

THE GLENS OF ANTRIM

ISSUE SEVEN AUTUMN 2015

THE NEWSLETTER FOR THE HEART OF THE GLENS LANDSCAPE PARTNERSHIP SCHEME

Heart of
the Glens

Landscape Partnership Scheme

In this
issue...

COMMUNITY ARCHAEOLOGY EXCAVATION
FARMER INFORMATION EVENINGS
WOODLAND CREATION
UPCOMING EVENTS



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Welcome to the SEVENTH issue

We are still waiting for summer to arrive but it would seem that the good weather may appear when we venture into the Autumn months of September and October. Many folk have not saved the hay or got the turf home yet which is unusual for this time of year! But as always The Glens people are hopeful that everything will turn out for the best and it is this unique sanguinity that make The Glens so special!

The Landscape Partnership Scheme (LPS) is now getting into the thick of its projects. Our Grasslands are continuing to expand and prosper. The artisans within The Glens are beginning to get the recognition that they deserve and we are developing our grand plan for the next three years of our Archaeology in The Glens project.

We had immense interest and fantastic feedback from our Archaeological Walk and Talk at Knocklayde in Ballycastle, proving people are still fascinated by our landscape and want to connect with and enjoy it but just don't quite know how to go about it. We have had a number of local people saying they have always wanted to explore Cregagh Wood in Cushendun and climb the mighty Knocklayde that towers above Ballycastle, but have been too afraid to do so as they were unsure about landowner permission and of getting lost. As so many people found our archaeological walk and talk at Knocklayde so insightful we held a similar event at Murlough Bay. Again this was another area that many people had heard so much about but had never actually gone there themselves. But with our help they were able to go there and learn about its history, archaeology and biodiversity. We at the Heart of The Glens Landscape Partnership want to open up this fabulous landscape to everyone and reconnect them to its past, present and future!



We have started to look into opening the Glens of Antrim area for the walkers and explorers of the world and in particular we would like to see the Ulster Way reopened for all to enjoy. We will be looking into shorter walks as well to ensure we cater for people of all ages and abilities. Our Grasslands projects will facilitate a number of short low level 'danders' for the less adventurous and those with limited time.

In this edition we have a feature on Butterfly Conservation whom we have worked with on many biodiversity events. It was through this partnership that we created The Glens of Antrim Pollinator Group. We now have nine avid butterfly and moth trappers within The Glens of Antrim keeping an eye on the many different species in this beautiful countryside. We are once again running some farmer information evenings along with further training courses including Dry Stone Walling and Hedge Laying. You will also find some information on how you can volunteer with us and help make The Glens of Antrim even more outstanding! And as always we have our features on the mythology and history of the wondrous Glens.

Traditional Recipe



GLENS WHEATEN BREAD

BY MEMIE MCKEEGAN

- 1 lb wheaten bread mix
- ½ teaspoon salt
- ½ small cup of sugar
- ¼ cup of veg oil
- Milk to mix ½ - ¾ pint

METHOD

1. Mix all together to soft dough
2. Roll in wheaten flour
3. Put in small loaf tin (9in in length)
4. About 180-200°C
5. Greased well or even fine

Project Updates

Foraging For Food In The Glens



Our foraging for food event at Cregagh Wood in Cushendun was very successful once again this year. Outdoor enthusiasts of all ages turned out for a journey through the woods to discover the many species of plants that have numerous nutritional and healing benefits. We also took a step back in time to uncover the mythological uses of many plants and trees living throughout this fabulous ancient woodland. One particular plant that everyone sampled was the bounteous wood sorrel. Wood sorrel can be used as seasoning, added to soups and sauces or eaten straight from the ground to quench your thirst on a long hike. A popular use has been as a complement to fish or more commonly to use it in a sweet sorrel tea which gives a similar taste to lemonade. It is also beneficial to your health as it is full of Vitamin C. Wood sorrel has many medicinal values including being used to treat scurvy and is also useful in treating fevers. It can be used as a diuretic to help with urinary disorders and has also been known to treat haemorrhages, as well as soothing the stomach, relieving indigestion and can help stop vomiting. In the past it has also been used as a stringent in order to stop bleeding and is believed to exhibit blood cleansing properties.

