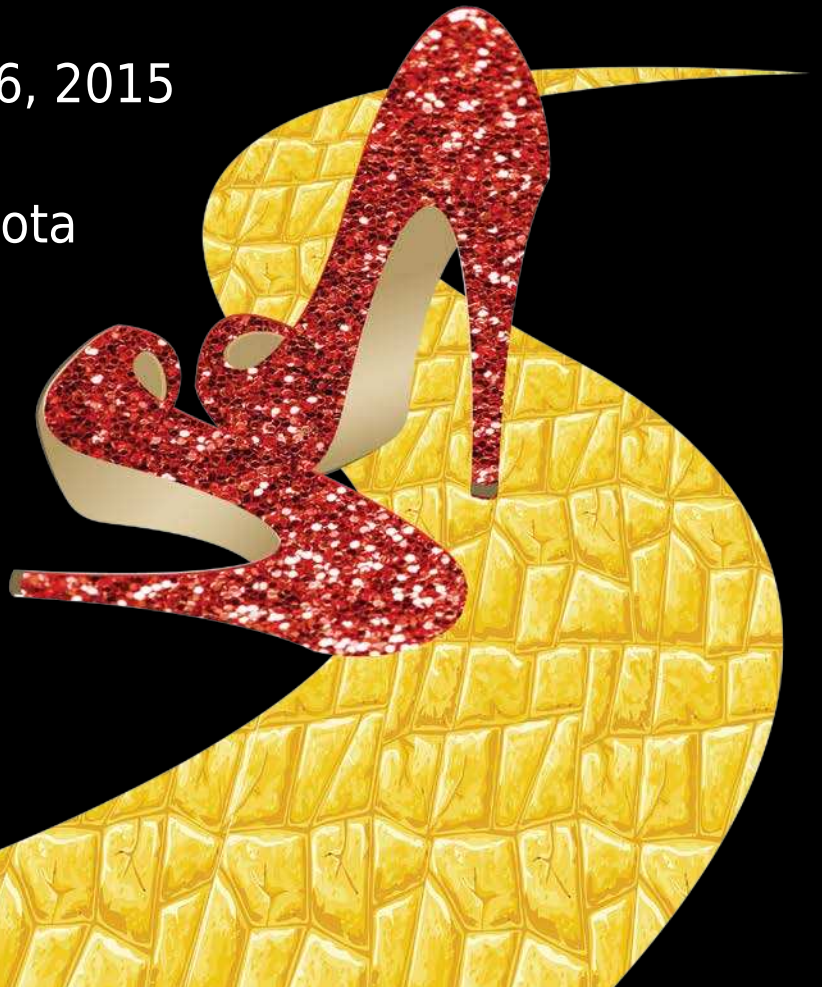


ALTRU'S *Gala*

**Benefiting Altru's
Healthy 'n Fit Initiative**

Alerus Center
Saturday, September 26, 2015
5:30 p.m.
Grand Forks, North Dakota



Greetings

It is with great pleasure we bring to you the eleventh annual Altru's Gala (formerly Harvest Gala). All of the proceeds from this evening benefit Altru's Healthy 'n Fit Initiative. Your gifts will provide partial scholarships so children, families and adults can take part in programs to learn healthy eating habits to assist with weight loss, weight management and lifestyle changes.

Childhood obesity is now the number one concern of parents in the U.S. — topping drug abuse and smoking. According to former Surgeon General Dr. Richard Carmona, **because of the increasing rate of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that has a shorter life expectancy than their parents.** Your gifts tonight will benefit over 570 families by helping to prevent, reduce, and in some cases reverse the risk factors for heart disease, stroke, diabetes, some cancers, and bone and joint disorders.

On behalf of Altru Health Foundation, thank you for your support and generosity throughout the evening and over the years. We hope you have a wonderful evening!

