

Local and renowned artists set to perform in a comic kids musical for the Bega Valley



Amandine Ahrens



Ginger the Frog performance stars local and renowned artists: Sarah Campbell Lambert, Dave Houston, Aurora Kurth and Charlotte Ahrens

UPDATE: as a result of COVID restrictions, the Narooma show on July 11 has been cancelled.

A new musical 'My Super Power' brought to life by talented artists within the Bega Valley is set to begin performances across the Far South Coast this week.

My Super Power, is a fast paced comic kids musical theatre production that features four performers, puppets, animations and live songs.

The play tells the story of a young frog called Ginger played by Bega Valley actress Charlotte Ahrens.

Ginger has a cohort of fellow dancing, singing friends including Gary the Spider, Great Aunt Fifi, glow worms, a snake and a vegetarian crocodile called Graham.

These roles are shared between renowned actors Aurora Kurth and Dave Houston.

The theatre show My Super Power was written by Sarah Campbell Lambert and Dave Houston from Full-On Theatre.

The show will begin in Narooma, at the Golf Club on July 11 and will include fun creative art workshops for children after the show.

There will be two performance sessions:

- 10am -12:30
- 2pm - 4:30pm.

Then on July 17, Ginger the Frog will come to the Bega Civic Centre and just like in Narooma, the performances will feature twice throughout the day.

The performance sessions will be longer at Bega with the first starting at 10am finishing at 1pm and the second at 2:30pm to 5:30pm.

The Bega performances will feature, drumming performances by Djembe Forte, a pop up art exhibition, kids creative workshops and a kid's wellbeing exposition.

Tickets for the Narooma and Bega performances can be found at gingerthefrog.com.

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 Ginger the frog and her mother in 'My Superpower' play. Played by Charlotte Ahrens and Aurora Kurth. Photo supplied.

A new musical 'My Super Power' brought to life by talented artists within the Bega Valley is set to perform at Bega Civic Centre this weekend.

My Super Power, is a fast paced comic kids musical theatre production that features four performers, puppets, animations and live songs.

The play tells the story of a young frog called Ginger played by Bega Valley actress Charlotte Ahrens.

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The theatre show My Super Power was written by Sarah Campbell Lambert and Dave Houston from Full-On Theatre.

There will be two performance times to choose from one starting at 10am and finishing at 1pm and the second at 2:30pm to 5:30pm.

The Bega performances will feature, drumming performances by Djembe Forte, a pop up art exhibition, kids creative workshops and a kid's wellbeing exposition.

The show was created as an uplifting creative response to the 2019 bushfires and COVID-19 addressed towards bushfire-affected communities on the Far South Coast of NSW.

The play touches on the aches and pains of old age, the struggles of parenting, the fear of 'the other' and the trust that recovery is possible.

Tickets for the Bega performances can be found at www.gingerthefrog.com/show/

Cobargo theatre production teaches children emotional resilience



Amandine Ahrens

Local News

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IMPORTANT LESSONS: Wellness play 'My Super Power' being performed in Cobargo included Charlotte Ahrens, Dave Houston, Aurora Kurth and Sarah Lambert. Photo Tony Harrington

Recent theatre performances at Wallaga Lake, Cobargo and Bega are just the tip of the iceberg in a new wellness initiative.

The play 'My Super Power' was created by Cobargo woman Sarah Campbell Lambert for kids recovering from the Black Summer fires and the ongoing COVID crisis.

Through a series of songs and stories, the audience followed Ginger the Frog on her many adventures and lessons on overcoming her fears of braving the world outside her home.

Various messages on how to manage your emotions were woven throughout the play. These included how to deal with anger and grief, telling the truth or making it right after you've lied, dealing with grumpy people, not judging, and learning that home is where the heart is.

The play was created as an introduction to an emotional wellness program aimed at teaching children and parents how the mind works and ways to take charge of your emotions.

Ms Lambert said she will use the rest of the year to finish developing an online program that she has spent six years researching and which incorporates her own direct experience of the fires coming through Cobargo.

The program will be available to schools in 2022 and will include eight stories about Ginger that are laced with wellness techniques, and an [album of wellness songs](#) which includes guided visualisations.



Ginger the Frog (Charlotte Ahrens) and her mum (Aurora Kurth) peek through the bushes. Photo Tony Harrington

The first live performance was held at Wallaga Lake for children from the Little Yuin preschool and members of the local Indigenous community on July 9.

"The first show all the kids jammed their faces all along the stage, they were all just looking up at the actors, grinning from ear to ear," Ms Lambert said.

Lead actress Charlotte Ahrens, who played the role of Ginger, said performing for the local Indigenous community was the highlight of the local tour.

One of the scenes of the play that particularly struck a chord with children at Wallaga Lake was the scene where Great Aunty Fifi taught Ginger to put her anger into a balloon and send it away.