However, you should not consume large quantities as they contain high levels of potassium oxalate and oxalic acid and should not be consumed by anyone with kidney disorders. Be very careful when feasting on wood sorrel as with many outdoor plants, they can leave you with an upset stomach, at the very least!



Annual Archaeological Community Excavation

We had an exciting meeting with Dr Colm Donnelly and Cormac McSparron from Queens CAF at the beginning of August to discuss our partnership plans for the next three years. One clear purpose that came out of this meeting was the need for a more accurate education for school kids with a focus on learning about our own landscape that we live in. We hope to do this by teaching the teachers so that they can educate the next generation.

In order to get all the local communities involved we will be running a few different community excavations throughout The Glens. Three suitable archaeological sites will be chosen where volunteers will be able to participate on site for up to three weeks of excavation. Local schools will have the opportunity to visit the excavation site, learn about the history and participate on the excavation through digging, trowelling, sieving soil, and sorting and labelling artefacts. The first of these we hope to open up in October this year. You will be able to find out more information at our website www.heartoftheglens.org and our facebook and twitter pages.

We also hope to facilitate a geophysical survey of an archaeological site within The Glens which will provide locals with the opportunity to learn new skills, generate new interests, and inspire people to reconnect with their landscape.



FARMER INFORMATION EVENINGS & SKILLS TRAINING COURSES

Our Autumn series of events will focus on farmer information evenings and training. We will be working with College of Agriculture, Food and Rural Enterprise, DARD and CCGHT to continue providing advice and support to our local farmers to enable them to make a profit and remain on the land. This year we will provide training on dry stone walling and hedge laying and hope to provide information on woodland on farms, the laws on the road, funding opportunities, grants and support and many other topics.



Gregor Fulton from The Woodland Trust will join us to deliver a talk on the many benefits of woodland on farms. He will discuss how planting trees on your farm can provide shelter and shade for your animals, provide wood fuel and timber, as well as managing and maintaining high quality water supplies. Trees can also help to regulate flood flows, provide habitat for a range of wildlife and game, and create an attractive landscape for farm tourism.

Once again we will be providing local farmers with the facility to borrow a soil auger to collect soil samples of their land and we will bring these to DARD to be sent off for analysis. The only cost to the farmer is for actual analysis itself which is £10.44 per sample bag. Please contact Laura for further information.

If you have any issues you would like addressed please get in touch with us and we will do our best to help.

WOODLAND CREATION FOR 2015/16

As autumn kicks in we are starting to think about next season's woodland and tree planting projects. This will follow on from our very successful tree planting drive last season (done in partnership with the Woodland Trust and One Million Trees in One Day) where over 35 acres were planted throughout the Glens. We will again be working with the Woodland Trust and One Million Trees in One Day this year to help deliver even more trees to the Glens. There are also potential new Government and woodland grant schemes coming out over the next month or so which will benefit farmers and other landowners who are thinking about planting some areas of land in trees. If you or anyone else you know is interested or would like to find out more please feel free to contact brian@lps.ccgtht.org.



BUTTERFLY CONSERVATION

Butterfly Conservation deliver programmes to save threatened butterflies and moths from extinction. They run three of the world's largest butterfly and moth recording schemes which have gathered over 25 million records. The NI branch



of Butterfly Conservation was first formed in 1988 and now has over 300 members. This area is home to around 25 species of butterfly and around 1000 species of moth. And the amazing thing is that almost half of these are priority species. Sir David Attenborough is the President of Butterfly Conservation and continues to support this work.

BIG BUTTERFLY COUNT

As part of the Big Butterfly Count, we held a two day course on moths and butterflies. This was attended by nearly 30 people in Carnlough in July. Catherine Bertrand of Butterfly Conservation NI, as always, gave a fun and lively presentation on both species groups to start the event off on the Friday night. The next morning, after identifying all the different moths caught the previous night, we went out to carry out the Big Butterfly Count. Thanks to the keen eyes of our participants we were able to identify four species of butterfly: Green-veined White, Common Blue, Ringlet and Meadow Brown.