Gala Committee

Chairperson Marcia Wehe

Co-Chairperson Amy Enget

Committee	Alesha Hansen	Jenny Estad
	Annie Caoili	Mike Little
	Anuba Bansal	Nancy Marchell
	Brenda Sondreal	Necole Johnson
	Carolyn VanMackelberg	Rebekah Seeger
	Charlene Wifall	Stephanie LaDue
	Chulita Goodman	Susie Shaft
	Diane Gunderson	Tammy Howard
	Erin Noll	Tatiana Alperovich

Altru's Gala 2015

Saturday, September 26

**Social & Silent Auction
Dinner & Guest Speaker
Last One Standing & Live Auction
Dance to The New Hi-Fi**

Emcee

John Bernstrom

Speaker

Jake Wesoloski

Auctioneer

Dennis Biliske
Main Resource Equipment
Auctions & Land Sales

2015 Gala Sponsors

Main Event

Alerus Financial

Platinum Level

Altru Alliance
University of North Dakota/UND
School of Medicine

Titanium Level

Dave and Karen Molmen
Endowment
Dr. Eric Lunn
Edgewood Group
Graystone Consulting
Happy Harry's Bottle Shops
Lockton Dunning Benefits

Gold Level

Alerus Financial Endowment
Delta Dental of Minnesota
Dr. Casey and Bev Ryan
JLG Architects, Ltd.
Lunseth Plumbing & Heating
Sodexo Health Care
W. L. Gore & Associates

Silver Level

Bergstrom Electric, Inc.
Brady, Martz & Associates, P.C.
C.L. Linfoot Co.
Construction Engineers
EAPC Architects Engineers
First State Bank

Forum Communications
Company

Frandsen Bank & Trust

Greenberg Realty, Inc.

Jack and Dr. Charan Wadhawan

J.R. Simplot Company

McDonald's - Mike & Cindy
O'Keefe

Mercer

Minnkota Power
Cooperative, Inc.

Prudential Crary Real Estate

Ralph Engelstad Arena

Steffes Corporation

Stryker

Tony and Debbie Palmiscno

UND Alumni Association and
Foundation

US Bank

Wealth Management & Trust -
Frandsen Bank & Trust

Bronze Level

Ad Monkeys

American Federal Bank

Bank Forward/Insure Forward

Bill and Joanne Haug

Bremer Bank

Britton Transport

Camrud, Maddock, Olson &
Larson, Ltd.

Choice Financial Group

Clarity Coverdale Fury
Advertising

Dahl Funeral Home

Dakota Commercial &
Development

Dr. Lori Reesor and John Miller

Fredrikson & Byron, P.A.

Ground Round Grill & Bar - Matt
and Mandy Walkowiak

Jeff and Anne Theige

Keith and Michelle Okeson

Network & Technology
Solutions, Inc.

Northland Community and
Technical College

Patricia R. Monson - CMC Law
Firm, Fargo

Retrax Holdings, LLC

Thrifty White Pharmacy

United Valley Bank

Valley Memorial Homes

Xcel Energy

Zimney Foster, P.C.

Pewter Level

Blue Cross Blue Shield of North
Dakota

Grand Forks Park & Recreation
Foundation

North Dakota Eye Clinic

Copper Level

Boardwalk Grill & Bar

Face & Jaw Surgery Center

Happy Grass

Laser Systems

Modern Auto Body, Inc.

Oxford Realty

Performance Chiropractic

Pro Transport & Leasing, Inc.

Valley Vision Clinic

Widseth Smith Nolting

Event Gift In-Kind Sponsors

Alerus Center

Alpha Phi Pi - UND Chapter

Badman Design

Brady Martz & Associates

Canad Inns Destination Center

Grand Forks Herald

HB Sound & Light

Hugo's Family Marketplace and
Hugo's Wine & Spirits

One Fine Day

RH Standard

Thrivent Financial

Wedding Day Elegance

(Sponsors secured as of
July 31, 2015)

Altru's Healthy 'n Fit Initiative

Living a healthy lifestyle is a challenge for many of us. Altru, along with a community-based Advisory Committee, completed a community health needs assessment in August 2013. It showed the rate of obesity for Grand Forks County is 31 percent compared to the national benchmark of 25 percent. This committee chose "rate of obesity" as the number one community priority based on the urgency of the health need.

