

RISE AND SHINE, LAKE WINNIPEG

Choral score in Bb Major

Words by Rod Palson

Melody by Lorne Martin

Arranged by Philip Lapatha



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About *Rise and Shine, Lake Winnipeg*

The genesis of *Rise and Shine, Lake Winnipeg* was a short, five-line poem that was written as part of a creative writing assignment at Red River College back in 1971. With the encouragement of my instructor, I filled it out to include a few more verses. It sat on a sheet of paper – untouched – for a couple of years.

Then I happened to meet a musician from Husavik, Manitoba, named Lorne Martin. We would soon discover that we were born just days apart at Gimli Hospital, and that our dads had commercial fished together on Lake Winnipeg. Instant connection!

Lorne took it upon himself to write a melody and turn my poem into a song – one which became the staple of many a Lake Winnipeg bonfire. It was performed in public a few times over the

decades, and was even recorded in 2011 at Lorne's home studio in Arnes, with my daughter Lindsey singing lead vocal.

In 2011, the unthinkable happened. Lorne passed away very suddenly, and from that day forward, I committed to fulfilling a wish that the two of us had shared: to make *Rise and Shine* known to a broader audience. In 2016, I contacted the Lake Winnipeg Foundation... and the rest is history.

Lorne had a deep respect for the land and the watershed. He would be so proud to know that the young people of today are singing the praises of the lake he loved.

– Rod Palson

Bb Major

Rise and Shine, Lake Winnipeg

Words by Rod Palson
Melody by Lorne Martin
Arranged by Philip Lapatha

Rise and shine, Lake Win-ni-peg, rise and

Rise and shine, Lake Win-ni-peg, rise and

Rise and shine!

5

shine! _____

5

shine! _____

5

Rise and shine!

Rise and Shine, Lake Winnipeg

The musical score consists of two staves of music. The top staff uses a treble clef and the bottom staff uses a bass clef. Both staves are in common time and include a key signature of one flat. The music is divided into measures by vertical bar lines. The first measure (measures 10-12) consists of four measures of rests. The second measure (measures 13-15) also consists of four measures of rests. The third measure (measures 16-18) contains lyrics: "There's no-thing in__ this world ____ that will ev-er match the sight ____ of". The fourth measure (measures 19-21) contains a melodic line for the treble clef staff, consisting of eighth-note pairs connected by curved stems. The fifth measure (measures 22-24) contains a melodic line for the bass clef staff, consisting of eighth-note pairs connected by curved stems. The sixth measure (measures 25-27) consists of four measures of rests. The seventh measure (measures 28-30) contains lyrics: "glo-rious Ol'__ Lake Win-ni-pe-g____ in the ear - ly morn-ing light.____". The eighth measure (measures 31-33) contains a melodic line for the treble clef staff, consisting of eighth-note pairs connected by curved stems. The ninth measure (measures 34-36) contains a melodic line for the bass clef staff, consisting of eighth-note pairs connected by curved stems.

Rise and Shine, Lake Winnipeg

19

The sky a - live _ with col - our, the wat - er a sheet of glass, A

19

The sky a - live _ with col - our, the wat - er a sheet of glass, A

19

A

19

gull fish - ing for his break - fast makes a sil - ent break - ing splash. A

24

gull fish - ing for his break - fast makes a sil - ent break - ing splash. A

24

gull fish - ing for his break - fast makes a sil - ent break - ing splash. A

24

gull fish - ing for his break - fast makes a sil - ent break - ing splash. A

Rise and Shine, Lake Winnipeg

28

Rise and shine, Lake Win-ni - peg, ____ rise and shine!

28

Rise and shine, Lake Win-ni - peg, ____ rise and shine!

28

Rise and shine, Lake Win-ni - peg, ____ rise and shine!

28

Rise and shine, Lake Win-ni - peg, ____ rise and shine!

The call of the loon in the dis-tance is the on - ly sound I

Oo

Oo

Rise and Shine, Lake Winnipeg

36

hear. a - bove the whis - per of the wat-er wash - ing soft - ly a-against the pier.

36

Ah soft - ly a-against the pier.

36

Ah Soft a - gainst the pier.

41

And then the gen - tle mur-mur of a screw - top pow-ered skiff, a

41

Oo of a screw - top pow-ered skiff, a

41

of a screw - top pow-ered skiff, a

41

Rise and Shine, Lake Winnipeg

46

nev-er-say-die old fish-er-man head-ing out for his morn-ing lift.

