











Welcome to the Eleventh issue

As we write this edition of the Newsletter we are coming to the end of the summer once again. Our heritage tour guides have completed their Level 2 training in time for the summer season to start. Further to this we hope to offer this group progression onto Level 3. Another Level 2 Heritage Tour Guide training course will be offered in early 2017 so keep an eye on our social media pages and local press for the application form.

The wonderful wildflower season is coming to an end and all the brightly coloured landscape of these flowers will pave the way for the autumn yellows and reds of the trees. Over the summer months we offered training in wildflower identification and the importance of pollinators. Our Glens of Antrim Pollinator group was in action at many of our events including the Cushendun Big Arts weekend and the launch of Tiveragh View Allotments in Cairns, Cushendall. Other training opportunities that we offered over the summer months included dry stone walling which was carried out at sites within The Glens to make it easier for folk to attend.

In this edition, we have a feature on Archaeologist Thomas McErlean who we have been working with on opening up the landscape through archaeology. Thomas has led a number of archaeological walk and talks on Knocklayde, Murlough and most recently at Fair Head. He is working with the LPS to develop a mythological landscape tour of The Glens. See page 7 for our interview with Thomas.

The outdoor learning zones in local Glens primary and secondary schools are progressing well with St Patrick's primary school in Waterfoot having just had their pond installed and Glenaan primary school received their planting tubs over the summer months.



We have a few other habitat features to add to these primary schools before completion. The next step of this project will be integrating the use of these outdoor learning habitats into the school curriculum. We are bringing all the schools together on 12th September to share ideas and suggestions of how this can be achieved.

We had a meeting with our Glens Cultural Heritage group to discuss our upcoming heritage and festivals projects in August. We will be holding our Heritage Symposium in the autumn which will celebrate the local heritage of the Glens. Work has been continuing with our access projects at Fair Head and Glendun and we hope to have these open by autumn.

We will also tell you a bit about the various heritage training courses we have planned over the next few years to upskill the people of The Glens. These will include trail construction and maintenance, fine stonemasonry and traditional woodcraft to name but a few. See page 4 for more information on some of these.

Tracitional Recipe

- 3 MINS TO PREPARE & 10 MINS TO COOK
- 1 large potato (cooked & mashed)
- 4 large eggs (separate the whites and yolk)
- 1 tablespoon of chives
- 1 tablespoon of butter
- 1 teaspoon of salt & pepper
- Lemon juice

IRISH OMELETTE

- 1. Separate the eggs and beat the yolk
- 2. Add mashed potato
- 3. Mix thoroughly
- 4. Add the lemon juice, chives, salt and pepper
- 5. Melt the butter in a pan (low-medium heat)
- 6. Whisk the egg whites until stiff
- 7. Stir the egg whites into the potato mix
- 8. Cook until golden (3-5 mins)
- You can put it in the oven for a few minutes to puff it up



COMMUNITY WALK LEADER TRAINING IN THE GLENS

In partnership with Outdoor Recreation NI, through their 'walking in your community' initiative, we organised a FREE one day Community Walk Leader training course. This training was fully booked with people from all over The Glens in attendance.

Community Walk Leaders (CWLs) are trained to set up local walking groups and lead a programme of walks in their local area. By becoming a CWL, you can offer an additional service and benefit to your local community. Participants in the scheme will benefit from a free organised activity which has many health benefits.

This training covered basic walking skills such as navigation, route planning, dealing with an emergency, leadership skills, and proper use of gears and equipment. The fifteen people who took part in this course are now able to lead short, accessible community based walks within the area which will help people to increase their level of physical activity through participation at low level walking.

If you are interested in this training please get in touch by emailing laura@lps.ccght.org or give us a call on 028 2075 2100.

DRY STONE WALL TRAINING

Our training courses in traditional dry stone walling in The Glens were a great success this year. We had two taster days throughout the summer and were fortunate to have great weather for both days. The five day course on 5th - 9th September was also very well attended. If you would like



to take part please get in touch with Laura on 028 2075 2100 or email laura@lps.ccght.org. There will be further training courses in 2017 so if you are interested please get in touch with Laura.

