



# Quarterly

ISSUE 2, DECEMBER 2025



## FINDING COMFORT IN WINTER

### THE POWER OF *HYGGE* TO BEAT THE WINTER BLUES

The darker days of winter can dim our energy, unsettle our sleep, and—for many—stir up the symptoms of Seasonal Affective Disorder (SAD), a form of depression tied to the changing seasons. But winter doesn't have to be something we merely push through. With a little inspiration from Nordic culture, we can learn to welcome this quieter time of year through the practice of *hygge* (pronounced “hoo-gah”).

Rooted in Danish and Norwegian traditions, *hygge* is a restorative approach to living that invites simplicity, slowness, and connection. A *hygge*-inspired winter is all about cultivating warmth—both in our surroundings and in our mindset—by embracing small, comforting rituals. In many ways, *hygge* stands in gentle opposition to the consumerism and escapism so often sold as cures for winter's gloom. Instead of trying to rush through the season or distract ourselves from it, *hygge* encourages us to settle in, savour the moment,

and find joy in the understated pleasures that winter brings. Key *hygge* practices include:

**Warm light:** like the soft glow of candles, lamps, or a sunset—helps the body and mind shift into a calmer state. Its lower Kelvin temperature naturally signals the brain to relax, supporting our circadian rhythm and encouraging melatonin production for better sleep. It also eases eye strain. So turn off or dim overhead lighting, install warm-white bulbs to lamps, light candles and fireplaces. Even an electric fireplace inspires *hygge*.

**Simple Pleasures:** Find joy in everyday activities. This includes: sipping hot drinks like cocoa or tea; cooking and enjoying comfort foods like soups, stews and baked goods; reading a good book; or listening to music.

*...continued on the next page*



## It's never too late to get vaccinated against the flu

The flu, or influenza, is a contagious respiratory illness that can strike suddenly. While many recover within a week or two, it can lead to serious complications—especially for children, older adults, and those with chronic health conditions. Each year, a flu shot is the best way to protect yourself and others from getting sick.

The flu vaccine is offered free of charge to all Quebecers.

### It's December. Is it too late to get the vaccine?

No. It's never too late. It's true that most people get the flu shot in the fall because it takes about two weeks to build full protection, just in time for the peak of flu season in late fall and winter. In many countries in the Northern Hemisphere, flu rates start increasing in late fall, peak sometime between January and February, and then gradually decline by spring. So it's definitely not too late.

### Where to get information and how to make an appointment

It's easy! Just visit:

[quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccine](https://quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccine)

## ...Finding Comfort...continued from page 1

**Nature & Outdoors:** Embrace the natural world, even in winter. A brisk walk in the snow, enjoying the fresh air, can make a world of difference psychologically. Bundle up and get outside, even if only for a few minutes.

**Togetherness:** Spend meaningful time with friends and family—one of the true heartbeats of hygge. Whether it's gathering around a board game, sharing a simple meal, or enjoying quiet moments by the fire, these small rituals strengthen connection and comfort. Consider hosting a hygge-inspired get-together where everyone arrives in their coziest clothes and slippers, enjoys warm, uncomplicated food, and simply relaxes together. Stories, laughter, and a soft, unhurried atmosphere are all you need to create a sense of togetherness that carries you through the winter.

**Disconnect from devices, especially in the evenings:** Screens can interfere with sleep by emitting blue light, which suppresses melatonin—the hormone that helps regulate your natural sleep-wake cycle. They also stimulate the brain with fast-paced content and constant notifications, making it harder for the mind to wind down and prepare for rest.

Research supports what Nordic cultures have known for generations: environments that feel warm, safe, and soothing help reduce stress, support sleep, and strengthen social bonds. In a world that moves faster every year, hygge offers a much-needed antidote. At its core, hygge reminds us that well-being doesn't require grand gestures or expensive solutions. As the Danes say, "Hyg dig i vintermørket!" or, in English, "Enjoy yourself in the winter darkness!"

By Tanya Bolduc, Communications Manager



# A Champion of Community and Bilingualism: Sylvie Laval, Mayor of South Durham



In the heart of South Durham, Québec, the community thrives under the steady leadership of its devoted mayor, Sylvie Laval — a woman whose passion for connection, culture, and collaboration defines her service. Recently re-elected by acclamation for a second term, she stands as a symbol of commitment and unity, bridging languages, generations, and traditions.

