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Welcome to the SIXTH issue

We have had a cold, wet and miserable Spring this year! However, with a little more heat, longer evenings, and the appearance of many more wildflowers we live with the ever-present hope that Summer will arrive.

Our projects are continuing to grow and flourish with a lot of them nearing completion. Cregagh Wood nature trail is almost finished, with just a few minor works to be carried out. So far Cregagh has been used for 2 major public events including the Dawn Chorus which saw 12 dedicated souls brave the wet and stormy weather to join us on our walk through this majestic woodland and hear the songs of our native birds. This was followed by the Spring Nature Walk from Cushendall to Cushendun as part of the Cushenden Big Arts Weekend, which saw participants learning about the wide variety of flora and fauna in the Glens and what plants they could eat.

With the tourist season upon us it is important to make sure The Glens of Antrim gets the recognition it deserves.

The Glens of Antrim are well renowned for their outstanding natural beauty but what many may not be aware of is the many festivals and events that occur throughout the year. On this note we plan to create a festivals and events brochure highlighting all the festivals and goings on that are held here. This booklet aims to provide both visitors and locals with the inside knowledge of all the happenings within The Glens. A vast array of entertainment and traditions that make this area a unique destination for all to discover!

One of our very popular projects over the past few months has been the creation of orchards in The Glens. On Saturday 28th March we held an Orchard Workshop delivered by Dr Seán Mac An tSaoir from AFBI (Agri-Food and Biosciences Institute) in The Old School House in Cushendall. This event was well attended with many from Cairns Residents Group, Corrymeela Community and other local groups and individuals coming along to learn how to plant and maintain their own apple trees. Cairns Residents Group and The Corrymeela Community have now created their own orchards with assistance from the LPS. This was a great opportunity for everyone to get some practical hands on experience in planting the apple trees. A number of locals who attended the training day were also provided with their very own apple trees.

In this edition we have a feature on Ballycastle Town Market who we are working closely with on a major project which is designed to support artisans throughout The Glens of Antrim and beyond. We also have updates on our existing projects such as grassland training events and introducing some of our new projects such as the OPAL project with local primary schools. And as always we have our features on the mythology and history of the wonderous Glens.

Traditional Recipe

Glens Potato Bread
By Memie McKeeegan

- 1 lb of mashed potatoes
- ½ teaspoon salt
- 1 cup of flour (soda bread flour is fine) to bind together

Method

1. Mix in flour to potatoes and salt
2. Roll out on a floured board keeping it not too thin
3. Cut into square or little farls
4. Put onto a floured hot pan or griddle until it’s cooked on both sides
We have been working closely with Archaeologist Thomas McErlean from the University of Ulster to develop a range of walks and talks around The Glens and have already begun to develop some of these events. Our Archaeology talks kicked off with the Archaeology of the Ballycastle Collieries at Hunters Bar, Ballyvoy on Monday 30th March. This talk was very well attended with not only interested members of the public but also local miners who worked in the Collieries themselves. Who knew we had such a vast array of industrial heritage right on our own doorstep?! We will certainly be organising a trip along this fantastic piece of coastline to see the remains of this once highly productive and successful industry.

This talk was followed by Early Medieval Sites on the North Coast on Tuesday 21st April in The Old School House in Cushendall. This interesting talk highlighted the many ring forts, castles and royal sites along our coastline and brought to life the history of the Ulstermen in the epic legendary tale of ‘The Tain’.

A further Archaeological walk and talk up Knocklayde Mountain will took place on Saturday 13th June at 11am. This guided walk covered aspects such as the prehistoric burial cairns, myths and legends, the boolies (summer milking places), blanket peat and many other topics. Continuing along this theme we hope to organise a walk and talk from Murlough Bay to Marconis Cottage in Ballycastle before the summer ends. Spaces will be limited on these events so booking is essential. To register for these events please contact Laura on 028 2075 2100 or email laura@lps.ccght.org.