WILD COOKERY

Our wild cookery event at Cregah Wood in Cushendun was a huge success with over 60 people in attendance! Rachel Craig showed everyone how to make nettle soup and talked about the process of making garlic pesto, different cordials and other wild salads and greens. Following on from the success of this event we are going to do a more practical training course on wild cookery.



COMPLETION OF LEVEL 2 HERITAGE TOUR GUIDING 2016 & NEW TRAINING IN 2017

We had a small celebration for our twelve heritage tour guides on Tuesday 30th August at Corrymeela. All participants completed their Level 2 heritage tour guide training and are now fully qualified tour guides for the area with most of them already taking tours for local people and tourists. Already our guides are actively increasing tourism footfall and length of stay in the region. Having a pool of local people trained in tour guiding skills not only improves the interaction and experience that tourists have but ultimately will help deliver tourism growth and maintain sustainability going forward.

The course involved 3 months of bespoke training including research work, health and safety as well as presentation skills required to lead a tour group. Participants who successfully completed the course received an Open College Network (OCN) Level 2 Award in Tour Guiding Skills & World Host Ambassador, World Host Principles of Customer Service, World Host Customers with Disabilities, World Host Service Across Culture Certificates. Those who completed the Level 2 now have the opportunity to progress onto Level 3 which we are hoping to offer this coming autumn.

The next Level 2 course will be commencing in early 2017. Applications for this course will be available from late September, so keep an eye on our social media or contact Laura on 02820752100 or email laura@lps.ccght.org for an application form.



UPCOMING TRAINING OPPORTUNITIES FOR PEOPLE OF THE GLENS

HILL & MOORLAND TRAINING

Following on from our community walk leader training, we would like to offer further training for hill and moorland areas. As The Glens are surrounded by hills, we would like to provide local people with the skills necessary to take people up into the lesser known areas of this unspoilt landscape. This training will take place over one weekend on 25th to 27th November 2016 and will be within The Glens. Spaces are limited on this training so please book early to avoid disappointment.

WILD COOKERY TRAINING

This three day training course will cover the identification of wild foods - what is safe to eat and what isn't, the different foods that can be found during the different seasons, the various uses of wild foods and the history and mythology surrounding wild foods. During this training you will go out on a wild forage walk around a local forest to collect your own wild foods for cooking. The training will finish up with you cooking the wild foods you have collected and making garlic pesto, nettle soup or cordials.

FORK TO FORK TRAINING PROGRAMME

This three day training course will teach you the basic principles of growing your own vegetables and fruit. Training will cover issues such as soil fertility, disease, efficient use of polytunnels, baking and cooking your own produce plus much more.

TRADITIONAL BAKING & COOKERY

This three day training course will teach you how to make various traditional Irish dishes including amongst other Irish stew, colcannon, and ham hock. As well as a range of traditional desserts such as, apple tarts, Irish breads barmbrack etc.



HEDGE LAYING

Our hedge laying training will kick of with a workshop on Monday 26th September at 7pm. Our expert hedge layer will talk about a range of topics including the benefits of hedges and suitable styles for sheep and cattle, the maximisation of timber use arising from hedgerow management, the importance to the environment and economy of hedgerow regeneration, new hedge establishment and species selection, and management of small woodland for timber and fuel.

The three day programme from Monday 10th to Wednesday 12th October at Glenariffe will cover the following:

- Theory of hedge laying and its role in the hedge management cycle and identification of hedgerow species
- The importance of the hedgerow habitat to biodiversity and the connectivity of other habitats
- Styles of hedge laying
- Site management
- Health and safety risk assessment
- Correct selection, use and care of tools and equipment
- Basic techniques of hedge laying

If you are interested in attending any of these training courses please get in touch with Laura on 02820752100 or email laura@lps.ccght.org

OUTDOOR LEARNING PROJECT WITH GLENS SCHOOLS

Further progress has been made with the outdoor learning zones in the local schools. Following on from the bird and bat box installation, planting tubs and bird feeding stations at the 3 schools in Carnlough, we have also planted trees and wildflowers with the school children.

We have already received positive feedback from the teachers explaining how they are going to integrate the planting of wildflowers into the curriculum when teaching the kids about growing and life cycles. Being able to be part of the growing process and see it first-hand will have a longer lasting impact than just reading about it in a book.

