

THE

ISSUE FOUR WINTER 2014



GLENS

OF ANTRIM

THE NEWSLETTER FOR THE HEART OF THE GLENS LANDSCAPE PARTNERSHIP SCHEME

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Welcome to the fourth issue



Winter is well and truly in full swing and the dark evenings have drawn in! We've been busy over the Autumn months making great progress with our projects as well as coming up with new ideas. These included hosting exciting archaeological and storytelling events and looking at innovative ways to enhance the already existing projects, which all aim to make a positive difference in The Glens.

Part of the purpose of the Landscape Partnership Scheme (LPS) is to reconnect local people with their landscape and we hope to do this by creating positive relationships with all communities throughout The Glens. One of our projects is presently focussing on the farming community, who in many ways are the architects of the landscape we see today. However, our focus is not only on the farming community. We are keen to work with all communities in The Glens so please let us know if you are interested in working with us in this exciting programme!

We've recently welcomed Brian Gaynor on board as part of the Heart of the Glens team. He will be taking on the role of Landscape Projects Officer. Brian is a Landscape Architect from Laois who is currently finishing a Masters Degree in World Heritage Management. He has a keen interest in exploring the outdoors and is looking forward to getting involved with the local communities and helping to protect and promote The Glens of Antrim.

In this issue we'll fill you in on our projects so far and what we have planned in the coming year. We also have a great feature on Cairns Community Group who we are working closely with on one of our projects, as well as a short piece on the mythology of The Glens.

Winter Recipe



A FAVOURITE DISH THROUGHOUT THE GLENS OF ANTRIM FOR THOSE LONG COLD WINTER EVENINGS – IRISH STEW (NATURALLYNORTHCOAST.COM)

- 2 pounds lamb or beef cubed
- 2 potatoes, cubed
- 2 carrots chopped
- 1 ounce (25g) butter
- 1 large onion, coarsely chopped
- 1 tablespoon plain flour (optional)
- ½ tablespoon sugar
- 2 tablespoons tomato purée
- 275 ml (½ pint) beef stock
- 1 bouquet garni (sprig of parsley, spring of thyme, 1 bay leaf tied up in muslin)
- 1 bottle Guinness or large glass of red wine
- Tabasco sauce
- Salt and freshly ground black pepper

SERVES 4 PEOPLE
PREPARATION TIME: 15 MINS
COOKING TIME: 1 HOUR 45 MINS

METHOD

1. Melt the butter in a large pan and fry the meat until brown on all sides. Remove the meat from the pan, add the onion and carrots and cook until slightly softened.
2. Return the meat to the pan, add flour and stir in the stock, tomato puree and sugar. Bring to boil and then reduce the heat to a simmer. Add potatoes, the Guinness stout, bouquet garni, and salt and pepper to taste.
3. Cook over a low heat for about 1 to 1½ hours or until the meat is tender. While the stew is simmering, add 4 or 5 drops of tabasco to taste.

Project Updates

LAURA

FARMING THE GLENS

One of my first projects has focused on developing a series of farmer information evenings that offer advice and training to farmers and landowners within The Glens of Antrim. I have been working with the College of Agriculture, Food and Rural Enterprise, DARD and CCGHT in order to make these events a success.

The aim is to help with issues that many farmers face in today's society. Some of these issues include bracken and rush control, farm nutrient management, farm waste management and best stock for uplands. This is just the beginning as we hope you, the local farmers, can suggest issues (big or small) that you think need to be addressed.

This series of talks kicked off with an introductory Farmer Information Evening, which was held in The Marine Hotel in Ballycastle on Wednesday 22nd October. This was well attended and the event enabled farmers to find out about free training opportunities and funding support as well as crime prevention. The main aim of this event was to give the farming community a voice and find out how we could help them, and we certainly got some food for thought!

Is there a particular skill you are interested in learning? Or are you unsure about the many changes with rules and regulations for Single Farm Payment and CMS? We would like to help. Our main aim is to provide any extra information farmers might need to enable future generations to stay on the land and provide a legacy that will make the most out of managing the landscape in a sustainable manner. One project already suggested will look at the management of trees and hedgerows for fuel and other resources. Many of the farmhouses in mainland Europe are being fuelled by home grown timber, saving thousands of pounds per farm per year. The increases in heating oil and coal prices has, for some, focussed their minds on the savings that can be made from alternative fuels, some as basic as their own on-farm timber. Trees can also provide essential shelter for their animals and extend the grass growing season, especially on windier sites.