Did you know that The Glens of Antrim is a festivals and events hotspot? With the Heart of The Glens Festival in Cushendall, Carnlough Carnival and Cushendun Big Arts Weekend to name a few, to the more widely known festivals such as the Lammas Fair, Dalriada Festival and Highland Games at Glenarm Castle. What we would like to do is bring all of these festivals and events together so that not only visitors to the area know about them but so that people in the next Glen know about them too!

There is a Vintage Festival in Carnlough, Cushendun has an Arts festival, Ballycastle has the Rathlin Sound Maritime Festival, Glenravel has a Community Festival, The Antrim Fleadh, Glenarm Tulip Festival and a plethora of other brilliant events. One festival that particularly caught our attention was the Feis na nGleann which is one of the oldest of its kind in Ireland, and to this day it is still held in The Glens. All this is happening in our area, but how do we find out about it?

In the ‘Sense of The Glens’ symposium held in the Marine Hotel last year, one of the agreed outcomes was to produce a brochure, highlighting the Glens of Antrim Festivals and Events. The Glens of Antrim is a recognised brand, and now we, the community, need to make sure our brand gets out there, far and wide, at home and overseas. Already, the Glens Traditional Music Leaflet we produced is being marketed across the world by Tourism NI and Tourism Ireland. This simple leaflet advises travellers where they can hear the legendary music of the area. This in turn, helps to encourage people to pause a while in The Glens, to soak in its walks, history and have the ‘craic’ with local folk. When people stay, they spend and that spend helps maintain the very community they are enjoying. That is what we call sustainable tourism! People have long come to ‘bathe’ themselves in the landscape, culture and traditions of The Glens of Antrim. Our challenge is to make it easier for them.

A Glens of Antrim Festivals and Events brochure will, for the first time, put all the regular events, feiseanna and festivals down in one place. This in turn will allow local people and tourists to connect in a more meaningful way with this place, enhancing their experience of the area, encouraging them to stay longer and eat in our restaurants. Work on this project has already begun!
Artisans of The Glens

The LPS have been busy organising a range of different events to showcase The Glens of Antrim in all its beauty and spirit! We have partnered with a range of different community groups such as Cushendun Big Arts Weekend and Ballycastle Town Market, Heart of The Glens Festival Community in order to ensure that we link with local community.

In order to showcase the Heritage Skills of the people of The Glens of Antrim we have begun to organise a range of traditional artisan workshops and events. The first of these was a Traditional Baking Workshop with Memie McKeegan from Cushendun on Saturday 18th April in St Marys Parish Hall in Cushendall. Memie gave a demonstration on how to bake wheaten, soda bread, potato bread and pancakes the traditional Glens way.

Ballycastle Town Market

We have partnered with the very successful Ballycastle Town Market on some Artisan Workshops. So far these workshops have included a Chocolate Making Workshop in April, Needle Felting Workshop in May and a Photography Weekend Workshop in June.

The Ballycastle Town Market offers a stage for exceptional local produce and handcrafted items, with a great selection of produce, variety of knowledgeable, friendly artisan traders. You'll be amazed at the quality of the local produce and handcrafted goods you'll find for sale at the market. It also offers membership status to artists, crafts and local producers that create their produce within 30 miles of Ballycastle, and casual traders status to those outside the 30 mile radius. The market is a wonderful option for local artists, crafters and producers to help them become self-sufficient, develop their business and earn an income while doing so. This is especially valuable for new producers and crafters, and small scale businesses who are unable to produce the quantity required by larger outlets or are starting out and not in a position to supply larger outlets or open up shop. The introduction of market trader workshops are an exciting addition to our programme for 2015. They are short practical workshops designed to help market traders identify and develop the skills they need to run their artisan produce/craft/art business, and give them a competitive edge over other traders. The Market also hosts a range of Weekend Craft and Heritage workshops focusing on a wide range of skills taught by highly respected crafts people.