The school kids got to take part in planting their own trees and wildflowers which enabled them to engage with their local landscape and the great outdoors!

If your school has not been involved to date, it's not too late!! There is still time to get involved. Please get in touch with Laura at laura@lps.ccght.org or call 02820752100.





GLENS TOURISM CLUSTER GROUP

The Glens Tourism Cluster is an initiative set up by TourismNI to encourage local tourism providers to develop links with each other and promote their experiences to the tourist market. This project has been a huge success to date with a range of businesses taking their products to the international market for the first time. The idea of partnering with others to create longer tourist stay has been a huge success. It is clear that the Glens of Antrim has a lot to offer, but the main barrier to increasing frequency and length of stay of tourists has been the dearth of information which allows potential visitors to plan their holiday, sometimes 12 months before they intend to come. Cooperation to create a wide range of bespoke and/or build it yourself offers is key, but it is also clear the 'click to buy' offers online are becoming an increasingly important tool in attracting customers. We have lots more work ahead, but we at the Heart of The Glens are delighted to be partnering this potentially exciting programme.

PARTNERSHIP WITH ULSTER WILDLIFE

SEASHORE SCAVENGE AT GLENARM

We had a mix of 44 adults and kids at our seashore scavenge in Glenarm on 1st July. Ulster Wildlife's Living Seas Team were on hand to identify all the crabs, seaweeds and anemones that were found along the shore. They also had a display of ancient flint arrowheads that were found at this site in previous years. A great time was had by all and there were a few wet feet at the end of the day!

SNORKEL SAFARI AT WATERFOOT

This event was fully booked despite the dreary weather. This event wasn't just for kids, as we had our new CEO Graham Thompson diving in for some snorkelling with his family! There was plenty of beautiful seagrass to be seen but unfortunately due to the rain, the waters were a bit too murky to catch a glimpse of any other sea creatures who live there. Maybe next time!!

ROCKPOOL RAMBLE AT CUSHENDALL

Sunday 14th August was a very busy day for Cushendall. It was the last day of their Heart of The Glens Festival and there were many activities going on at the Boat Club including the Naturally North Coast & Glens Artisan Market. A great time was had by all.

We hope to continue this partnership next year so keep an eye out for our upcoming events on our website and newsletters.



LANDSCAPE PARTNERSHIP FAMILIARISATION TRIP OF THE GLENS

In June and July we had a familiarisation tour of The Glens for our committee members and other staff of the Causeway Coast and Glens Heritage Trust. It was great to afford those who put time and effort into the Landscape Partnership to see the fruits of their labour written across the Landscape. It is very important that all our members and partners are intimately aware of the work we are doing and how it impacts on the lives of The Glens Folk. It was also important to welcome Graham Thompson, the new CEO of our mother organisation, The Causeway Coast and Glens Heritage Trust. We talked tourism, tour guiding, saw the Altarichard Peatland access works, looked at our access plans at Cregagh Wood, the meadows project and the plans for the seafront parks and meadows at Glenariff. We then had a great lunch with our partners at Corrymeela and explored the range of projects biodiversity, community education and food projects they are partnering us on. We finished the day by looking at the new access works planned for Fairhead and enjoying the access scheme at Magherintemple and Bonamargy. There has been a lot achieved to date but there is much more to do.

Our second trip saw us meet with Paul Mullan, Head of Heritage Lotteries NI to show him at first hand the difference the HLF is making to The Glens of Antrim. It was great to meet Paul and based on his tweet he seemed to have a good day.



BIODIVERSITY TRAINING COURSES

We had great turnouts for this year's Biodiversity Training Courses held earlier in the summer. The first course looked at everything related to Pollinators, including how to identify different species of moths, butterflies, bumblebees, bees, hoverflies and more. We covered other issues relating to habitat creation and how our different species are faring in this ever changing world. The amazing Corrymeela Centre hosted us for this event which allowed us to take in the many wildlife enhancement works they have carried out, which is great for the Pollinators! We had guest speakers from Butterfly Conservation NI, Bumblebee Trust, as well as other local experts to help deliver the different talks.