Community Archaeology

As part of our Community Archaeology project we organised a few interesting talks on the archaeology of The Glens of Antrim. These talks were delivered by Dr Cormac McSparron from Queens University Centre for Archaeological Field studies who has a great passion for the archaeology of Ireland. The first of these talks - 'A brief pre-history of The Glens of Antrim' was held in Glenlough Community Centre, Carnlough on Wednesday 17th September. I could listen to him for hours, his talk was so captivating. Cormac explained how the landscape we see today was shaped by the many different settlers who came to the area. Each new settler managed the land in a different way depending on what resources was available to them at the time. For example the first settlers in The Glens had an abundance of trees at their disposal which they used to build houses and as a source of heating. As the years went on there weren't as many trees left so the next settlers used stones to build their houses and this resulted in the creation of many important historical stone



features which we still see in the landscape today. A good time was had by all we hope to revisit the archaeology of The Glens with more of these talks and discover how we got from ancient stone dwellings to the modern dwellings we see on the landscape today.

We are also making progress with our 'Teach the Teacher' training days and have had several meetings with Queens CAF to discuss how we can make this progress. A number of school visits, training opportunities and excavations will be organised in the new year.

If you have any ideas or suggestions on potential sites for excavations please get in touch with us!

BRIAN

Project Updates



It's hard to believe that it is two months already since I started work with the Heart of the Glens LPS. I can honestly say as somebody who is new to the area that the Glens of Antrim really are one of Ireland's most spectacular and unsung destinations! The weather has been great as well so I really have been spoilt since I started.

My predecessor, Eamon, has developed a number of exciting projects, which I have been busy getting stuck into. These have brought me to each of The Glens to meet with a number of different community groups, sporting organisations, councils, environmental organisations, landowners and many others. So it's been all go but that's the best way to have it. As a result we have a number of exciting projects that are well under way.

GLENS GREAT GRASSLANDS

One of these is the Glens Great Grasslands project that will help restore traditional grass meadows throughout the Glens, which have suffered a large decline since the Second World War (over 90% in many places). We have focussed on restoring meadows on green spaces that are accessible to the public so that everybody can enjoy them. These are much better places (habitats) for our native wildlife than the typical mown grass areas so common across the country. They support all sorts of wildflowers, birds and insects, especially our endangered pollinators (bumblebees, butterflies and other insects). And in my opinion, because they change with the seasons and have lots of different flowers on show in the spring and summer, they are much more visually attractive and interesting.

A number of community groups, councils and sporting organisations have already come on board in support of this project. For example, Ballycastle Golf Club has recently had their areas of rough cut and the grass removed to start the process of restoring these meadows. They have also sown wildflower seeds and carried out a voluntary plug planting event to help speed up the process. So this alongside our other grassland sites (15 in total so far) should help add a big splash of colour to the Glens over the coming years.

We are also very busy preparing for all our woodland and hedgerow planting projects over the coming months. Just like the Glens Great Grassland project, these are carried out with in partnership with numerous other local and national organisations. Woodlands once covered the whole of the countryside but over many thousands of years were largely cut down. These habitats provide us with many benefits such as shelter, wildlife, recreation, fuel, water retention, etc. so it is important we protect and enhance them where we can.

CREGAGH WOOD, CUSHENDUN

The proposed trail through Cregagh Wood has advanced nicely as well. A tree survey of the route and the perimeter has been done to advise us on any necessary works that need to be carried out to make it safe. Thankfully the wood is in great health and there is only a minimal amount of work needed. This promises to be a great addition to the existing walks in Glendun.



We have lots of other projects underway (too many to mention here), so be sure to keep an eye on our new website and follow us on Facebook and other usual outlets!!



New traditional leaflet to showcase Traditional Music, Dance and "The Craic!"

Traditional Music Dance in The Glens of Antrim was something that we discussed in the Last Newsletter. Jason Powell from Causeway Coast and Glens Tourism mentioned that there was a significant demand from visitors to experience traditional music sessions. Well, The Glens is full of music, so we decided that we would sit down with the 'local musical masters' Kieran Dempsey and Catherine Uí Sheanáin and pick their brains about where to find the music. The knowledge of local music poured out of them and within a short period of time we have found out a few things (1) The Glens has loads of traditional music, maybe no big secret to the locals but definitely news to many visitors! (2) There are lots of places where you can hear a session, sing a song, try a few steps on the floor or tell a yarn or two! (3) The

southern Glens of Glenarm, Glencloy don't have the same amount of traditional music as the other Glens, something that Kieran and Catherine would like to see put right. Is this the beginning of another LPS Project?