Born in France and raised in Montreal, Laval grew up immersed in the city's vibrant bilingual culture — an experience that shaped her lifelong dedication to promoting linguistic harmony. As a young adult, she later moved out West, where she developed a deep appreciation for Canada's diversity and regional identities.

A love of nature and community eventually drew her to South Durham. What began as a weekend retreat soon became a lifelong home, as she and her husband fell in love with the area's rural tranquility, cultural vitality, and welcoming residents. Anticipating their retirement, they made the heartfelt decision to settle there permanently, ready to contribute to the town's growth and spirit.

Her leadership style mirrors her personal story — open, inclusive, and empathetic. A steadfast advocate for bilingualism, Laval has worked tirelessly to ensure French and English speakers feel equally valued. This

dedication has earned her widespread respect and made her a strong ally of the Centre for Access to Services in English. CASE works to enhance the lives of English-speaking communities throughout the Mauricie–Centre-du-Québec (MCQ) region, including South Durham, where roughly 10% of residents are English-speaking. Through this partnership, Laval continues to promote initiatives that foster cooperation between linguistic communities and create meaningful opportunities for youth.

Among her greatest passions is promoting literacy. She believes reading opens doors to imagination, empathy, and confidence — qualities essential to developing tomorrow's leaders. She introduced the French literacy program “Lire et faire lire” to the local elementary school, a gesture that beautifully embodies her vision of cultural and linguistic exchange. Laval also supports school and town initiatives that encourage collaboration and strengthen community ties.

She credits much of South Durham's success to its volunteers — nearly 65 hands-on, dedicated residents who are always ready to do what is needed. Laval describes them as the town's driving force, the heart of a sympathetic and engaged community that thrives on generosity and teamwork.

Outside her civic duties, Laval is a proud grandmother of five bilingual grandchildren. Her family brings her joy and keeps her grounded in values of kindness, patience, and lifelong learning. A devoted and lifelong reader, she enjoys stories that explore human connection and resilience.

As she begins her second term, Sylvie Laval continues to bring energy, insight, and strength to every challenge. Whether advocating for bilingual education or championing local initiatives, her vision remains clear: true progress begins with listening, learning, and working together. South Durham is fortunate to be guided by a leader whose dedication reflects the very spirit of the town.

By Julia Frid, Network and Partnerships Coordinator

# Join us in Shawinigan to Ring in the Holidays!

## Tradarium and Stephanie Veillette en formule trio sure to delight concert goers

CASE-MCQ is thrilled to present **A Musical Christmas Celebration!** December 19th, 6:00 - 8:00 pm at the auditorium of the Cégep de Shawinigan! Get ready for an unforgettable evening of music, fun, and festive cheer! This year's holiday concert brings not one but two dynamic performances to light up the season.

**Tradarium**, the beloved Sherbrooke trio, will lift your spirits with their vibrant blend of Québécois, Irish, and First Nations influences—the kind of music that makes you want to clap, sing, and tap your feet. They'll be followed by **Stéphanie Veillette en formule trio**, delivering classic-rock energy with a holiday twist.

It's a family-friendly celebration designed to spark joy and get everyone into the holiday spirit. So bring family, bring the kids, and invite friends.

**Tickets: \$20 Adults; \$15 Youth (12–17); Free for children under 12**

**Tickets are available at the door, and parking is free.**

For more information, contact Marc-Olivier, CASE's Culture & Heritage Coordinator, at [casemcq.heritage@gmail.com](mailto:casemcq.heritage@gmail.com).



## Thrive Network Upcoming Events

Thrive, CASE's own networking group, has had a strong first year filled with presentations, discussions and outings. The group meets monthly to explore a variety of topics and to connect with other members of the English-speaking community. It is open to all adults who are looking to meet new people, learn, and share their interests

**A YEAR OF VOICES**  
HONOURING THE HEART OF THE  
**THRIVE NETWORK**

It's our final THRIVE gathering of 2025! What an incredible first year for the Network!  
Join us as we celebrate our collective success and honour the presenters who made it all possible.