Our second course explored the wonders of our native wildflowers. Following a morning's presentation from ourselves, here in the LPS, which looked at how the benefits of meadows to us, how to create your own garden meadow and how to identify the most common wildflower species, we went out into the field to see what we could find. We had two great days in the colourful new meadows created under the Great Glens Grassland Trail.

We hope that these two courses have inspired a few more people to get out and explore the wonderful abundance of wildlife all around us and maybe set some sections of their own gardens aside to help safeguard it.

CAIRNS ALLOTMENTS OPEN DAY & THE GLENS OF ANTRIM POLLINATOR GROUP

The Group has had a very successful summer; firstly, with their stall at the Cairns Community Garden (CCG) Open Day and secondly, the surveying for the very rare Yellow-ringed Carpet at Murlough Bay. The CCG Open Day was a brilliant success with lots of fun and interesting activities, displays, dancing, a large new multi play unit and great fresh food. The Mayor was also on hand to help us plant a 'Fairy Tree' into the centre of the fairy ring. We were delighted to be able to supply the tree, as well as a new circular bench and swinging seat, for this great community project.

The Group had a great display of moths (big thanks to Patrick and Fred again!!), which generated lots of interest (and funny faces). We had a core group of new, local and young dedicated helpers who helped release the moths safely back into the nearby long grass once the guys had identified them.

This August, the Group undertook a survey of Murlough Bay with the aim of determining the presence of the very rare Yellow-ringed Carpet moth. This spectacular little creature has only been found here and at one other location in Fermanagh across the whole of Ireland. I'm glad to say that on the second night of trapping one specimen made its way into our trap (photographed below) and caused a great stir amongst the online 'mothing community' before it was safely released back into its home.

NEW ACCESS IN THE GLENS OPENING THIS AUTUMN

We have been busy working with local landowners in the Glens since the start of our Programme to develop new off-road, public walking trails. Two such trails that we hope to open in the next few months will be at Fairhead and in Glendun. Both of these walks boast spectacular views over the surrounding landscape and promise to be a great addition for locals and visitors alike.





INDUSTRIAL HERITAGE IN THE GLENS

On Saturday 13th August we had a fantastic guided loop walk from Carnlough Harbour up through the limestone quarries known as Gortin and then onto Cranny Falls waterfall and back down the old railway line. Local man John McNeill also joined us to tell us about his experiences working at the quarry. John was a wealth of knowledge on the area and the day to day life, danger and struggles working at the quarry.

Keep an eye out for a TV programme in September where he will be telling you a bit more about the limestone quarrying in Carnlough.



INTERVIEW WITH ARCHAEOLOGIST THOMAS MCERLEAN

TELL US A BIT ABOUT YOUR ROLE AS AN ARCHAEOLOGIST AT UNIVERSITY OF ULSTER

I officially retired last year but the university have very kindly let me keep my desk and IT support as an associate staff member. So I am very much still active in academic research and hopefully will be so for many years to come. I was in the Coleraine campus for 15 years and my official status was as a senior Research fellow and Project Manager in the Centre for Maritime Archaeology in the Environmental Science department. It was and is an exciting place to work and apart from Irish archaeology we carried out projects as far away as Mombasa in Kenya, Suakim in Sudan and Port Arthur in Tasmania. Our main sphere of activity was carrying out a maritime archaeology programme for the Northern Ireland Government. This involved doing surveys of the seabed, intertidal zone and coastal edge. We have published some of the results in heavy survey volumes most notably of Strangford Lough and Rathlin Island. We have a particular research interest in islands and have recently surveyed the Copeland Islands. Perhaps our most dramatic discovery was that of a tide mill in Strangford Lough dated to AD 619 in a splendid state of preservation. It is currently the earliest dated example of the use of tidal power in the world. Apart from the maritime environment we also have a strong research interest in the archaeology of Irish and Scottish Gaelic Lordship.

WHATDO YOU ENJOY MOST ABOUT BEING AN ARCHAEOLOGIST?

It is probably the excitement of research and the discovery of new sites that reveal how our ancestors lived and that every working day has the potential to provide something new about the past. This may be the discovery of an artefact or a site but equally it could be a new interpretation of old evidence which changes how the past is viewed.