Ms Ahrens said they noticed this when actress Aurora Kurth panicked over trying to find a precious belonging that had been misplaced, and one of the children came up to her to help.

"One of the kids, Waruu Penrith came up to her, put his hand on her back and said 'just breathe, do you need to breathe into a red balloon?'," director of the play Dave Houston said.


Ms Ahrens said she noticed it had an immediate calming effect on Ms Kurth and that it was one of the first signs that made them realise the kids were taking it all in.

Talents from all walks of life contribute to Cobargo wellness play 'My Super Power'

 **Amandine Ahrens**

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 A behind the scenes shot of the crew working in the 'My Super Power' production. Photo supplied.

Behind every theatre production lies a team of talented and dedicated workers. Recent Cobargo wellness play, 'My Super Power' is such an example.

Written and created by Cobargo woman Sarah Campbell Lambert, 'My Super Power' passes on wellness messages through songs and stories.

The play follows the story of Ginger the Frog and her many adventures and lessons on overcoming her fears.

The production process brought a range of experienced and new talents together, who all contributed their bit towards the production and developing process.

Individuals travelled for the production from places as far as Byron Bay and Melbourne, and many spent weeks if not years working towards the creation of Ginger.

Actress Aurora Kurth said since the main aim of the show was to introduce kids to the wellness principles and get them engaged with Ginger the Frog, finding the right person was key.

"Charlotte [Ahrens] really embodied the innocence of Ginger throughout the performance, the actor needed to appeal to people's hearts," Ms Kurth said.

When the Bega Valley-based actress was asked how she felt about the recent opportunity to perform alongside experienced actors, Ms Ahrens said she felt fortunate.



 A behind the scenes shot of Wellness play 'My Super Power' actors: Charlotte Ahrens, Dave Houston, Aurora Kurth and Sarah Lambert. Photo: Tony Harrington

"It was a chance of a lifetime to perform for my community and it was a great opportunity to connect with the children of this area," Ms Ahrens added.

In the lead up to performances, Ms Kurth mentored the local young actress, falling back on her experience of working in the performing arts for over two decades.

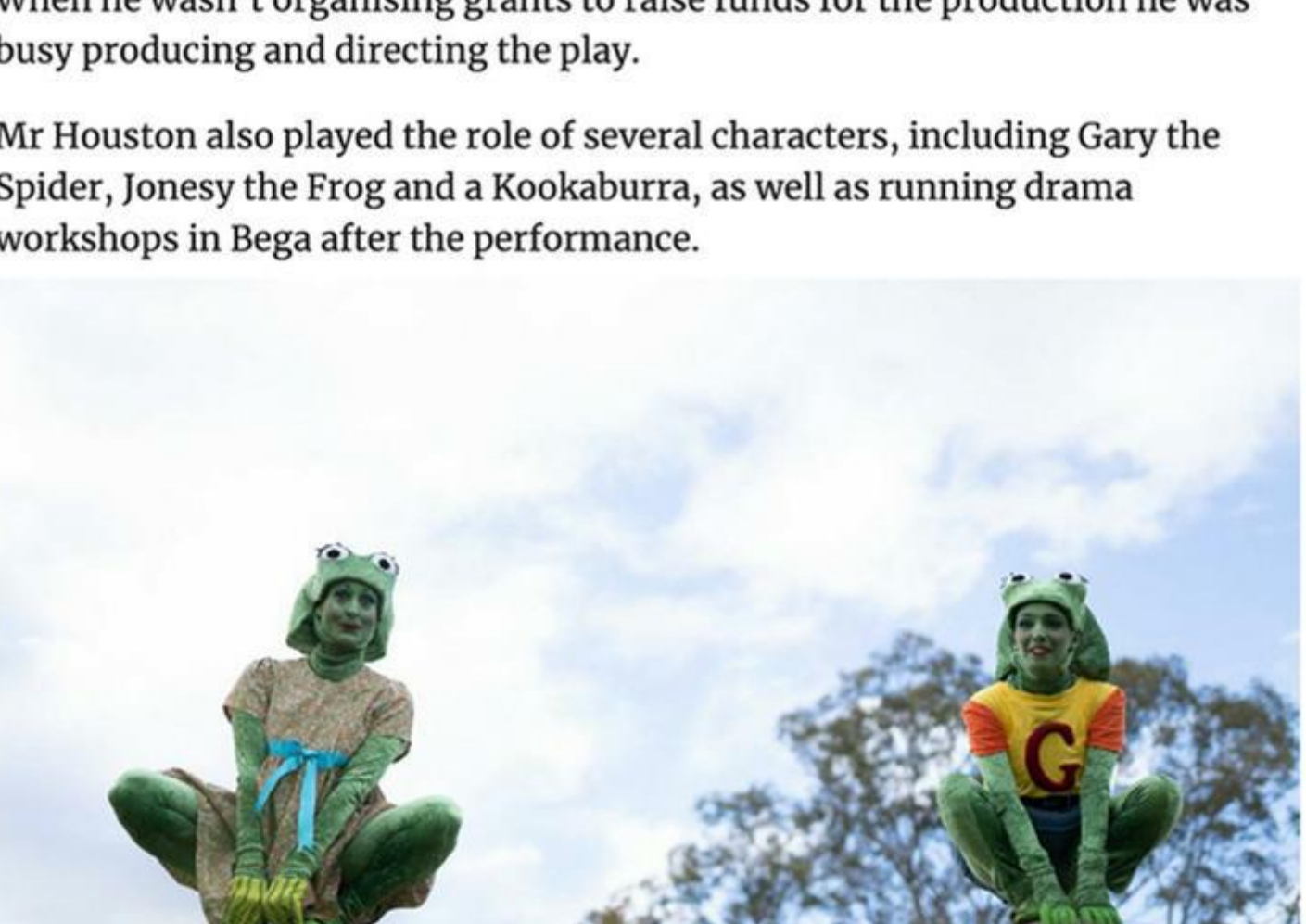
Within the play Ms Kurth jumped from one costume to another, playing the role of multiple characters.

