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ON SUNDAY

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SundayMail

HAPPY LIST

Meet 50 kind and compassionate people
who bring a world of joy to others



**RORY
GIBSON**
Kids, hang on
to your youth

CULTURE
How to
act like
Dr Who

**TRACEY
SPICER**
Meet our summer
columnist

Soren Molineux

He founded and runs Smile Clothing with several mates. For every item sold, the Sunshine Coast firm donates a T-shirt or school uniform to a child - more than 5000 so far - in countries including Indonesia, Sri Lanka, Cambodia and Kenya.

What makes him happy: The ocean. To recharge the batteries, I would say getting in the ocean and travelling.

The Lamingtons

Clark Crystal and Debra Redley are The Lamingtons - performers who use clowning to help communication with people with dementia in aged care facilities.

What makes them happy: Companionship. Cracking jokes and telling stories.

**Phill McLean**

Founder of Friends of the Street, a volunteer group helping homeless in Caboolture.

What makes him happy: The little positives along the way to helping change the lives of people who have their arse dragging on the ground.

**Pacharo Mzembe**

A 25-year-old actor (Underbelly: Razor), Mzembe ran 4189km from Perth to Sydney last year to raise money/awareness for education for disadvantaged young people.

What makes him happy: Just serving humanity.

**Luciano Moselli**

He ran Italian restaurants for 25 years, now Moselli volunteers three days a week, cooking pasta and singing for residents at aged-care homes.

What makes him happy: To see people smiling is fantastic.

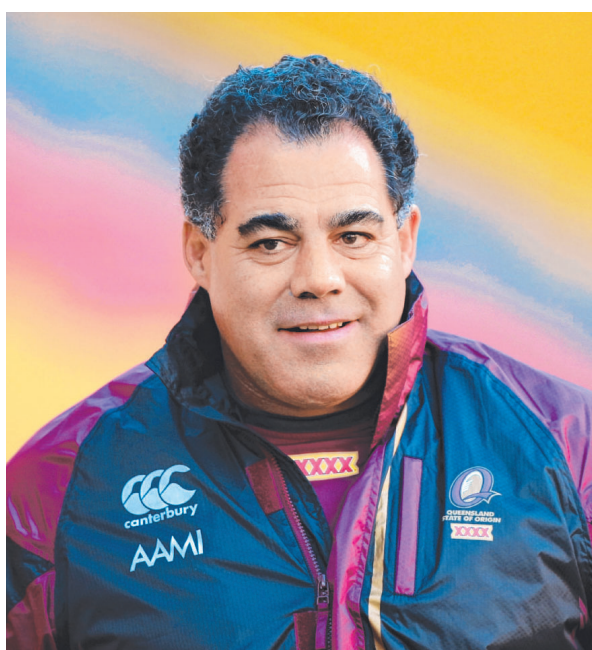
**Betty Mounser**

Her own grief following the sudden death of husband Bob 20 years ago led Mounser to set up a Queensland branch of Solace Australia, a self-help group for widowed people.

What makes her happy: Sunday morning, going out for breakfast. That's my treat.



WHAT MAKES ME HAPPY?
THE OCEAN. TO RECHARGE
THE BATTERIES,
GETTING IN THE
OCEAN AND TRAVELLING

**Mal Meninga**

Big Mal again brought joy to millions of Queenslanders last year leading the Maroons to their seventh successive State of Origin triumph, continuing his proud record as the only Origin coach to never lose a series.

What makes him happy: Crushing cockroaches.

**Mandy Lake & Margie Brown**

Filmmakers known for great stories such as their ABC documentary *The 100+ Club* about three sprightly centenarians and their unique social club.

What makes them happy: Lake: Waking up. The smell of books. Brown: A swim in the surf, a snorkel or dive.