**DEC 12**  
6:00 - 8:00 PM  
CASE OFFICE, SUITE 210  
3550 de Cherbouurg  
Trois-Rivières

Register today!  
[casemcq.com/thriveheart](http://casemcq.com/thriveheart)  
[casemcq.tr.coordinator@gmail.com](mailto:casemcq.tr.coordinator@gmail.com)

CASE  
CENTRE FOR ACCESS TO SERVICES IN ENGLISH  
CENTRE D'ACCÈS AUX SERVICES EN ANGLAIS

Québec CHESN

**DECEMBER 12, 6:00 - 8:00 pm**  
A social evening where we will recognize the work of those who contributed to the success of this first year!  
[Register online here.](#)

**JANUARY 30, 6:00 - 8:00 pm**  
A visit to O Art Galerie & Studio to explore the works of Marie Doudouli.  
[Register online here.](#)

For info or to register, contact Lily G. at [casemcq.tr.coordinator@gmail.com](mailto:casemcq.tr.coordinator@gmail.com)

**THRIVE NETWORK**

**Canvas & COLOURS**  
Art Exhibit

Join us for a special visit to O Art Galerie & Studio as we dive into the captivating world of painter Maria Doudouli!

**JANUARY 30TH**  
6:00 - 8:00 PM  
1-160 RUE DES FORGES  
TROIS-RIVIÈRES

Register today!  
[casemcq.com/thriveart](http://casemcq.com/thriveart)  
[casemcq.tr.coordinator@gmail.com](mailto:casemcq.tr.coordinator@gmail.com)

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Québec CHESN

# CASE Celebrates Three Outstanding Bursary Recipients for 2025–2026

CASE is proud to introduce this year's recipients of the Health and Social Services Community Leadership Bursary Program. These three students from the Mauricie and Centre-du-Québec region stand out for their academic excellence, bilingualism, and commitment to serving their communities.

Funded through the Dialogue McGill Program, the bursary supports bilingual students pursuing full-time studies in health and social services. In return, recipients commit to working at least one year in Quebec's public system per bursary received. This year, CASE is awarding \$17,500 to help local students advance their education.

CASE is honoured to support these inspiring future professionals. Their passion, bilingual skills and dedication strengthen access to culturally responsive care across the region. Congratulations to Andrea, Elyse, and Maika—you make our community proud!



## Andrea Kokta-Gagnon – Laval University (Medicine)

Entering her second year of medical school, Andrea is known for her leadership, collaboration, and strong academic performance. Fully bilingual and passionate about accessible, culturally sensitive care, she is committed to returning to the region as a future physician.



## Elyse Rousseau – Cégep de Trois-Rivières (Nursing)

In her final year of nursing, Elyse is recognized for her maturity, motivation, and community involvement. A lifelong bilingual learner, she volunteers with the English-speaking population and fundraises for children with leukemia. She plans to continue working in Trois-Rivières. This is her third CASE MCQ bursary.



## Maika Lessard – UQTR (Bachelor of Nursing)

After completing her nursing diploma at Champlain Regional College, Maika is finishing her bachelor's degree at UQTR. Bilingual and dedicated to improving communication for English-speaking patients, she brings a calm, reassuring presence to her work. This is also her third consecutive CASE MCQ bursary.

## CASE FUNDER PROFILE

**Dialogue McGill**  
Better Communication for Better Care

In 2003, Health Canada launched the [Official Languages Health Program](#), with the aim to improve health care access for Canadian official language minority communities. In 2004, McGill University received a grant under this Health Canada Program and launched the Dialogue McGill Project. For more than 20 years, Dialogue McGill has been focused on initiatives to build and maintain the capacity of bilingual health and social services professionals in Quebec. These include bursaries, language training, internship support, recruitment & retention, and research & evaluation. For more information, visit [dialoguemcgill.ca/](http://dialoguemcgill.ca/).

# Gina Lavine

## Bringing Energy, Laughter and Heart to CASE's Seniors Programs in Trois-Rivières

If you've walked into a Senior Wellness activity and heard laughter down the hall, you've probably found Gina Lavine. Originally from Manitoba, she's brought her Prairie blend of community spirit, resilience, and humour to Trois-Rivières for many years (the kind that gets you through a -30°C windchill!).

Gina discovered CASE by accident—first as a volunteer helping students with reading, then, a year later, as a staff member after three different people sent her the same job posting. She applied, met Shannon, Audrey, and Andrew, and immediately felt at home. “From day one, I knew I'd found my people,” she says.

Today, Gina is a driving force in our Seniors Wellness program. Her classes buzz with creativity, connection, and compassion. Whether teaching iPad skills, leading book clubs, or helping someone record their first podcast, she brings patience, empathy, and plenty of fun. Her favourite moments are when participants beam with pride—after sending their first email or realizing “the cloud” isn't about the weather.

Gina has introduced the Viactive fitness program, leads the PIED Stand Up Program (“OMG, do we laugh!”), and wrote the grant that launched Seniors Empowering Seniors, now a thriving cross-team initiative helping seniors share their life stories through blogs and podcasts. Many participants have become local mini-celebrities—and lifelong friends.

