

We are living with here'

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chemes managed by the council are exempt from inspection. There are no designated fire exits at the complex, with each apartment having just one door in and out.

A minor fire at a flat in the complex in the last fortnight has forced residents to speak of the "living nightmare" they say they are enduring on a daily basis, while Deputy Mayor Kevin Kiely has led on the City Council to redesign the apartments.

If this happens, residents could be forced out of their homes for an indefinite period, in a similar manner to what happened at the Priory Hotel complex in Dublin.

That development hit national headlines recently after a High Court judge ruled the residents must leave while major fire safety works are done.

The Park View dwellings lie on Kileely Road, just a few minutes walk from Shelbourne Park, Thomond Park.

Marina Shanahan moved here when they opened. She said: "I am

living here on my own, and there are no fire exits. I could jump off the balcony if I wanted to, but I would then break my legs. I am getting old, and I haven't a hope of getting out of here if there was a fire." Council employee Mark Quinlivan, added: "If anything ever happened here, and we are trapped, there would be no way out. We are lucky we have a small balcony. But if you are upstairs, you are caught."

He said he had continually raised this matter with Limerick City Council's housing department, but as of yet is still waiting for a response.

His wife Annette does not believe any improvements can be made to the homes - which could mean the tight knit community would be spread across the city if City Hall acts to rehouse them.

"What improvements can be made? You cannot put fire exits out onto a main road. This is a fire hazard in itself. The only way out for some is a ten foot drop," she told the Limerick Chronicle.

Clr Kiely has urged fire safety chiefs to carry out an inspection of



Residents from the Parkview Apartment complex, on the Kileely Road, fear they are "living in a fire hazard". PICTURE: MIKE COWHEY

the apartments.

"They could redesign it and put in the proper fire safety systems they need to have in here. I want action on this straight away. A design team needs to come out and take a look at this. It will all be fine

until we have a major fire in there and someone loses their lives," he said.

A Limerick City Council spokesman they are examining the issues raised by the residents of the Park View complex.



Alan Owens, Leanne Moore, Una Anderson Ryan, Parkinson's Midwife and Dave Keary, announce details of 'Spread Your Wings'

Prize for budding songsmiths

Alan Owens

Leanne Moore and ILoveLimerick.com are backing a new all-Ireland song writing competition in conjunction with the Parkinson's Association of Ireland, with a top prize worth €10,000.

Musical4You.ie are running 'Spread Your Wings', a songwriting competition to raise funds for Parkinson's, in conjunction with ILoveLimerick.com, to engage songwriters from all parts of Ireland.

The competition is sponsored by Limerick Leader, Limerick's 95FM, Music Therapy Ireland, Red Door Productions, Maurice Gunning Photography, music and more at Buildermonkey.com. The prize is valued at €10,000,

giving the winner an opportunity to hone their musical skills and image through various mediums including; a state of the art web site, a full photo promo shoot with renowned photographer Maurice Gunning, a style makeover, a video shoot with ILoveLimerick.com - while the winning song will be recorded and produced by acclaimed producer Dave Keary of Red Door Productions in Limerick.

The winner will also receive a PA system sponsored by XMUSIC.

The talented panel of judges includes singer songwriter John Spillane, acclaimed writer and former Eurovision Song winner, Shay Healy and singer and journalist Leanne Moore.

Go to www.facebook.com/musical4you.ie for more details.

Stars launch Hartmann's book

Alan Owens

PAULA Radcliffe, Sonia O'Sullivan, Henry Shefflin and Seán Og Ó hAilpín - just a few of the top sports stars who have been treated by the healing hands of sports therapist Ger Hartmann - were all in attendance at the Limerick man's clinic in UL this Monday to launch his memoir *Born To Perform - How Sport Has Shaped My Life*.

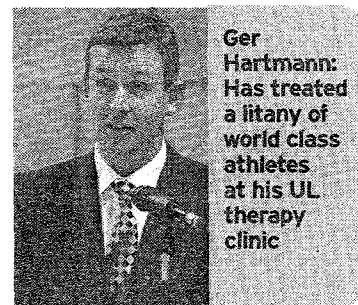
Keith Wood was MC and Eamon Coughlan formally launched the book, surrounded by a who's who of international athletes, most of whom have been treated and restored to health thanks to Hartmann's treatment.

Several of those present lauded Hartmann's prowess. Keith Wood declared: "Rugby was professional but my body was not. Ger's hands were needed to bridge that gap".

Three time Olympian Coughlan said the book was "passionate, honest, gifted and inspiring".

"Not only has Gerard touched the lives of so many people, he transformed them. His positive attitude is infectious. (He is) a true champion of life."

The book charts Hartmann's remarkable personal journey from sporting excellence and success



Ger Hartmann: Has treated a litany of world class athletes at his UL therapy clinic

to the utter heartbreak and shock of serious injury and his ultimate redirection and reinvention as a world renowned sports therapist who counts 61 Olympic medallists amongst his clients.

Essentially an autobiography, the book - according to the Irish Times journalist Ian O'Riordan, who helped Hartmann to write it - is "as much about the lives of others as it is about Hartmann's life". In particular, the book tells the stories of the world class athletes Hartmann has worked with throughout his storied career.

Hartmann himself has waved off talk that he has a special gift, stating: "It is a nice idea, but I don't believe I have any healing hands or any kind of special powers".