What impressed audiences most however, was her otherworldly voice while singing, which left people transfixed and wide eyes in the crowd.

Director and co-writer of the play Dave Houston was somewhat of a jack of all trades in the production process.

When he wasn't organising grants to raise funds for the production he was busy producing and directing the play.

Mr Houston also played the role of several characters, including Gary the Spider, Jonesy the Frog and a Kookaburra, as well as running drama workshops in Bega after the performance.



 Actresses Aurora Kerth and Charlotte Ahrens, sit perched as frogs in their characters. Photo: Tony Harrington

Visual effects artist of over 30 years, Richard Lambert brought the artwork on screen behind performers in the production to life with lighting and animation.

"Richard Lambert did all the animations, they were just beautiful," Mr Houston said.

"There wouldn't be a foundation, website or structure for Ginger without all the work Richard has put towards the production," Ms Lambert said.

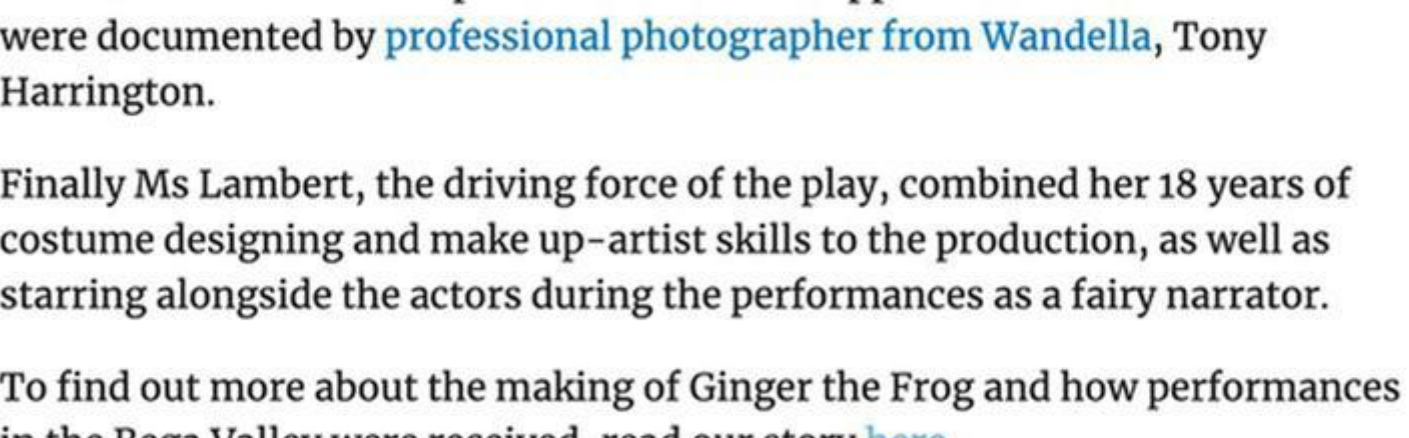
All of the music production, guided visualisations, sounds and music used in Ginger the Frog was produced by [composer Samwise Seidel](#).


"He was very influential, every sound was created and played by Sam, we worked together for a year, there would be no show without his help," Ms Lambert said.

Photos and videos of the performances and snippets from behind the scenes were documented by [professional photographer from Wandella](#), Tony Harrington.

Finally Ms Lambert, the driving force of the play, combined her 18 years of costume designing and make up-artist skills to the production, as well as starring alongside the actors during the performances as a fairy narrator.

To find out more about the making of Ginger the Frog and how performances in the Bega Valley were received, read our story [here](#).



 Ginger the frog entertains children of the Bega Valley. In photo: Charlotte Ahrens and Aurora Kurth. Photo: Tony Harrington