Altru's Gala 2015 will benefit Altru's Healthy 'n Fit Initiative, which will provide financial assistance to youth and adults who are interested in weight management and the resulting health benefits but are unable to afford the programs. Up to 570 families throughout Grand Forks, East Grand Forks, and the region will be positively impacted by the generosity of guests, sponsors, and supporters.

"The Weight Management Program has made a large impact on my life, my husband's life and my future children's lives. It has changed the way I think about food—food is for fuel. The program teaches us many different aspects of food, nutrition, diet, exercise, and emotional state. These lessons will be with me forever—while I achieve my weight loss goal and then while I maintain the healthy lifestyle I deserve to live."

-Dee Decimus, patient of Altru's Weight Management Program

In the event's eleven year history, over \$1.3 million has been raised for various patient needs throughout Altru Health System, including Breast Cancer Coalition, Breast Center, Diabetes Center, Multiple Sclerosis Clinic, NICU (Neonatal Intensive Care Unit), Emergency Department, Hospice—Sentimental Journey, HARP (Renal Dialysis), Pediatric Therapy Services, and Altru's Colorectal Cancer Screening Initiative.

Things to Know

- You may pre-swipe your credit card at registration, or if you wish to pay by cash, check or credit card, please present your bid card to the cashiers at the registration table prior to picking up your item.
- Payment methods accepted include cash, check and credit card (VISA, MasterCard, American Express or Discover).
- An item purchase price may be split between two or more bid numbers. To do so, include each bidder number involved in the purchase on the bid sheet at the moment the bid is made. The total item price will then be split evenly among all bidders listed.
- The silent auction tables will close in three sections every 10 minutes. If you miss out on an item in a section that closes, we encourage you to bid on items in the remaining sections.
- Check out will begin at 10:00 p.m.

Rules of the Auction

- All bidders must have a bid number. Bid numbers may be obtained at the registration table.
- A purchase receipt with the printed name, address and signature of the highest bidder will be completed for the purchaser at 10:00 p.m. at the cashier's desk.
- A charitable deduction may apply when the price paid exceeds the fair market value for the gift purchased. Please consult your tax advisor. This does not apply to priceless items.
- All trips, items and services must be used within the designated dates. All arrangements are to be made between the donor and buyer within one month of the auction, unless otherwise specified. Unless other arrangements have been made, donors are not obligated to provide the trip, item, or service after a one-year period or expiration date.
- All sales are final and there will be no refund or exchange on items.
- Values listed are donor-stated values or appraisals, and as such are not warranted for tax purposes or for general value.
- All guarantees are according to manufacturer's warranty.

Last One Standing

Can you be the “Last One Standing”? Purchase a two-sided paddle for \$25 for your chance to win \$800 to Hugo’s Family Marketplace and \$200 to Hugo’s Wine & Spirits or \$250 in gas cards from Simonson Station Stores! Before the live auction, all participants will stand with their paddles. The Emcee will spin the wheel, and if it lands on the side of the paddle you didn’t select, you’re out! This repeats until the winner is the “Last One Standing.”

Give from the Heart

Don’t find anything that you would like to bid on? You’ll still have the opportunity to give. During the silent auction, staff of Altru’s Healthy ‘n Fit Initiative will host a display. You may make a donation at the display or you will also have the opportunity to donate throughout the evening. Please consider giving generously to patients in need.

Steal the Deal

Purchase one of 40 Badman Designs pendants for your chance to “Steal the Deal.” These unique brass and copper pieces are \$75 each and made exclusively for this year’s Gala. This purchase automatically enters you in the chance drawing to “steal” any auction item with a current bid of less than \$500 at the moment of the drawing. (Live auction items are not eligible.) All bidding stops on the item selected by the Steal the Deal winner and it is removed from silent auction bidding.