Outside of work, Gina pours her energy into golf,



pickleball, fitness, crafting, reading, and knitting (occasionally pulling all-nighters to finish a project). She's also the self-proclaimed Queen of Disco, a Lady Gaga fan, and a proud graduate of Jimmy Sévigny's bootcamps. Asked to describe CASE in three words, she offered: Empowering. Inclusive. Heartfelt. Then added, “Can I sneak in one more? Fun!”

We couldn't agree more. Gina embodies all of it—proving that community grows through people who bring warmth, passion, and heart to everything they do.

By Audrey Ottier, Executive Director



### Thank you to all who contributed!

Phyllis Knox, CASE volunteer extraordinaire, who founded and runs the in-school thrift store at Three Rivers Academy high school, thanks everyone who donated clothing again this year. Dollar Frip not only makes clothing affordable to disadvantaged students for the low price of \$1 an item, it also funds free lunches at the school's cafeteria!

# Glitter, Glue & Giggles

## Meet the Crafty Queens of CASE



The Crafty Queens, left to right: Diane Pollock, Vickie Schnieders, and Karine Charland.

Walk into CASE's Senior Wellness Initiative on a craft day and you'll quickly realize it's about far more than scissors and glue. It's a lively mix of laughter, creativity, and the talents of three remarkable women: Vickie, Karen, and Dianne — lovingly known as the Crafty Queens of CASE.

Vickie Schnieders is the Watercolor Wonder! Her paintings capture beauty in every hue, from delicate florals to sparkling winter scenes. She turns her artwork into calendars and greeting cards and brings that same creative spark to CASE workshops, where her spooky Halloween ideas are always a hit. When she's not painting, you'll find her crocheting.

Karen Charland is our Weaver of Warmth, a master weaver whose blankets, bath wraps, and table covers are woven with patience and care. Her work brings comfort to any home, and at CASE she shares that same sense of warmth through seasonal craft projects. Calm and encouraging, Karen helps participants discover the joy of creating something new — especially during Valentine's Day, Halloween, and Christmas activities. She's also an avid crocheter.

Dianne Pollock is the Christmas Queen! If anyone could rival Santa's workshop, it's Dianne. With seven Christmas trees and handcrafted ornaments in every room, she brings festive magic to life. At CASE, she teaches participants how to turn simple supplies into dazzling décor. Beyond Christmas, her talents span knitting, scrapbooking, stained glass, woodwork, jewellery making, sewing, macramé — and more.

Vickie, Karen, and Dianne are also regulars at CASE's Craft & Chat get-togethers on the first and third Tuesday of each month.

For the past two years, these three talented women have led CASE's holiday workshops, guiding participants through fun creations for Valentine's Day, Halloween, and Christmas. The real joy, though, is the camaraderie: the laughter, the shared stories, and the pride of creating something by hand. As participant Lise Farmer shared, "I'm not from here and I don't have family here. CASE is my family — thank you!"

If you'd like to join the fun, call 819-691-5883 or register online at [casemcq.com/calendar-1](http://casemcq.com/calendar-1).

By Gina Lavine, Senior Wellness Coordinator



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CENTRE D'ACCÈS AUX  
SERVICES EN ANGLAIS

#### Main Office

1045 rue Chabanel  
Drummond, (Qc) J2B 2J4  
819-850-5560  
Toll free: 1-833-850-5560

#### Satellite Office

3550 deCherbourg # 210  
Trois-Rivières, (Qc) G8Y 6S6  
819-379-8022  
Toll free: 1-833-850-5560

We welcome your feedback on this newsletter at  
[casemcq.communications@gmail.com](mailto:casemcq.communications@gmail.com)

# SENIORS WELLNESS

## TROIS-RIVIÈRES

**Christmas Craft!**

Personalize your very own wood-framed tree in this FREE crafting workshop! Supplies provided.

**SENIORS WELLNESS**  
TROIS-RIVIÈRES

**DEC 10**  
10:00 AM - 12:00 PM  
3550 CHERBOURG, #210

Followed by a...  
**VIACTIVE**  
30+ WORKOUT  
11:30 AM - NOON

SIGN UP TODAY!  
casemcq.com/tr-seniors-tree  
or contact Gina - casemcq.swc.tr@gmail.com, 819-691-5883

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Québec CHSN

**Jingle and Mingle!**

Seniors Wellness Trois-Rivières and Seniors Wellness Shawinigan are teaming up for a festive lunch, tasty treats, music, and Christmas crafts. Wear your favourite ugly sweater or something sparkly and come celebrate the season with us!