46

nev-er-say-die old fish-er-man head-ing out for his morn-ing lift.

46

nev-er-say-die old fish-er-man head-ing out for his morn-ing lift.

50

Rise and shine, Lake Win-ni-peg, rise and shine! Rise and

50

Rise and shine, Lake Win-ni-peg, rise and shine! Rise and

50

Rise and shine, Lake Win-ni-peg, rise and shine!

50

Rise and shine, Lake Win-ni-peg, rise and shine!

Rise and Shine, Lake Winnipeg

54

shine!

Ah

—

Let your ear - ly morn - ing splen-dour touch the sky! —

54

54

54

58

—

Oh

—

Oh

—

And let your rip - pling wat - ers drift to - wards the oth - er side.

58

58

Rise and Shine, Lake Winnipeg

62

oth - er side. _____ Rise and shine, Lake Win-ni - peg, _____ rise and

oth - er side. _____ Rise and shine, Lake Win-ni - peg, _____ rise and

Rise and shine, _____ Lake Win-ni - peg, _____

66

shine! Rise and shine! Down the wind - ing shore-line a

shine! Rise and shine! Down the wind - ing shore-line a

rise and shine! _____

66

Rise and Shine, Lake Winnipeg

70

camp - fire crac - kles bright.

70

camp - fire crac - kles bright.

70

Pic - k'rel fil - lets in the fry - ing pan__ to

70

70

As the morn - ing sun__ gets

74

As the morn - ing sun__ gets

74

start the day off right. __

74

74

Rise and Shine, Lake Winnipeg

78

bright-er and the fog be - gins to rise that big old lake, — it just seems

bright-er and the fog be - gins to rise that big old lake, — it just seems

78

that big old lake, — it just seems

78

78

— to grow, it's a sight for sor - ry eyes. — Rise and

— to grow, it's a sight for sor - ry eyes. — Rise and

82

— to grow, it's a sight for sor - ry eyes. — Rise and

82

82

13

Rise and Shine, Lake Winnipeg

86

Solo 1

shine, Lake Win-ni-peg, rise and shine! Miles of clear blue

86

shine, Lake Win-ni-peg, rise and shine!

86

shine, Lake Win-ni-peg, rise and shine!

91

Solo 2

wat - er as far as I can see, I'll nev - er for -get that morn-ing and how

91

91

91

91

Rise and Shine, Lake Winnipeg

96

Solo 3

good it felt to me.

For the rest of my days I as - sure you, I'll

Part 1 and Part 2 together

Oo

Oo

96

96

101

Solo 4

nev - er ask ___ for more ___

Than an - o - ther day ___ to rise and shine on Lake

Oh

Oh

101

101

101

Rise and Shine, Lake Winnipeg

105

Part 1

Win-ni-peg's sandy shore.

Rise and shine, Lake Win-ni-peg, rise and

Part 2

Ah.

Rise and shine, Lake Win-ni-peg, rise and

Part 3

Ah.

Rise and shine, Lake Win-ni-peg, rise and

105

105

110

shine!

Rise and shine, Lake Win-ni-peg, rise and

shine!

Rise and shine, Lake Win-ni-peg, rise and

shine!

Rise and shine, Lake Win-ni-peg,

110

110

Rise and Shine, Lake Winnipeg

119

119

119

shine!

119

119

Rise and Shine, Lake Winnipeg

Rod Palson and Lorne Martin

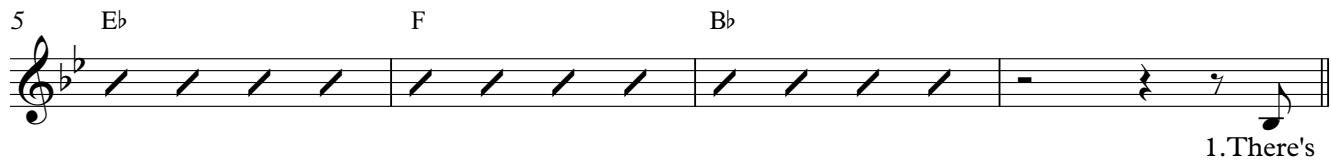
 Intro

♩ = 120



Rise and shine, lake Win-ni peg, rise and shine.