Wine Wall

Buy a raffle ticket for your chance to win 100 bottles of wine! This year’s custom-built wine rack includes a wine fridge. Prize sponsored by Canad Inn Destination Center, Torrie and Amy Enget, and Randy Schoenborn. Tickets are \$25 each and will be placed on your bid card.

The Lucky Line

Here’s your chance to win a one-night stay and six water passes at Seven Clans Casino in Thief River Falls. Place a bid on the highlighted lucky line of the auction item bid sheets. During the evening, a random auction item number will be drawn. If your bidder number is on the lucky line, you win!

Let the Chips Fall

Want to win tickets to Altru’s Gala 2016? Here’s your chance. Pull a poker chip out of our bowl and pay one penny times the number on the chip (maximum \$20). For each chip you purchase, you’re entered into the drawing for two tickets to next year’s Gala. Some chips will be instant winners.

AUCTION LISTING

ART & PHOTO

Believe

Tabletop cross created by local metalsmith David Badman. A unique piece of mixed metal sculpture.

Donated by Dr. Eric Lunn

Evening Rehearsal

As part of the Christmas series, this framed limited edition print from 1993 features a quiet winter evening in a rural community. Number 6158/9500. Artist: Terry Redlin

Donated by Altru Health System

Faith

Tabletop cross created by local metalsmith David Badman. A unique piece of mixed metal sculpture.

Donated by Dr. Eric Lunn

Home of the Brave

Local metalsmith David Badman used copper and steel to create this American flag.

Donated by Dr. Eric Lunn

Picture Time

Update your family photo with a family session at Brian's Photography and a 20-page custom designed press book.

Donated by Brian's Photography

Sunflower Field

Painting of a sunflower field near Johnstown, North Dakota In a rustic 24" x 36" frame. Artist: Carolyn Walters

Donated by Altru Health System

Three Women in Hats

A 17" x 21" framed limited edition print from local artist Dyan Rey features the color palette green, blue, red and yellow. Number 27/250.

Donated by Altru Health System

Train Bridge

A 11" x 14" framed color photo of the train bridge over the Red River taken at sunset from the Grand Forks side. Photographer: Dr. Raul Consing.

Donated by Dr. Raul Consing

Train Cars at Sunset

A 11" x 14" framed color photo of train cars taken through trees at sunset in Grand Forks. Photographer: Dr. Raul Consing.

Donated by Dr. Raul Consing

Untitled (1)

Framed charcoal drawing features three feathers and a cowboy hat. Artist: Kathryn Sandstead
Donated by Altru Health System

Untitled (2)

Large oil painting that once hung in the cafeteria of the Deaconess Hospital features a turn of the century city scene.
Donated by Altru Health System

An Adam Kemp Fish (1)

Spruce up your cabin or family room with an iconic, multi-colored, wooden fish by Adam Kemp.
Donated by You Are Here

Mesa Arch

Capture the beauty of the Canyonlands with this photo of the Mesa Arch glowing red at sunrise. Printed on aluminum. Photographer: Dr. Bradley Belluk
Donated by Dr. Bradley Belluk

An Adam Kemp Fish (2)

Spruce up your cabin or family room with an iconic, multi-colored, wooden fish by Adam Kemp.
Donated by You Are Here

Your Family Home

Capture the memories of your family home or cabin with a custom made rendering (graphite, charcoal or watercolor). This finished piece will be an 18" x 24" unframed piece of art. Artist: Mark Lundberg
Donated by Mark Lundberg

Pottery by Don Miller

Reds, blues and browns are used in this piece of pottery by University of North Dakota potter Don Miller.
Donated by Reesie Fasbender

Handcrafted Pottery

Three handcrafted ceramic bowls made by Molly Hape.
Donated by Molly Hape

A Walk to Remember

Grey, black and red are used in this 18" x 24" unframed oil painting by Priti Patel.
Donated by Priti Patel

Freedom

Let freedom ring with a one of kind American flag created by David Badman out of copper and steel.
Donated by Dr. Eric Lunn