Photo - ©LMET Nature Photography

Interview with Catherine Bertrand from Butterfly Conservation



TELL US A BIT ABOUT WHAT YOU DO. WHAT DOES YOUR TYPICAL DAY INVOLVE?

My work for Butterfly Conservation is very varied, and there are various demands depending on the time of year, I wouldn't say there is a typical day and it is certainly not a 9-5, only weekdays kind of life!

In the spring, summer and autumn I run a lot of events; moth nights and mornings, butterfly walks, training in survey and monitoring. These events help people encounter butterflies and moths first hand, and help them start to build skills and practise identifying and surveying for these creatures, to help us build a strong body of evidence as to how moths and butterflies are faring throughout the country. I can be up at 5am to sort out the moth traps, spend the morning recording the contents and teaching others how to do this, then spend the afternoon surveying for butterflies while the moth trap batteries charge and then be out until the wee small hours setting the traps out for the next day. It can be exhausting at the busiest times of year when everything seems to be on the wing at once, but very rewarding too.

WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?

My job takes me all over the country as I cover the six counties, so I get to explore a lot of places and also meet many lovely people along the way. I feel very privileged to be able to help people get closer to the world around them.

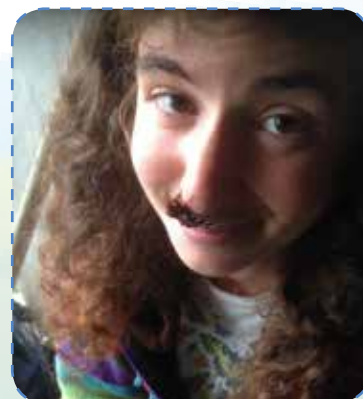
My favourite moments are definitely visiting a space that is really familiar to someone, and then showing them the huge wealth of weird and wonderful insect life there that they have often never noticed before. You see something really fundamental shift inside those people, a new appreciation and excitement for the natural world. I have made many great friends over the years and it's really inspiring to see people developing their skill sets and interests, and then using this locally to help encourage more people to start really seeing what's around us.

Moth trapping in people's gardens is often the most rewarding.... I have been accused of bringing the moths with me the night before as people can't believe the wealth of species living under their noses they have never seen before. But how many of us are out in the garden peering at plants at 2am in the morning?

WHY IS BUTTERFLY CONSERVATION IMPORTANT?

Butterfly Conservation is important because it's something we can all get involved in, through simply opening our eyes and looking, and sharing what we see with others. Enjoying butterflies and moths, and helping improve their chances of survival is really easy and very cheap to do, so it's very accessible and has benefits for all wildlife.

Butterflies and moths tell us about how healthy our world is, and how resilient it is to change. They are simple, fragile little things, but they are very sensitive to changes in the environment - pollution, changes in land management, changes in climate. By surveying these creatures and monitoring their numbers and distribution, over time we build up a picture of what is happening and major drivers of change and threats not only to butterflies, moths and other insects, but to all wildlife, and to us too.



Catherine Bertrand

We're a tiny charity, I am the only member of staff in the country, but I am consistently humbled and inspired by our amazing volunteers, recorders and members who get involved and share their knowledge, their interest and their passion. Together I really do believe we can make an impact on the future and making it a brighter one for our biodiversity.

OUR PARTNERSHIP WITH BUTTERFLY CONSERVATION



The Heart of the Glens
Pollinator Group

We have been delighted to work with Butterfly Conservation since the start of our scheme on a wide range of projects including talks, training courses, surveys and other events aimed at groups of all ages. This included a 4 day training course earlier this summer in Corrymeela, which resulted in the formation of our very own Glens of Antrim Pollinator Group. This group meets regularly with the support of Catherine from Butterfly Conservation and has already greatly increased the number of recordings throughout the Glens. For more information on the group please contact brian@lps.ccght.org

Brain Teasers

CAN YOU FIND THE SPECIES OF BUTTERFLY IN THE PICTURE AND THESE OTHER NATIVE SPECIES IN THE WORDSEARCH BELOW?