Can you identify the following types of flora in The Glens?

Answers are on the back page.
**Interview with Shauna McFaul from Ballycastle Town Market**

**Tell us a bit about yourself, your interests?**

I have always been naturally interested and skilled in art, crafts and photography and I moved on from that role to open my own business which would allow me to use both my food technology skills and artistic skills. I started my own cake business and have developed my skills to allow me to create cakes that are both enjoyable and have a strong artistic influence, using different mediums to create edible artistic pieces. In 2013 I took on the volunteer role of managing the Ballycastle Town Market. This was an extremely rewarding role and also very inspiring. With my strong art/craft/food/farming background I found working with the market allowed me to work with and meet so many talented people and I was able to relate to a majority of their interests, understood their needs from the market, and could identify how the market could improve to allow it to cater for all their needs.

**Tell us a bit about what you do at Ballycastle Town Market. What does your typical day involve?**

It’s difficult to describe a typical day, there isn’t one really. At the minute for example I’m working on the information for 7 markets in the next two months, as well as summarising the info for the two markets last month. I also spend time managing and planning the upcoming workshops for visitors and traders. The recent successful funding from The Coastal Communities Fund comes with a great deal of admin and monitoring work. There is a great deal of advertising work completed on an ongoing basis, and I’m currently working on developing the ‘Naturally North Coast and Glens’ brand. Building good working relationships with our traders, both members and non-members is an important ongoing process.

**What do you enjoy most about your job?**

The market days are the most rewarding days. On the actual day it involves managing the traders as they arrive and watching how all the ground work carried out previously comes together to create a successful event for the traders and local businesses, as well as an enjoyable experience for the local community and visitors. To read the feedback from the community, visitors and traders after both the markets and visitor workshops is motivating, it’s encouraging to see how beneficial the traders find it to their businesses, and how the visitors enjoy the market experience, even the constructive comments are welcome and provide useful information for possible future developments based on the needs of everyone involved.

**Why is Ballycastle Town Market important for the local Glens community?**

The Markets encourage tourists to spend time and increase spend in the area, and has been supported by local businesses in the area. Providing events to “hold” visitors in the area has and will continue to safe-guard jobs under threat and will lead to direct and indirect employment. It provides tourists with a unique visitor experience and increases spend in the area and encourages regeneration. At local and regional level Invest NI will give advice to businesses, but there is a gap, as yet unfilled, by these organisations in this immediate area. That gap is to enable fledgling businesses a retail “shop-window” to sell their products. This is where our organisation works on the ground in the pop-up Marquees to help craftspeople and producers develop sales and marketing direct to the customer, thereby learning from their mistakes and building on what works to establish successful sustainable businesses in the area and increasing employment. The market is also a very useful tool for encouraging social interaction particularly between rural and urban communities.

**Tell us a bit about your partnership with the Heart of the Glens Landscape Partnership Scheme?**

The Heart of the Glens Landscape Partnership Scheme is very supportive of local artisans, festivals and local craft and heritage and we both have similar aims, especially considering the impact we have, not only locally, but also in attracting tourists and visitors. The Ballycastle Town Market is keen to link with the community though a range of shared projects, activities and events that will enhance understanding the unique heritage of The Glens and ensure that local heritage skills and training opportunities are available for all.

**What are your dreams and aspirations for Ballycastle Town Market? Can you see it expanding to other areas in the Glens?**

I hope to see the Market grow and become a recognised option for local artists, crafters and producers to help them become self-sufficient, develop their business and earn an income while doing so. The market can encourage the unemployed and under employed to develop new skills, self-confidence and income generating possibilities. I hope that it continues to provide a secure and regular market outlet. This is especially valuable for new producers and crafters, and small scale businesses who are unable to produce the quantity required by larger outlets or are starting out and not in a position to supply larger outlets or open up shop. The market group already serves the Glens community. Our Membership criteria extends to 30 miles around Ballycastle. It’s not just a market for traders from Ballycastle, but for everyone that fits the trading criteria. The Fairhead icon in our logo and the new Naturally North Coast and Glens brand which is currently under development is quite iconic, it’s a landmark that we overlook for a large number of our markets but it also marks the centre of the 30 mile radius. I hope with the introduction of the Naturally North Coast and Glens brand that the local community will feel that it’s a service that’s there for them to use and benefit from.
Glens Great Grasslands