Newman, the Painting Dog

Be the proud owner of an original piece of art painted by Newman, the Painting Dog that features UND colors.
Donated by Newman's Originals

Game Night

The perfect photo for every hockey lover: "Game Night at the Ralph." This 20" x 60" canvas mounted photograph features The Ralph on a North Dakota evening. Photographer: Alesha Hansen
Donated by: Dimensions Photography LLC

Urban Night

Light up your home with this 20" x 60" canvas mounted nighttime photograph of downtown Grand Forks. Photographer: Alesha Hansen
Donated by: Dimensions Photography LLC

Rainbow Road

A rainbow sweeps across the fields of grain that border the open road in this 20" x 60" canvas mounted photograph. Photographer: Alesha Hansen
Donated by: Dimensions Photography LLC

HEALTH & BEAUTY

Sculpt, Contour & Tighten

Get a flatter tummy with our core sculpting package that includes four Vanquish and Exilis combo treatments designed to sculpt, contour and tighten your abdomen.
Donated by Truyu Aesthetic Center

Be Natural

Highlight your natural beauty with Bare Minerals. This \$150 gift certificate is redeemable at Truyu.
Donated by Bare Escentuals

Whiten Your Smile

Your smile will light up a room when you use an Oral B 5000 Electric Toothbrush.
Donated by Roger M. Amundson, DDS, MAGD

Take Care of You

Take care of your skin with an Aria Clarisonic, Neocutis Skin Care Kit and a year of Hydra Facials (12).
Donated by Truyu Aesthetic Center

Don't Forget to Brush

Keep your teeth shining with an Oral B Professional Electric Toothbrush and bleaching kit.
Donated by McDonald Family Dentistry

Pampering From Head To Toe

Indulge yourself with the Mandala Spa Package featuring a massage, facial, manicure, pedicure, hairstyling, make-up and lunch.
Donated by Salon Seva

Smile Big

Keep the plaque away with a full dental exam, x-rays, professional cleaning and an Oral B Electric Toothbrush.
Donated by McDonald Family Dentistry

A Day at the Spa

Relax, refresh and rejuvenate with a day at the spa. Your experience includes a one hour relaxation massage, spa pedicure, luxury Hydra Facial, an Aria Clarisonic and \$49 in bareMinerals make-up.

Donated by Truyu Aesthetic Center

CULINARY

A Place in East Grand Forks

Delight in a five course meal for eight at the Blue Moose Bar & Grill. The meal will be paired with five Blue Moose craft beers.

Donated by Blue Moose Bar & Grill

An Evening of Indian Cuisine

Experience authentic Indian cooking with a demo of Indian style cooking for a group of four. Includes entrees, desserts, etc.

Donated by Dr. Arvind & Anubha Bansal

Borsch, Bliny and Caviar

Savor the authentic Russian cuisine of Borsch and Bliny with Red Caviar at Dr. Kirnus' home. Dinner for eight followed by entertaining games from the Caoilis.

Donated by Dr. Mikhail Kirnus & Tatiana Alperovich

Buono Appetito

Enjoy a five course Italian dinner with wine pairings for four people at Giuseppe's.

Donated by Giuseppe's Italian Ristorante

Cupcakes Galore!

Treat your sweet tooth with six regular flavored cupcakes a month for one year. Every one will be delicious!

Donated by O' for Heavens Cakes

Dinner with the Kelleys

Join UND President Robert & First Lady Marcia Kelley for a dinner party for six people at their home (University House) on the UND campus.

Donated by University of North Dakota

Divine Dining

A divine evening for eight at Sanders 322 DeMers. Evening includes a four course dinner with appetizers, soup or salad, entrees, dessert and wine with each course.

Donated by Sanders 322 DeMers

Fish Fry Frenzy

Enjoy Sacred Heart's legendary Lenten Fish Fry with passes for two adults for all six weeks in 2016. Includes dessert passes for all six weeks.