WHY IS ARCHAEOLOGY SO IMPORTANT?

An archaeologist will tell you that it is one of the most all-embracing and vital of all the sciences. Simply put it studies where our species have come from and to where it is likely to go in the future. Man in the past has faced all the great challenges we face today like climate change, warfare and famine to name only three. Archaeology provides information on how humanity coped with or failed to cope with these tremendous problems in the past and this helps to formulate strategies for our response today. On a more mundane level archaeological sites and monuments are being destroyed daily and society needs archaeologists to record and protect this great legacy for future generations.

TELL US A BIT ABOUT THE WORK YOU ARE DOING WITH THE HEART OF THE GLENS LANDSCAPE PARTNERSHIP SCHEME

It has been a privilege over the last two years to work with the Landscape Partnership in celebrating the heritage landscape of the Glens. My main contribution has been to give a series of lectures and field trips on some aspects of the local archaeology. The lectures have included such topics as the medieval royal sites of the North Coast and the industrial archaeology of the Ballycastle coalfield. The summer fieldtrips have been a highlight for me and have attracted a loyal band of participants from near and far. They have climbed up to the Neolithic cairn on the top of Knocklayd, scrambled along the rocks of Murlough to look at the coal mines; they have stood in the houses of the deserted village at Goodlands in Ballyukin and completed an ancient pilgrimage route around Fairhead. We have been very fortunate to be accompanied on some of these walks by people with expert local heritage knowledge like Fionntan McCarry and Sean McBride. Unlike them I cannot claim to be a Glensman but share with them and the staff of the partnership a great love of this very special landscape. Having being locked up for a number of years as a boarder at Garron Tower outside Waterfoot does earn me a certain right to consider myself at least a quasi Glensman. I look forward to interacting with the scheme in the future as much as possible.



UPPER MURLOUGH ARCHAEOLOGICAL WALK & TALK

Another of our guided archaeological walks in the southern Glens by Archaeologist Thomas McErlean who led the group on a walk back in time through the ancient district of Ballyukin on the upper stretches of Murlough Bay. Our destination was the deserted medieval village known as Goodlands. This village was once alive with the hustle and bustle of a 17th century settlement which comprised approximately 129 houses. We were able to walk down main street and have a bit of fun with each person picking a house and standing in it to show the grand scale of the village. We had over 50 people at this walk so it was incredible to see the magnitude of this village which has been forgotten about!



FAIR HEAD ARCHAEOLOGICAL WALK & TALK

This series of our archaeological walks have concluded with this fantastic walk at Fair Head. This landscape is bursting with legends, myths and archaeology!

These walks are all part of our overall aim of the LPS to open up the hidden landscape of The Glens of Antrim to local people as well as tourists. A lot of this magical landscape is privately owned which makes it difficult for people to access the wonders it has to offer. All our projects interlink in a way that will hopefully make this landscape more accessible. From the hill and moorland leader training and heritage tour guide training to these archaeological guided walks of the landscape and access projects, we are well on our way to uncovering the hidden gems of The Glens and opening them up for all.

OUR EVENTS ARE FREE AND OPEN TO EVERYONE! TO ENSURE WE HAVE ENOUGH REFRESHMENTS AND EQUIPMENT PLEASE LET US KNOW YOU ARE COMING. REGISTER WITH LAURA@LPS.CCGHT.ORG OR 028 2075 2100. YOU CAN ALSO GET IN TOUCH THROUGH FACEBOOK AND TWITTER.

KEEP AN EYE ON OUR SOCIAL MEDIA PAGES AND ALSO OUR WEBSITE HEARTOFTHEGLENS.ORG FOR FURTHER UPDATES AND UPCOMING EVENTS.

Archaeological (free Events)

THURSDAY 15TH SEPTEMBER AT GLENARM VISITOR INFORMATION CENTRE AT 7 PM

SURVEYING HERITAGE IN THE GLENS

Join Professor Keith Lilley, from the School of Geography, Archaeology & Palaeoecology of Queen's University Belfast, who will give an illustrated talk on how the Ordnance Survey in Ireland shaped the landscape on the ground, and how we can find in today's landscape surviving but often forgotten and overlooked monuments and legacies left by the surveyors who mapped Ireland.