TRADITIONAL MUSIC AND 'THE CRAIC' IN BALLYCASTLE

SUNDAYS (during the Summer)	MARINE HOTEL BAR 7.00pm until 9.00pm
WEDNESDAYS	THE HARBOUR BAR from 9.30pm until late
THURSDAYS	O' CONNORS BAR from 9.30pm until late
FRIDAYS	THE HOUSE OF McDONNELL from 10.00pm until late (known by the locals as 'Wee Toms')
SECOND SATURDAY in every month	THE HOUSE OF McDONNELL Open Session, 9.00 until late They come in from far and wide to this one!

TRADITIONAL MUSIC AND 'THE CRAIC' IN CUSHENDALL

SUNDAYS (October to May)	THE OLD SCHOOL HOUSE from 6.00pm until 7.30pm 'have a go session' for people of all ages who are learning
SUNDAYS (October to May)	JOHNNY JOE'S from 7.30pm until 9.00pm (known locally as House of McCollum)
FRIDAYS	JOHNNY JOE'S from 9.00pm until late (known locally as House of McCollum)
LAST SATURDAY in every month (Oct to Easter)	THE BOAT CLUB from 8.00pm to 11.00pm 'Music and song around the fire' Plenty of singing at this one! Admission £2.00
SATURDAYS	BALLYEAMON BARN from 8.30pm until late Usually you will get an 'aul yarn' (story) or two thrown in too and mair nor walcom (your more than welcome) to tell your own tall tale.

What about a Traditional Dance?

SET DANCING IN BALLYCASTLE

THURSDAY NIGHTS	BALLYCASTLE PRESBYTERIAN CHURCH HALL from 7.30pm to 9.00pm (Minor Hall)
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SET DANCING IN CUSHENDALL

TUESDAY (September to May)	NIGHTS THE GLENS HOTEL from 7.30pm to 9.30pm
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WARNING!

This wee list is only the tip of the iceberg as it is likely that music could break out anywhere at any time, in any village, pub, hall, corner or kitchen, so keep your eyes and, more importantly your ears open!

GREAT NIGHTS TO BE REMEMBERED WITH THE CRAIC AGUS CEOL!

If you are visiting The Glens of Antrim and want some friendly guidance as to where to find the magical sounds, two local musicians have kindly volunteered to help. Their phone numbers are below...

MICHEÁL
(BALLYCASTLE AND NORTHERN GLENS OF ANTRIM)
+44 7871 744 110

KIERAN
(CUSHENDALL AND SOUTHERN GLENS OF ANTRIM)
+44 28 2177 1690

**BEIDH FÁILTE MHÓR ROMHAT -
YOU WILL BE WARMLY WELCOMED**

Meeting with Ulster Scots Agency

We had a great chat recently with Gary Blair from The Ulster Scots Agency about things that we could work on together in The Glens. As Gary pointed out most of The Glens of Antrim, with the exception of parts of Glenarm are not natural Scots Country, but there are definitely influences on how people speak.

Of course the Glens relationship with Scotland is a strong one, going back into pre-history. From mankind's first

journeys into the Glens, through to the Gaelic Kingdom an Dál Riata strong Clann, cultural and linguistic links existing between both sides of the Sea of Moyle. Clann Dómhnaill, the ancestors of the present day Earls of Antrim, and, probably every other Mac Donnell, Mc Connell and Mc Allister in the area, are perhaps the original Scots Irish. The Mac Donnell Gaelic Chieftains ancestry can be traced back to Somhairle Mór na hAlba also called 'Somerled The Great of Scotland' as

well as the Maguire's of Fermanagh.

With the plantation, a new wave of people came from Scotland, sturdy folk with a broad Scots speech. Their impact was greatest in Glenarm and on the edges of the Glens, in places like Armoy. As The Glens gradually moved from Gaelic to English speaking, the influence of Broad Scots as well as native Gaelic had, and has, a strong influence on the everyday speech of the people.