With the recent decline in our pollinator species and the habitats they rely on it is important we do our bit to help them out. This coupled with cuts in public spending means it is becoming more and more important to re-think the way we manage our public green spaces. Re-creating traditional meadows on green spaces that are not used for sporting or recreational purposes is a great solution. They provide colour and texture throughout the year, are brilliant for kids and adults to run or walk in (particularly when paths are mown through them), are great for our wildlife and can help cut the costs associated with constant mowing. They also tie in perfectly with the surrounding landscape offering another string in the tourism package.

The Paddock, Waterfoot

This site, which was an area of rank grass, will now be restored to a traditional hay meadow thanks to the recently completed landscape works carried out in partnership with the Causeway Coast and Glens Borough Council. New fencing will allow the area to be grazed by cattle in the autumn and then be removed over the spring and summer months creating ideal conditions for different species of wildflowers to thrive over the coming years. Access has also been improved through the site thanks to the new boardwalk and gates installed.

Other Meadows Flowering this Summer in the Glens

Check out some of our other Glens Great Grassland sites:

Training Presentations in the Glens

We recently held two training talks on the management of wildflower meadows with various organisations in the Glens. The first was a full day training course with Mid and East Antrim Borough Council, including Neil Steward and his team as well as the Biodiversity Officer, Maurice Turley. We had an indoor presentation followed by site visits to 3 of their sites which they are happy to manage as part of our Glens Great Grassland Scheme; Glenarm (soccer pitch), Garron Point and the Hurry Path in Carnlough.

The second training event was held in Ballycastle Golf Club, where we had representatives from the Golf Club, Corrymeela Reconciliation Centre, Cairns Community Group and Waterfoot, all of whom are taking part in the scheme. We hope to carry out further talks with other interested parties in the future.

Wildflower Identification and Survey Training Course

We held a Wildflower ID and Survey Training Course from 10th - 12th June across a range of sites within The Glens Great Grasslands Scheme.

The course was a great success and was attended by 12 people keen to learn. This included staff from Mid and East Antrim Borough Council who are partnering us on The Glens Great Grasslands Project.

Glens Pollinator Recording Group

Over a wet and windy four days in Corrymeela Reconciliation Centre the ‘Glens Pollinator Group’ was formed on the back of our Pollinator Training Course. The course, which looked at all aspects of surveying and identifying Ireland’s native moths, butterflies and bumblebees, was given by Butterfly Conservation NI’s, Catherine Bertrand. Although the weather wasn’t ideal we still managed to see such vividly named species such as Hebrew Characters, Water Carpets, Early Thorns, Clouded Drabs, Green Veined Whites, Carder Bees, and much more.

This new group will help fill in the knowledge gaps that exist with regard to the numbers and range of pollinators that are found in the Glens. This can then be used by scientists, environmental organisations and decision makers to develop projects and policies to help conserve these wonderful creatures. The group is always happy to hear from new people (beginner or expert, makes no difference) who would like to participate. We’ll be organising more events and talks throughout the year for the group. Please contact Brian (brian@lps.ccgght.org) for more information.
**Teach the Teachers Biodiversity Programme for Glens Primary Schools**

The Heart of The Glens LPS in partnership and The Open Air Laboratories (OPAL) network are working together to offer training on biodiversity surveys and scientific methodology. We intend to offer ‘twilight training’ sessions in September 2015 with the aim of facilitating teaching staff to incorporate active science into the curriculum. The training will include:

- **Bug survey** - which invertebrates are brave enough to live near human habitats?
- **Tree health survey** - carry out a tree health check. Learn what tree disease looks like.
- **Biodiversity survey** - just who eats what in your local hedgerows?
- **Water survey** - learn what lives in the local pond or stream and what does that tell us about water quality.
- **Air survey** - how clean is your air? How to identify any bio-indicators such as lichens or tar spots.
- **Soil and earthworm survey** - all you need to know about soil property and worm identification.