**DEC 17 | 10 am - 1 pm**  
CASE-MCQ, 3550 Cherboug, #210  
Trois-Rivières

**CATERED LUNCH \$15**  
SPACE LIMITED

**RSVP BY DEC 10!**  
casemcq.com/jinglemingle

Trois-Rivières:  
Gina - casemcq.swc.tr@gmail.com, 819-691-5883  
Shawinigan:  
Lily G. - casemcq.tr.coordinator@gmail.com

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Québec CHSN

**DECEMBER 10, 10:00 am - 12:00 pm**

A personalized wooden holiday tree craft followed by a Viactive 30-min workout. [Register online here.](#)

**DECEMBER 17, 10:00 am - 1:00 pm**

Joint Jingle & Mingle Party with the seniors from Shawinigan! Music, crafts, games catered lunch, and more! \$15 / person. [Register online here.](#)

**@ CASE, 3550 de Cherboug, Suite 210**

**Register online or contact Gina:**

[casemcq.swc.tr@gmail.com](mailto:casemcq.swc.tr@gmail.com)

819-691-5883

# SENIORS WELLNESS

## SHAWINIGAN

**SENIORS WELLNESS**  
SHAWINIGAN

**DECEMBER 1st | 10AM - 12PM**  
DIGIHUB SHAWINIGAN, 1250 AV. DE LA STATION

**BEADING JOY!**  
BRACELET MAKING

String together joy and creativity as we craft dazzling holiday beads in true festive spirit!

SIGN UP TODAY!  
casemcq.com/seniorsbead  
casemcq.tr.coordinator@gmail.com

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**CATERED LUNCH \$15**  
SPACE LIMITED

**RSVP BY DEC 10!**  
casemcq.com/jinglemingle

Trois-Rivières:  
Gina - casemcq.swc.tr@gmail.com, 819-691-5883  
Shawinigan:  
Lily G. - casemcq.tr.coordinator@gmail.com

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**DECEMBER 1, 10:00 am - 12:00 pm**

Beading bracelets! A fun holiday craft activity! @ DigiHub, 1250 Av. de la Station. [Register online here.](#)

**DECEMBER 17, 10:00 am - 1:00 pm**

Joint Jingle & Mingle Party with the seniors in Trois-Rivières @ CASE, 3550 de Cherboug, Suite 210 ! Music, crafts, games catered lunch, and more! \$15 / person. [Register online here.](#)

**Register online or Contact Lily G.:**

[casemcq.tr.coordinator@gmail.com](mailto:casemcq.tr.coordinator@gmail.com)

**CASE Café** Enjoy games, stories, music, and a festive lunch!

**HOLIDAY PARTY!**

**DECEMBER 12**  
9:30 am - 1:00 pm

Space is limited. Reservations required.  
\$10 / person contribution.

RSVP ONLINE: [CASEMCO.COM/CAFEHOLIDAY](http://CASEMCO.COM/CAFEHOLIDAY)  
or email Evelyn at [casemcq.liaisonagent.cdq@gmail.com](mailto:casemcq.liaisonagent.cdq@gmail.com)

Salle des loisirs  
130 rue principale, Durham-Sud

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Québec CHSN

# SENIORS WELLNESS

## CENTRE-DU-QUÉBEC

**CASE Café Holiday Party! DECEMBER 12, 9:30 am - 1:00 pm**

Catered lunch, games, music, and more!  
\$10 /person. @ Salles des loisirs, 130 rue principale, Durham-Sud.

[Register online here](#) or email Evelyn: [casemcq.liaisonagent.cdq@gmail.com](mailto:casemcq.liaisonagent.cdq@gmail.com)

## Legal Aid Web Guide

Legal aid lets you get the services of a lawyer either free or at low cost. To see if you qualify, legal aid must look at your financial situation and the legal services you need. To see if you qualify, make an appointment with the [legal aid office near you](#). They will analyse your situation. Éducaloi has created a very informative online web guide to answer some of your questions about legal aid, such as: what services are covered?; preparing for your first appointment; free or low-cost; services for children; and services for children and teens.