Cairns Residents Group

Cairns Residents Group are one of many community groups that we are working with on our biodiversity enhancement projects. This community group is committed to improving their area of landscape and to help make life easier for the residents of Cairns and the wider Glens. One of their larger projects is their Allotments which many of the residents use to grow their own vegetables. This has been a highly beneficial project which has given residents a more healthy and economical way of life through growing their own fresh produce, getting fresh air and exercise. Through the project the group developed an interest in improving their area further and learned that encouraging wildlife such as bees and other insects to the vicinity would help the growth of vegetables around their allotments. To do this they discovered that growing wildflowers and hedging would help attract the wildlife also having a positive impact on this area.

The Group have run many successful events in recent times, including their Halloween House of Horrors which they have organised for the past 2 years. This year's Haunted House was an even greater success than last year with many people turning up for a scare and a bite to eat! Other events include squirrel box building and hedge laying, car boot sales, table quizzes. Their Open Day showcased their allotments and brought interest from other groups from other areas. They have also just



completed phase two of their allotment project with the procurement of two new poly-tunnels, kids allotments, a community shelter and fencing. They are also currently working on an art project for the area.

The Heart of The Glens LPS will be partnering with the Cairns community and The Woodland Trust in order to make this exciting new project a success! Our proposals for this community group include the creation of different habitats such as woodland, wildflower rich meadows and an orchard. This project will benefit the community and the wider landscape by increasing habitats for biodiversity particularly pollinators, thus increasing the variety of edible plants and reducing resources spent on maintenance.

Anagrams in The Glens

PLACES AND FEATURES IN THE GLENS

LMAGENR TEESAT _____
GHARTVEI RIYAF LIHL _____
NIOSIS VERGA _____
TCAELS ARCAR _____
HUCNSNDEU VSEAC _____
NRCAYN LAFSL _____
IARF AEHD _____
URHGOMUL ABY _____

LDUIWFE TSNEO _____
EAVRLSRONIE _____
DRE YBA TECALS _____
YALD RHCHCU _____
LOYGLAB _____
RAGNOR TEALUAP _____
MELONGAN SHOEU _____
GRAMYONBA RAFYRI _____



Mythology of The Glens

OISÍN'S GRAVE

Oisín the Bard, son of Fionn Mac Cumhaill was a poet and a warrior with the legendary Fianna. He had left on a white horse to marry the beautiful Niamh and live forever in the magical land of Tír Na nÓg (which was known as the land of eternal youth, where no-one ever grew old!



Oisín was warned to never return to his homeland, but after a year he felt lonely for his friends in the Fianna, for the company of his father Fionn and beautiful Glennaan. Niamh granted his wish but implored him to remain on the white horse and not set foot on the soil of Ireland.

On his return home Oisín soon realised that a year in Tír na nÓg had been many centuries in Ireland. The time of the Fianna had passed, his father and friends were but a memory in the legends of the people. Men had become smaller and weaker, the Ireland of the Gaelic heroes had slipped away.

In the distance Oisín noticed a few men struggling with a huge boulder. Even though in great sorrow at the passing of the Fianna, he took pity on the now weak men of Ireland, and galloped up to them reached from his horse and, with one hand, hurled the rock to one side. Just then the strap on his saddle broke and Oisín fell to the ground. Suddenly the years of this world came upon Oisín and he was transformed into an ancient man of many hundreds of years. There in the arms of these local men Oisín passed to the other world, where his father Fionn and the Fianna awaited him. Legend tells us that it was on the side of Glennaan that Oisín was buried in a grave marked for a great Gaelic hero.

A megalithic burial cairn remains in the townland of Lubitavish today which is said to be the burial place of Oisín himself. This burial cairn can be found half a mile up the Glen of Glennaan. You will also find a stone cairn in memorial of the famous poet John Hewitt, who published many poems of The Glens of Antrim and made Glennaan his 'chosen place'.

CAPTURE THE GLENS

Are you a budding photographer or simply just enjoy being in the great outdoors? We are looking for that picture perfect image that represents The Glens of Antrim in all its' natural beauty. Be it of plants, animals or people, we would like to see the Glens at its best!

The winner of the competition will have their photo on the front cover of our next Newsletter. So get snapping!!