S	C	E	E	D	O	U	E	M	A	B	E	M	U	R	L	O	N	R
M	B	T	R	A	N	N	Y	D	A	L	D	E	T	N	I	A	P	E
D	A	I	M	M	C	X	Z	O	L	R	D	A	K	I	O	I	E	P
O	H	H	I	E	T	R	H	R	C	U	P	D	S	H	P	L	L	E
O	U	W	K	U	A	E	A	C	I	A	N	O	T	S	I	N	T	E
W	A	E	E	L	L	D	H	G	R	O	D	W	F	H	T	L	T	K
D	G	G	J	B	O	A	P	X	B	A	C	B	O	I	E	G	A	E
E	P	R	I	N	U	D	R	Q	T	A	N	R	I	N	G	L	E	T
L	E	A	R	O	C	M	W	G	R	I	P	O	S	A	N	L	Y	A
K	A	L	L	M	E	I	S	B	U	S	N	W	M	E	A	E	A	G
C	C	K	N	M	O	R	T	P	R	S	O	N	O	S	R	N	H	N
E	O	T	L	O	E	A	S	B	O	C	N	W	Y	E	O	E	A	I
P	C	T	L	C	E	L	S	B	O	N	A	O	N	E	T	E	A	A
S	K	T	L	R	E	S	S	B	R	O	W	N	A	R	G	U	S	P



CAN YOU IDENTIFY THIS BUTTERFLY?

This species is very common throughout grasslands in The Glens of Antrim especially where bird's-foot trefoil grows in sunny and sheltered areas. The males are a deep blue colour whereas the females have extensive orange spots under their wings. These butterflies like to fly low over the ground.

RED ADMIRAL

MEADOW BROWN

PEACOCK

SPECKLED WOOD

PAINTED LADY

MONARCH

RINGLET

ORANGE TIP

BROWN ARGUS

GATEKEEPER

LARGE WHITE

GLENS GREAT GRASSLANDS TOURISM TRAIL

Have a look at some photos from some of the sites in the Glens Great Grassland Tourism Trail after only one year!

1. Patch of Devil's-bit Scabious growing in Corrymeela
2. Knapweed growing in Waterfoot
3. Mown paths through the meadow in Cairns Allotment Gardens
4. Bluebells growing in The Warren, Cushendun
5. Sea Pink growing in Garron Point
6. A great mix of colour in Carnlough



ALL-IRELAND DAUBENTON'S BAT SURVEY

We were very happy to host Tina Aughney of Bat Conservation Ireland in July to talk about and demonstrate the methods used for the All-Ireland Daubenton's Bat Survey. As part of the talk we learned all about Ireland's 'River Bat', which is easily recognised in flight by its low, level flight a few centimetres above the surface of lakes, slow-moving rivers and canals.

This survey has been one of Ireland's most successful Citizen Science projects carried out in recent years. It has been ongoing since 2006 and has helped gather critical information on the health of the population of this species.



Photo - ©Paul van Hoof



VOLUNTEERING OPPORTUNITY

GLENS OF ANTRIM LANDSCAPE CHAMPION

We are inviting local people to become a landscape champion (volunteer role) in order to help in creating new habitats, protecting important places and increasing community access to the countryside.

You will be provided with training so you will be able to assess a range of habitats and advise landowners with regard to the creation and management of woodlands, hedgerows, stone walls, and meadows, as well as access to the countryside. If successful in your training you will become a 'Landscape Champion'.

Travel expenses incurred during your work will be covered and you will receive ongoing support in your role. We are delighted to be partnering the Woodland Trust in this initiative.

This is your chance to make a difference! To find out more contact brian@lps.ccght.org.

MYTHOLOGY OF THE GLENS

BENMORE OR FAIRHEAD

Benmore or An Bhinn Mhór (The Big cliff or peak) is the famous cliff overlooking Ballycastle and Rathlin. It has many stories and tales about it. One of these tales talks of the 'Fear Liath' or The Grey Man. The Grey Man was a malevolent spirit from the other world who sent out the fog that rolled down the cliff out to sea. The mist was sent down to cover the rocks so ships would flounder on them.

Today we have two place names in the headland that still refer to The Grey Man. The first is Casán an Fhir Liath (The Grey Mans Path), which is a steep path descending from the cliff top to the sea below, the second is Rubha an Fhir Liath (The Grey Mans Point) which is the highest point on the Cliff, on which the Grey Man looked out for unsuspecting ships.