5 E♭ F B♭



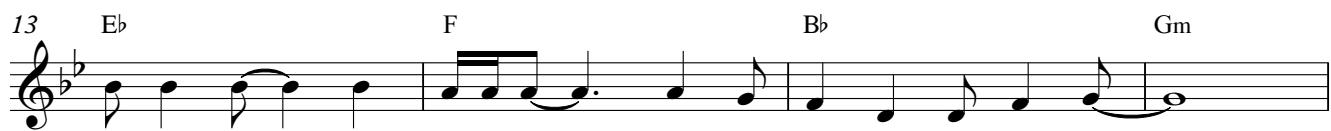
1. There's

9 **A** B♭ Cm E♭ B♭



Verse 1. no-thing in this world that will ev - er match the sight of
 Verse 2. call of the loon in the distance is the on - ly sound I hear. A-

13 E♭ F B♭ Gm



glo - rious Ol' Lake Win - ni peg in the ear - ly morn - ing light.
 bove the whisper of the wat er wash - ing soft - ly against the pier.

17 Gm B♭ Cm E♭ B♭



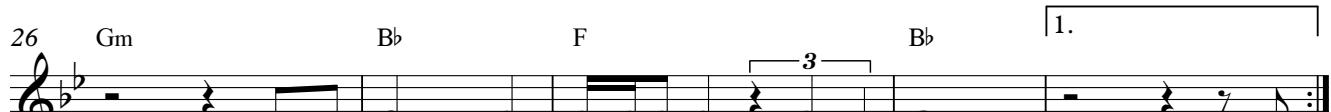
The sky a - live_ with col - our, the wat - er a sheet_ of glass, a
 And then the gen - tle mur-mur of a screw top powered skiff. A

22 E♭ F B♭ Gm



gull fish - ing for his break - fast makes a si - lent break - ing splash.
 never say die old fisherman head - ing out for his morning lift

26 Gm B♭ F B♭ 1.



Rise and shine, Lake Win-ni peg, rise and shine. 2.(The)

B

Rise and Shine, Lake Winnipeg

31 2. B_b E_b F B_b

Let your ear-ly morn-ing splen-dour touch the sky! And

36 E_b F B_b Gm

let your rip-pling wat-ers drift to - wards the oth - er side.

40 Gm B_b F B_b

Rise and shine, Lake Win-ni peg,- rise and shine.

C

45 B_b Cm E_b B_b

Down the wind - ing shore-line a camp-fire crac-kles bright.

49 E_b F B_b Gm

Pic-k'rel fil - lets in the fry-ing pan_ to start the day off right.

53 Gm B_b Cm E_b B_b

As the morn-ing sun_ gets bright-er and the fog be gins to rise that

58 E_b F B_b Gm

big old lake,_ it just seems to grow, it's a sight for sor-ry eyes.

62 Gm B_b F B_b

Rise and shine, Lake Win-ni peg,- rise and shine.

Rise and Shine, Lake Winnipeg

67 B_b Cm E_b B_b E_b

Miles of clear blue wat-er as far as I can see. I'll nev-er for get that

72 F B_b Gm

morn-ing and how good it felt to me. For the

76 B_b Cm E_b B_b

rest of my days I as - sure you, I'll nev-er ask for more than an-

80 E_b F B_b Gm

o-ther day to rise and shine on Lake Win-ni peg's sand-y shore.

84 Gm B_b F B_b

Rise and shine, Lake Win-ni peg, rise and shine. Rise and

89 B_b F B_b

__ shine, __ Lake Win-ni peg, __ rise and shine. Rise and

93 B_b F B_b

__ shine, __ Lake Win-ni- peg, __ rise and shine.

A message from the Lake Winnipeg Foundation

The Lake Winnipeg Foundation began around a kitchen table in 2005, founded by citizens who shared a concern for Lake Winnipeg's future and a belief that they could change things for the better. Today, we are a growing community of lake-lovers – and together, we are translating science into solutions for the health of Lake Winnipeg.

At LWF, we understand that music has the power to connect us. Water also connects us. It is essential to life on our shared planet and its health is our shared responsibility.

Rise and Shine, Lake Winnipeg speaks to Lake Winnipeg's history and evokes its enduring beauty. Through melody and words, it captures how many Manitobans feel about this iconic water body – the 10th largest freshwater lake in the world.

With this song, Rod and Lorne gave us all a gift. We are delighted to help turn this gift into a lasting legacy by transforming *Rise and Shine, Lake Winnipeg* into choral score.

Offered at no cost to music teachers throughout Manitoba and beyond, our wish is for educators to use this song to engage with their students about why Lake Winnipeg is important – and why it's worth protecting, now and for future generations.



LWF

LAKE
WINNIPEG
FOUNDATION



lakewinnipegfoundation.org