Biodiversity (free Events)

COASTAL FORAGING

SATURDAY 10TH SEPTEMBER AT CUSHENDALL BEACH AT 11 AM

Join Dermot Hughes from Forage Ireland, and Ulster Wildlife's Living Seas Team who will be conducting a coastal foraging walk along the Cushendall coast. Find out what's good to eat... and what isn't! Under 16s must be accompanied by a responsible adult. Check forecast beforehand and dress suitably.

SATURDAY 1ST OCTOBER AT CREGAGH WOOD, CUSHENDUN AT 11 AM

FORAGING FOR FOOD

Come and explore this beautiful woodland in the company of forager Glenn White. You can find out about edible plants, what's safe to eat and what's not.

VISIT HEARTOFTHEGLENS ORG TEL: 028 2075 2100 EMAIL: LAURA@LPS.CCGHT.ORG THE OLD BANK, 27 MAIN STREET, ARMOY, CO. ANTRIM, BT53 8SL FIND US ON: FACEBOOK AND TWITTER

FOR FURTHER INFORMATION ON OUR OTHER EVENTS THIS SUMMER PLEASE VISIT OUR WEBSITE AND SOCIAL MEDIA PAGES.

Training

FRIDAY 25TH — SUNDAY 27TH NOVEMBER TIME & VENUE TBC HILL & MOORLAND LEADER TRAINING
This weekend course will provide you with the necessary skills to take people on guided walks up into the hills within The Glens of Antrim. You will learn about weather, navigation, dealing with emergencies and much much more. You need to be a relatively experienced hiker and have carried out a number of hill walks before doing this training. There are only 6 places on this course so please book early to avoid disappointment.

HEDGEROW MANAGEMENT TALK

MONDAY 26TH SEPTEMBER AT THE OLD SCHOOL HOUSE, CUSHENDALL AT 7PM Hedgerows are a wonderful resource for farmers, landowners and the environment. Come along to find out about the many uses of hedgerows. Our expert hedge layer will talk about a range of topics including the maximisation of timber us arising from hedgerow management, the importance to the environment and economy of hedgerow regeneration and management of small woodlands for timber and fuel.

MONDAY 10TH - WEDNESDAY 12TH OCTOBER AT GLENARIFF 10AM - 4PM HEDGE LAYING TRAINING COURSE

Learn a new skill with our expert hedge layer. This five day programme will cover aspects such as the theory of hedge laying, styles of hedge laying, site management, health and safety, the basic techniques plus much more.

Other Free Events

THURSDAY 27TH OCTOBER AT GLENMONA HOUSE, CUSHENDUN AT 7.30 PM TALES OF THE GLENS

For generations tales of fairies, ghosts and ancient lore have been told throughout The Glens of Antrim. In this workshop storyteller Liz Weir will encourage local people to come and share stories handed down in their families so that they can be passed on to succeeding generations.

UPCOMING ARCHAEOLOGICAL EXCAVATION AT RETREAT CASTLE, GLENBALLYEAMON

Initial investigations have been carried out at an archaeological landscape known as Retreat Castle just overlooking Cushendall in the Glen of Glenballyeamon. Local people themselves didn't even know this castle existed which makes this site even more spectacular. With permission from the very welcoming landowner, Queens Archaeologists Colm and Cormac carried out a site visit in July and decided on where would be best to excavate and Colm was able to tell us some of the history of the site. With a lot of research he has managed to pull together a great story of the history of this Retreat Castle.

The excavation will begin on 12th September, with all local primary schools taking part in the excavation, surveying, identifying and recording artefacts and finding out about the history of this fantastic piece of landscape. There will be an open day for everyone on Saturday 17th September with sessions running from 10am to 11.30am and from 12.30pm until 2.00pm.

This will be an opportunity for people to come along to find out about the history of the site and take part in some digging and excavating themselves.

There will also be an opportunity for keen volunteers to join the archaeologists during the week, but please register your interest with the Heart of The Glens Landscape Partnership first.

If you would like to come along to the excavation please get in touch with Laura on 028 2075 2100 or email laura@lps.ccght.org



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

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