To view and download the guide, go to:

[educaloi.qc.ca/en/web-guide/legal-aid/](http://educaloi.qc.ca/en/web-guide/legal-aid/)

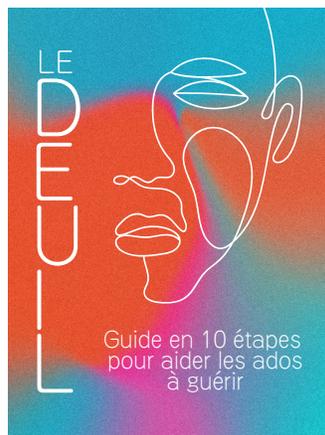
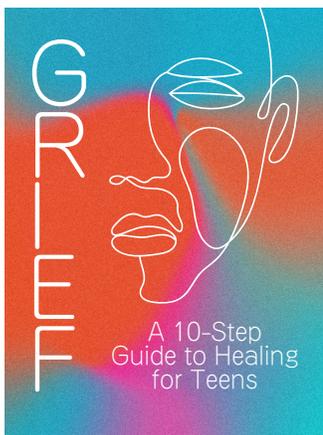
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## Helping Teens Navigate Loss

Losing a loved one is especially tough for teens, who are already navigating big emotional changes. Their grief may show up as sadness, irritability, withdrawal, or acting as if nothing happened. There's no single "right" way to cope.

To offer guidance, CASE recently created a bilingual 10-step guide designed to help teens understand their emotions and find healthy ways to cope.

A *10-Step Guide to Healing for Teens* comes on the heels of two other CASE 10-Step resources developed for Autism and Dementia. To request any of these brochures, contact Julia Frid, Network & Partnerships Coordinator at [casemcq.coordinator@gmail.com](mailto:casemcq.coordinator@gmail.com).



### Navigate a French website (or any site in a different language) with ease using



Did you know that you can easily get Google to translate a website? The [Google Chrome](#) search engine has a built-in feature that detects when a page is in a different language and offers to translate it automatically. Alternatively, you can go to the [Google Translate website](#) and enter the URL to see the site in a different language.

Google's free, multi-lingual neural machine translation service is a powerful tool. Although no such system is perfect, you may be shocked at how accurate it can be, or how handy! Over the past couple of years, the system has learned to analyze an entire sentence or even a document in a way that captures the nuance and context of the text more effectively. As a consequence, their translations are far more natural and closer to human-level fluency.

#### Method 1: Using Google Chrome

- Visit a webpage: that is in a different language.
- Click the Translate icon: that appears on the right side of the address bar, or right-click the page and select "Translate to [Your Preferred Language]".
- Select the language: you want to translate the page to. A box will appear at the top with a "Translate" icon, or you can choose a different language from the dropdown menu.

#### Method 2: Using the Google Translate website

- Go to the [Google Translate website](#).
- Enter the URL of the website you want to translate in the text box on the left.
- Click the "Go" button .
- Click "Translate": in the new window that appears.
- Browse the translated website. You can click links on the site to continue navigating it in the translated language, as long as you stay within the Google Translate interface.



Grab your crafting supplies and join the Craft & Chat gang for an evening of creativity and lots of laughs!

**DECEMBER 2 and 16**  
**6:30 - 8:30 pm**

@ CASE, 3550 de Cherbourg,  
Trois-Rivières  
[Register online here](#) or contact Gina  
at [casemcw.swc.tr@gmail.com](mailto:casemcw.swc.tr@gmail.com),  
819-691-5883

## Our Info & Referral service just got easier!

CASE can help you!  
We will listen, inform and refer you towards the public and community resources you need!

[casemcq.com/info-and-ref](http://casemcq.com/info-and-ref)



## MCQ VIEWS & VOICES

Explore blogs and podcasts by English-speakers of the MCQ!

[mcqvoices.ca](http://mcqvoices.ca)



## Candied Cranberries

Just in case you weren't familiar with this oh-so-easy holiday treat - one that has gone viral on the internet - here it is! We guarantee you can't eat just one. They aren't just tasty, they're fun! Such as satisfying crack when you bite into one.

### Ingredients

- 1 bag of fresh cranberries
- orange juice (fresh or from concentrate)
- icing sugar

### Steps

1. Wash the cranberries and put them in a bowl, then cover them with orange juice. A lidded container works best.
2. Let the cranberries soak in the orange juice in the fridge for 8 hours or overnight. They will plump up.
3. Drain the berries. Reserve the juice for drinking. In a bowl, toss the cranberries in 2 cups of icing sugar until well coated. sift out the excess icing sugar with a strainer.
4. Put cranberries in a single layer on a baking sheet and bake 5-7 minutes in an oven preheated to 200F
5. Let cool for a few minutes, then enjoy!

