Welcome to Field Notes, a new series from the Reconciliation & Inclusion team, offering curated resources to support deeper learning and inclusive practices across Seneca. Each issue features a bespoke collection of resources — such as books, TV shows and events — that the team has personally engaged with, reflected on and found meaningful in our own learning.

National Indigenous Peoples Day, on Saturday, June 21, is a time to honour the histories, resilience and contributions of the First Nations, Inuit and Métis peoples. It coincides with the summer solstice, the longest day of the year, which has been celebrated by Indigenous cultures for generations.

In Canada, more than 1.8 million people identify as First Nations, Inuit or Métis, each with distinct languages, cultural practices and spiritual beliefs. Indigenous traditional stories reflect their knowledge systems and relationships to nature, language and community. They have endured despite ongoing attempts to erase them. By engaging with and learning from these stories, we take the time to honour the past and present resilience of Indigenous peoples - the first step on the path of reconciliation.

[Read](#) [Watch](#) [Local Favourites](#) [Other Recommendations](#)

Read

[Switching from Bloom to the Medicine Wheel](#), by Marcella LaFever

This article is based on works by Indigenous educators and explores ways to incorporate a spiritual component to lessons.

Why: This is a great article to help faculty develop their reconciliation curriculum and dive deeper into Indigenous ways of knowing.





You are the Medicine, by Asha Frost

Asha Frost shares moon teachings and suggests ways the reader can learn and embark on their own healing journey.

Why: This book provides suggestions for how you can do healing work through the teachings of the 13 moons.



The Buffalo Hunter Hunter, by Steven Graham Jones

A haunting revenge tale told through a series of confessional visits. At its heart is an Indigenous vampire that is ancient, tormented and seeking forgiveness for the vengeance he's unleashed. As the story unfolds, layers of history, trauma and justice are peeled back.

Why: Because there's an Indigenous vampire. Need we say more?



Testimony, by Robbie Robertson

In this memoir, legendary musician Robbie Robertson recounts his journey from growing up between Toronto and the Six Nations Reserve to co-founding The Band and collaborating with Bob Dylan.

Why: While not specifically about Robbie Robertson's Indigenous identity, it's an informative book about his music.



We Had a Little Real Estate Problem: The Unheralded Story of Native Americans & Comedy, by Kliph Nesteroff

This book explores the overlooked contributions of Indigenous comedians. Through interviews and historical insight, it highlights how humour has been a powerful tool for resilience, identity and cultural expression.

Why: Laughter unites all of us, however in Indigenous communities it is cultural, a survival tool and a way of healing. Laugh and learn with this non-fiction book.

Watch



North of North

A young Inuk mother dreams of reinventing herself in her tiny Arctic community of Ice Cove – a town where everyone knows your business.

Why: It provides exposure to the diversity of Indigenous peoples by exploring Inuk life in the Arctic.



Reservation Dogs

Following four Indigenous teenagers in rural Oklahoma who steal, rob and save money to get to California for closure.

Why: This series is an insightful depiction of how Indigenous communities come together to deal with various types of grief and looks at healing.



The Grizzlies

An Inuit community struggling with a high suicide rate is transformed when a high school teacher introduces his students to the game of lacrosse.

Why: This film offers a look at how sport can be a catalyst for healing in Indigenous communities facing intergenerational trauma, youth suicide and cultural disconnection.



Rez Ball

After losing their star player, a high school basketball team rooted in Native American culture must work together to keep their championship dreams alive.

Why: Learn more about the deep cultural significance of basketball in Native communities, showcasing resilience, identity and the strength of youth navigating life on the rez.



Work for Turtle Island, by Northern Lights Warrior Horse

There are teachings in all of the songs on this album, which is a tribute to the musician's heritage and a celebration of culture.

Why: Northern Lights Warrior Horse is the spirit name of Eric Zwicker, an Indigenous musician and scholar from Chippewa Rama First Nation. He is also a professor on the First Peoples@Seneca team! #SenecaProud

Local Favourites

Red Tape Brewery

159 Main St., Toronto

Red Tape Brewery is a craft brewery located in the Leslieville neighbourhood in Toronto. The family-owned company blends unique flavours and premium ingredients into custom beers.

Why: It's an Indigenous-owned and a small-seat brewery pumping out fun neighbourhood vibes. They run a lot of events and it is a good summer venue!

GoodMinds.com

188 Mohawk St., Brantford

GoodMinds.com is a First Nations family-owned business, which is passionate about Indigenous education.

Why: It's a great place to purchase recommended books and support Indigenous businesses.

Other Recommendations

Jeremy Dutcher – Toronto Symphony

60 Simcoe St., Toronto

Saturday, June 21

Jeremy Dutcher is a Two-Spirit and cultural ambassador from Tobique First Nation. He is known for his groundbreaking album *Wolastoqiyik Lintuwakonawa* and is a Polaris Music Prize and JUNO Award winning artist.

Why: You can enjoy traditional songs, jazz, neoclassical and pop influences in one concert, all while supporting Pride and Indigenous peoples.

Na-Me-Res Pow Wow

250 Fort York Blvd., Toronto

Saturday, June 21

A festival that celebrates Canada's National Indigenous Peoples Day with singing, dancing, drumming and vendor booths.

Why: It's a free opportunity to experience Indigenous culture, to celebrate and visit craft and community booths.

While you're here, check out the [Indigenous Studies guide](#) published by Seneca Libraries for more resources.

The Reconciliation & Inclusion team knows the best learning happens in conversation. Let us know if you explore any of the resources above, or if there's something you'd recommend we include in future editions. Share your thoughts and suggestions in the comments, or email us at ri@senecapolytechnic.ca.

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