SEND YOUR PHOTOS TO LAURA@LPS.CCGHT.ORG



HISTORICAL FEATURES IN THE GLENS

BARBICAN GATE – GLENARM

This famous feature lies in the heart of Glenarm (a Conservation village) beyond an old stone bridge over the Glenarm River. It was built by Edmund McDonnell in 1825 when he was restoring the Castle. It is an enchanting 3 storey building with gothic windows, a stone turret staircase and a roof garden offering impressive views over the countryside.

This miniature medieval castle is the perfect romantic retreat in what is possibly the oldest village in The Glens!

Heritage skills

IF YOU HAVE A HERITAGE SKILL TO OFFER

WE WANT TO HEAR FROM YOU!

What are heritage skills? That is the key question. Put simply they are a range of skills that are used by people to improve their lives while working in a sustainable way. Heritage skills can include the obvious, dry stone wall building, hedge planting, hedge laying, etc. But there are many more, some old crafts and some not so old. Laura McAuley is about to develop a heritage skills database, this will form the basis of training courses we hope to offer in the very near future. We will be setting up a working group to help us in this important task.



FOR MORE INFORMATION CONTACT LAURA ON
LAURA@LPS.CCGHT.ORG OR 028 2075 2100

HERITAGE SKILLS TRAINING IS ON ITS WAY!

CHRISTMAS WISHES FROM THE HEART OF THE GLENS

All the staff here at Heart of The Glens Landscape Partnership scheme would like to take this opportunity to wish everyone in The Glens of Antrim and wider area a very Merry Christmas and a Happy New Year!!



Upcoming Events...

WE ARE CURRENTLY PUTTING TOGETHER OUR NEXT SERIES OF EVENTS WHICH ARE FREE AND OPEN TO EVERYONE! KEEP AN EYE ON OUR FACEBOOK AND TWITTER PAGES AND ALSO OUR NEW WEBSITE FOR FURTHER UPDATES AND UPCOMING EVENTS.

FACEBOOK  /HEARTOFTHEGLENS OR TWITTER  @HEARTOFTHEGLENS.

BIODIVERSITY

We will be working on our 'wild about nature and heritage events' in the Spring and will let you know when these are organised.

FARMER INFORMATION EVENINGS AND TRAINING EVENTS

Our first series of farmer talks has been a resounding success with increasing numbers of landowners turning out to our events! We are in the process of putting together our next series of farmer training and events for the Winter and Spring seasons. This series of talks will cover a wide range of topics which are designed to help farmers improve the sustainability and profitability of their businesses while also farming in a way that is better for the environment!

Special thanks to Graeme Campbell from CAFRE who has partnered us on this work!

ARCHAEOLOGY & HISTORY

Our first two archaeology talks were a great success so we will continue with these in the coming months. We hope to run the same talks again due to popular demand, as well as some new and exciting talks about the many battles in The Glens.

About the Heart of the Glens

THE HEART OF THE GLENS LANDSCAPE PARTNERSHIP SCHEME IS MADE UP OF 21 EXCITING DIFFERENT PROJECTS OVER FIVE YEARS AND COVERS A LARGE AREA FROM BALLYCASTLE TO GLENARM. THIS SCHEME IS FOCUSED ON AND FOR THE BENEFIT OF THE COMMUNITIES AND BEAUTIFUL LANDSCAPE OF THE GLENS.

- TO CONSERVE AND ENHANCE THE BUILT, NATURAL AND CULTURAL HERITAGE
- TO ENGAGE AND INSPIRE COMMUNITIES
- TO IMPROVE ACCESS AND LEARNING IN THE AREA
- TO OFFER HERITAGE SKILLS AND TRAINING

Our New Website

The Heart of The Glens LPS have developed a brand new website as a way of keeping the local communities in The Glens of Antrim informed of our project progress and upcoming events. We will be uploading photographs of the landscape and all our events so look out for a familiar face! We would also like to see some of your photos of The Glens

VISIT WWW.HEARTOFTHEGLENS.ORG

ANAGRAM ANSWERS

1. GLENARM ESTATE
2. TIVERAGH FAIRY HILL
3. OISINS GRAVE
4. CASTLE CARRA
5. CUSHENDUN CAVES
6. CRANNY FALLS
7. FAIR HEAD
8. MURLOUGH BAY
9. FULDIEW STONE
10. SLIEVENORRA
11. RED BAY CASTLE
12. LAYDE CHURCH
13. GALBOLY
14. GARRON PLATEAU
15. GLENMONA HOUSE
16. BONAMARGY FRIARY