Once the course is completed it is hoped that the pupils will be able to contribute to national survey data bases and that becomes integrated into key areas of learning within the curriculum of local schools.

For schools that complete the programme the Heart of The Glens will seek to support them in creating habitat learning zones within their school ground which can be used as part of an outside classroom. For further information contact laura@lps.ccght.org

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**Mythology of The Glens**

**Tiveragh Fairy Hill**

According to the local legend and folklore, Tiveragh Fairy Hill (a giant hill fortress) which overlooks the small village of Cushendall is the gateway to Tir na nOg. It is well known to be stronghold of the wee folk (faeries) and at night small torches of light can be seen from all around. It is believed that the wee folk live in this hill with access through a nearby cave but be warned not to follow the enchanting fairy music, because if you wander in you may never be seen in this world again! You will find some of the most spectacular fairy thorn trees on this hill which exhibit a wee hole just big enough for fare to enter.

Across the valley in Glenaan lies the burial place of Oisín whom was lured into Tír na nÓg by the beautiful Niamh where he could never return home. It is said that this is the hill he would have rode out of upon returning to his homeland and fell from his horse to perish.

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**Historical Feature**

**Red Bay Castle, Bissets, O Neills and McDonnells**

Originally built in the 13th Century by the Caledonian-Norman family the Bissets (who later became Mac Eoin), Red Bay castle passed, through marriage, to Clann Domhnaill (Mc Donnells). In 1565 the castle was sacked by Séaghan Ó Neill (Shane O Neill), who was one of the greatest of The O Neills and father of most of the Ulster McShanes. Séaghan took the McDonnell leaders, Séamas and Somhairle Buidhe, (known by the English as Sorley Boy), prisoner. The pressure being exerted on Ulster, the most Gaelic part of Ireland, during the Elizabethan Conquest led to an increasingly fractious society. English invasions and conquest where characterised by bloody warfare between English forces and Gaelic clans, as well as internal warfare between Gaelic clans.

Séaghan was killed at Cushendun in 1567 when only two years after taking Spomhairle Buidhe prisoner, he returned with his freed captive to negotiate a new alliance with the McDonnells against the English. Instead of getting their support, the McDonnells killed him. Spomhairle Buidhe rebuilt Red bay Castle in 1568. By 1597 Red Bay had been completely dismantled. Randal Mac Domnaill, who became the first Earl of Antrim, rebuilt Red Bay Castle on a smaller scale in 1605. The castle was eventually destroyed by a Cromwellian army in 1652 and was not rebuilt. Now little is left but a few ancient walls. If stones could talk, what stories they could tell us!

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**Community Notice - MARA Project**

One of the aims of the Heart of The Glens Landscape Partnership Scheme is to engage, inspire and reconnect local communities within The Glens. So by way of doing this we would like to serve as a resource where local people living in The Glens can find out about services and opportunities that are available to them. On this note we were approached by a member of a local organisation NACN who wanted to raise awareness of a new project that will benefit all communities within The Glens. The MARA project (Maximising Access to Services, Grants and Benefits in Rural Areas) aims to improve the health and wellbeing of people living in rural areas throughout Northern Ireland, where the hidden nature of isolation and poverty can make it difficult to connect with the most vulnerable members of our community.

Under the MARA project, people living in RURAL areas can receive a household visit wherein they will be give useful information on services, grants and benefits such as rural community transport, SmartPass, occupational therapy assessments for disabled facilities grants, home safety checks, and boiler replacement scheme.

