



Everyday Heroes

You may not know them by name. They don't court notoriety, nor do they undertake their various tasks with an expectation of recognition. Whether they're producing products and offering services for the betterment of others, creating art that moves us, or advocating for those with less of a voice, each of them works tirelessly to ensure that everyone feels included. They are uniquely driven and thoughtful to a fault. These are the people who, in their own ways, are making our lives better, easier and brighter.

*Words by Albert Cho, Margie Cooney
and Mina Kerr-Lazenby*

The Sanitary Saviour

Olie Body
Wā Collective

The issue of period poverty is more prevalent than its coverage indicates. Not spoken about enough, although increasingly arising in discussions around privilege and socio-economic disparities, period inequality is a real issue, and Olie Body is trying to address it with her company, Wā Collective. Selling Wā Cups — small, reusable cups made from medical-grade silicone that are designed to replace the tampon during menstruation — Body's company is encouraging something of a period revolution, both socially and environmentally. The

cups are made ethically, can last up to 10 years, are better for the body (non-toxic), more economical and can be left in for up to 12 hours at a time. They are also a far more sustainable option considering that New Zealand sends around 357 million disposable sanitary products to landfill every year (that's enough to wrap the circumference of the globe by the way). But beyond being better for us personally, and better for nature, Body's Wā Cups are tangibly helping those suffering the effects of period poverty. With every Wā Cup sold, Wā Collective subsidises

cups for students in need, and works with social mission partners to facilitate conversations around and find solutions to the issue of access to safe sanitation solutions. A natural byproduct of Body's work, but also something she is passionate about, is the lessening of the taboo around female menstruation. Wā Collective is facilitating change by encouraging society to stop speaking about periods in hushed tones and start addressing the side effects of not being able to talk on the topic openly. www.wacollective.org.nz



The New-Age Gifter

Christine Langdon
The Good Registry

To achieve more mental clarity, Christine Langdon decided to declutter her home, discovering in the process a number of gifts she had long forgotten about. For no other reason than simple sentimentality, she had held onto them, bound by the connection they represented between her and the person who had given them to her. That was when it clicked for Langdon. The gesture of giving often overruled whatever the actual gift might be. It was a realisation that led her to establish The Good Registry and lead the charge towards new attitudes around modern-day gifting. Instead of encouraging physical presents (a practice that, as

Langdon found out, can be hugely wasteful), Langdon's platform supports the giving of donations in a loved one's name to charitable organisations carrying out meaningful work. Over 60 charities are supported by The Good Registry, from animal welfare organisations to children and community support groups including Barnardos and Alzheimer's NZ, to other areas like health and the environment. The Good Registry facilitates the priceless act of giving while helping numerous causes and is working to eradicate waste by encouraging an end to physical gifts we simply don't need. www.thegoodregistry.com