RISE AND SHINE, LAKE WINNIPEG

Choral score in C Major

Words by Rod Palson
Melody by Lorne Martin
Arranged by Philip Lapatha
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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
Rise and Shine, Lake Winnipeg

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There's nothing in this world that will ever match the sight of glorious Ol' Lake Winnipeg in the early morning light.
The sky a-live with colour, the water a sheet of glass,

The sky a-live with colour, the water a sheet of glass,

Gull fishing for his breakfast makes a silent breaking splash.

Gull fishing for his breakfast makes a silent breaking splash.

Gull fishing for his breakfast makes a silent breaking splash.

Rise and Shine, Lake Winnipeg
Rise and Shine, Lake Winnipeg

Rise and shine, Lake Winnipeg, rise and shine!

The call of the loon in the distance is the only sound I hear. Above the whisper of the

Ah

Ah

Oo
water washing softly against the pier.

And then the gentle

softly against the pier.

Oo

Soft against the pier.

murmur of a screw-top powered skiff, a never-say-die old fisherman heading

Oo of a screw-top powered skiff, a never-say-die old fisherman heading

of a screw-top powered skiff, a never-say-die old fisherman heading
Rise and Shine, Lake Winnipeg

out for his morning lift.

Rise and shine, Lake

out for his morning lift.

Rise and shine, Lake

out for his morning lift.

Rise and shine, Lake

Rise and shine, Lake

Rise and shine, Lake

Winipeg, rise and shine! Rise and shine! Ah

Winipeg, rise and shine! Rise and shine! Ah

Winipeg, rise and shine! Rise and shine! Ah

Lake Winipeg, rise and shine! Let your early morn...
Rise and Shine, Lake Winnipeg

splendour touch the sky!

And let your rippling

waters drift towards the other side.

Rise and

Rise and
Rise and Shine, Lake Winnipeg

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

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

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

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

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

Pic-k'rel fil-lets in the
As the frying pan to start the day off right.

As the morning sun gets brighter and the fog begins to rise that

Rise and Shine, Lake Winnipeg
big old lake, it just seems to grow, it's a sight for sorry eyes.

Rise and shine, Lake Winnipeg, rise and shine!
Rise and Shine, Lake Winnipeg

Miles of clear blue water as far as I can see, I'll never forget that morning and how good it felt to me. For the rest of my days I as-

Part 1 and Part 2 together

Solo 3
Rise and Shine, Lake Winnipeg

Solo 4

Sure you, I'll never ask for more
Than another day to rise and shine on Lake Winnipeg's sandy shore.

Part 1

Rise and shine, Lake Winnipeg, rise and shine, Lake Winnipeg.

Part 2

Ah

Rise and shine, Lake Winnipeg, rise and shine, Lake Winnipeg.

Part 3

Ah

Rise and shine, Lake Winnipeg, rise and shine, Lake Winnipeg.
Rise and Shine, Lake Winnipeg

Rise and shine, Lake Winnipeg, rise and shine!
Rise and shine, Lake Winnipeg, rise and shine!
Rise and shine, Lake Winnipeg, rise and shine!
Rise and shine, Lake Winnipeg, rise and shine!
Rise and Shine, Lake Winnipeg

shine!
Rise and shine, Lake Winnipeg

Rod Palson and Lorne Martin

\( \text{Intro} \)

\( \text{F} \) \( \text{G} \) \( \text{C} \)

Rise and shine, lake Winnipeg, rise and shine.

\( \text{Verse 1.} \)

no-thing in this world that will ev-er match the sight of

call of the loon in the distance is the only sound I hear.

\( \text{A} \)

\( \text{C} \) \( \text{Dm} \) \( \text{F} \) \( \text{C} \)

glo-rious Ol’ Lake Winnipeg in the early mor-ning light.

bove the whisper of the water washing softly against the pier.

\( \text{Verse 2.} \)

The sky a-live with col-our, the water a sheet of glass, a

And then the gen-tle mur-mur of a screw top powered skiff.

\( \text{A} \)

\( \text{Am} \) \( \text{C} \) \( \text{Dm} \) \( \text{F} \) \( \text{C} \)

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.

\( \text{Am} \) \( \text{C} \) \( \text{G} \) \( \text{C} \)

Rise and shine, Lake Winnipeg, rise and shine.

2.(The)
Let your ear-ly morn-ing splen-dour touch the sky!

And let your_ rip-pling_ wat-ers drift_ to-wards the oth-er side._

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

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

Pic-krel fil-lets in the fry-ing pan_ to start the day off right._

As the morn-ing sun_ gets bright-er and the fog be-gins to rise that big old lake_ it just seems to grow, it’s a sight for sor-ry eyes._

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

Miles of clear blue water as far as I can see. I'll never forget that morning and how good it felt to me. For the rest of my days I assure you, I'll never ask for more than another day to rise and shine on Lake Winnipeg's sandy shore.

Rise and shine, Lake Winnipeg, rise and shine. Rise and

Rise and shine, Lake Winnipeg, rise and shine. Rise and
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.