Complimentary Warm Packs available with a household visit.

To book a visit email - susan@nacn.org or phone 02821772100.
BRAIN TEASER

- 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

FORAGING FOR FOOD – WITH GLENN WHITE
Join us for a short hike through local Nature Reserve Cregagh Wood on a forage for food. Learn how to source and identify all the natural edible treats that flourish throughout The Glens of Antrim.

BIG BUTTERFLY COUNT
Join Catherine for a presentation on butterfly identification and distribution of moth traps. The next morning we will have a big moth breakfast followed by a butterfly ramble over some of The Glens scenic walks. Please note venues are subject to change.

FUN FAMILY ANGLING EVENT
Causeway Coast and Glenslens Heritage Trust are hosting a fun family angling event where you can try your hand at angling with guidance from the Department of Culture, Arts and Leisure. Children under 18 must be accompanied by an adult. Book your place with Tierna@ccght.org

MOTH SURGERY
Join Catherine Bertrand from Butterfly Conservation NI on further training on moth identification and trapping. We will have a big moth breakfast followed by a big moth ramble on day 2.

MOTH NIGHT
This annual celebration of moth recording takes place all throughout Britain and Ireland. Along with Butterfly Conservation Ni, the Heart of The Glens LPS will be hosting our own local event where moth recording enthusiasts can come along and raise the awareness of moths to the general public.

MURLOUGH ARCHAEOLOGICAL WALK AND TALK
From Murlough Bay to Marcon’s Cottage in Ballycastle. Join Archaeologist Thomas McErlean from University of Ulster on a journey back in time to the industrial stretch of land between Murlough Bay and Ballycastle.

Product Photography
With John O’Neill from Sperrins Photography. During this short workshop John will provide ideas and tuition in product photography, giving you the opportunity to enhance your photographic and presentation skills in shooting your products in the future for publishing on the web or other promotional material. This workshop is especially aimed at small businesses and individuals who have little or no experience of photographing products but need to learn how in a very simple way using whatever type of photography equipment you currently use, whether it’s a camera phone or a DSLR. Fee: Ballycastle Town Market Members Free / Non Members £3 Concession: 10%

Stained Glass Weekend Workshop
Workshop with Roberta Larkin. Tiffany stained glass is the traditional craft of joining pieces of glass together with copper foil using the original Tiffany technique. Roberta will teach you how to progress through the stages involved using your chosen design and you’ll learn how to make an attractive sun catcher over the two days and leave with a lovely piece to enhance your home and lots of new skills. No previous experience is required just lots of enthusiasm. Cost is £65 per person and this includes all materials required over the two days, including a light lunch and refreshments each day. Concession: 10%

Acrylic Painting Weekend Workshop
Workshop with local Artist Brege Stanley. Can’t draw? Don’t worry – on this course you won’t need to! Brege will demonstrate the basics of Seascape and Landscape Painting so that at the end of the 2 days you will be able to go away and create your own masterpiece. Cost is £65 per person and this includes all materials required over the two days, including a light lunch and refreshments each day. Concession: 10%

Woodcarving Weekend Workshop
Over two days Raymond Watson will direct you through the wood carving process. By the end of the two days each participant will leave with their own completed wood carving and a good knowledge of what is involved in this creative process - from design, carving, finishing and varnishing. Cost is £65 per person and this includes all materials required over the two days, including a light lunch and refreshments each day. Concession: 10%

Craft & Artisan Skills

Saturday 25th & Sunday 26th July 10am – 4pm each day at Glenmona House Cushendun

Woodcarving Weekend Workshop with Raymond Watson

Saturday 29th & Sunday 30th
Cregagh Wood, Cushendun

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1. Daisy
2. Dandelion
3. Dog violet
4. Flowering currant
5. Early purple orchid
6. Lesser celandine
7. Primrose
8. Wood anemone

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.

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Keep an eye on our social media pages and also our NEW website heartoftheglens.org for further updates and upcoming events.