Historical Feature

CASTLE CARRA, CUSHENDUN

Castle Carra is located in the small coastal village of Cushendun in the middle of The Glens of Antrim. Its square tower house with a bawn built over a Mesolithic flint working site is thought to have been built in the early 14th Century.

In 1565 the castle was owned by the self-proclaimed 'Ó Néill' - Seaghán Ó Neill who imprisoned the famous Somhairle Buidhe Mac Domhnaill (known in English as Sorley Boy Mc Donnell). After being defeated by Seaghán Ó Neill in 1567, the McDonnells entertained their former adversary in this castle providing two days of hunting and feasting. On the third day of this celebration there was a quarrel and Seaghán was stabbed to death and beheaded. In 1585 Dónall 'Gorm' Mac Domhnaill was besieged by the English in the tower until his father Somhairle Buidhe landed in the bay by boat and drove the besiegers off. The castle



was also used as a cemetery or cillín for children who were stillborn or died before being baptised. At that time, and until relatively recently, the Catholic Church ruled that these children could not be buried on consecrated ground. The Glens of Antrim have many Cillíns which have been described by one local as 'places of immense sadness', in a time when local people thought their little one was lost forever and would not find a way into heaven. This practice has now been discontinued and the remains of the children at Castle Carra have now been removed and placed in a nearby cemetery.

Upcoming Events...

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 NEW WEBSITE HEARTOFTHEGLEN.S.ORG FOR FURTHER UPDATES AND UPCOMING EVENTS.

Farmer Information Evenings & Training

FREE Events

MONDAY 28TH SEPTEMBER GLENARM ESTATE 10AM	BEEF SHORT HORN TOUR OF GLENARM ESTATE Join Adrian Morrow on this guided tour of the farm estate with the chance to view the hydroelectric plant and enjoy a beef shorthorn burger.
MONDAY 5TH OCTOBER HUNTERS BAR, BALLYCASTLE 7PM	WOODS ON FARMS With Gregor Fulton from Woodland Trust. Find out how planting woodland on your farm can provide many benefits such as shelter for your stock, provide wood fuel and timber as well as managing and maintaining high quality water supplies.
THURSDAY 15TH OCTOBER THE OLD SCHOOLHOUSE, CUSHENDALL 7PM	CONTROLLED HEATHER BURNING Join NIFRS and NIEA for a talk on wildfire awareness to find out how to carry out heather burning in a safe and controlled manner.
DATES TO BE CONFIRMED	DRY STONE WALLING COURSE With Graeme Campbell
DATES TO BE CONFIRMED	HEDGE LAYING COURSE

Keep an eye on our Website and Social Media pages for further farmer information evenings and training



Naturally North Coast & Glens Artisan Market Workshops

SATURDAY 12TH & SUNDAY 13TH
SEPTEMBER 10AM – 4PM EACH
DAY AT 'THE ROOM' DALRIADA
HOUSE IN BALLYCASTLE

ACRYLIC PAINTING WEEKEND

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 £55 per person and this includes all materials required over the two days, including a light lunch and refreshments each day

SATURDAY 17TH OCTOBER 10AM
– 4PM AT THE ROOM DALRIADA
HOUSE IN BALLYCASTLE

PRACTICAL BREWING – WITH GLENS OF ANTRIM CRAFT ALE & BEERS

This workshop will include recipe formulation, brewing, fermentation and bottle conditioning. You will have the opportunity to make a 25lt batch of beer, from choosing the ingredients to capping the bottles. Cost £55 per person and includes a light lunch. Please email info@naturallynorthcoastandglens.co.uk to book your space.



THESE WORKSHOPS HAVE BEEN PART FUNDED BY THE COASTAL COMMUNITIES FUND IN PARTNERSHIP WITH NATURALLY NORTH COAST & GLENS MARKET FOR FURTHER INFORMATION AND TO BOOK YOUR PLACE PLEASE CONTACT BALLYCASTLEMARKET@GMAIL.COM

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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Heart of the Glens
Landscape Partnership Scheme