Donated by Sacred Heart Athletic Club

A Little Sweet, A Little Sour

Feast upon excellent Chinese cuisine with this \$200 gift certificate to China Garden.

Donated by China Garden

High Tea at NDMOA

Enjoy high tea for eight people at the North Dakota Museum of Art. Includes English-style sandwiches, scones, and fresh herbal teas in the relaxing setting of the museum.

Donated by North Dakota Museum of Art

Robina's Special "Biryani"

Tantalize your taste buds with a dinner of Biryani for 10-12 people. Traditional Pakistani/ Indian Rice dish made with chicken/lamb/beef with blends of spices. Delivered to your home.

Donated by Robina Durrani

What's Cookin'?

A gourmet four-course dinner for eight at the Muiderman's home. Choose from: Chinese, Korean, French, Mexican or chef's choice. Servers: Amy & Dr. Kevin Muiderman and Angie & Dr. Barry Bjorgaard. Tour the Muiderman Guitars workshop and home.

Donated by Dr. Kevin & Amy Muiderman

Wine & Cheese

Your wine and cheese evening for eight people includes tasting and discussing six wine variants and possible cheeses for each wine. The night will end with dessert.

Donated by HELIX Wine & Bites

Be a VIP in 2016

Bid on the VIP table for 10 at Altru's Gala 2016. Your night includes 10 tickets to next year's Gala, cocktail service throughout the event, complimentary cocktails, table side dinner service with upscale menu, and red & white wine.

Donated by Alerus Center & Altru Health Foundation

UffDa

Get ready for the holidays with 48 rounds of lefse made by Judy Johnson and Katy Johnson. They'll deliver the lefse to your home during the week of Thanksgiving. (In town delivery).

Donated by Judy Johnson & Katy Johnson

FASHION ACCESSORIES

Suit Up

Find your personal style with a men's suit from RH Standard. Custom tailoring is extra.

Donated by RH Standard

Love Jewelry?

Here's a perfect addition to your jewelry collection. Two tone fashion earrings in a shimmering rose gold hammered finish oval with intricate silver oval accent.

Donated by Signature Jewelers

FOR THE HOME

Custom Window Coverings #1

Blinds, shutters, shades, drapes...whatever your windows need, you can get with this \$250 gift certificate to Budget Blinds.

Donated by Budget Blinds

Where There's a Will

Schneider Law Firm will provide one basic or reciprocal will. Includes a personal paper shredder.

Donated by Schneider Law Firm & Staples

Custom Window Coverings #2

Blinds, shutters, shades, drapes...whatever your windows need, you can get with this \$250 gift certificate to Budget Blinds.

Donated by Budget Blinds

DIY Essential

Every DIYer must have a drill at their fingertips to complete projects. Here's the perfect one -- a DeWalt 18 volt drill.

Donated by Burgraf's Ace Hardware

Festival of Trees

These beautiful trees can send your holiday wishes to friends and family. 50 Christmas cards, 15 gift card holders and 50 gift tags.

Donated by Diane Blair

Go Hog Wild

For your next Harley party -- Harley Davidson Ceramic Chip and Dip bowls.

Donated by Andy's Harley Davidson, Inc.

Got Some Dirt? Get It Cleaned!

Steamatic offers a wide array of cleaning and restoration services -- cleaning air ducts, carpet, furniture, draperies, tile & grout, vehicle interior detailing and much more...\$100 gift certificate for any of their services.

Donated by Steamatic of Red River Valley

Grand Ol' Flag

Bring a touch of Americana into your home with this handcrafted American flag.

Donated by Randy Schoenborn

iPad Mini 4 U

Get tech savvy with this iPad Mini with a Retina display and 16 GB of memory.

Donated by Verizon/ BeMobile

Keep Your Car Shining

Keep your car sparkling all year long with 24 "The Works" car washes on 36th Ave including carpets vacuumed, mats cleaned, underbody rust inhibitor, underbody wash, and machine & hand dried.

Donated by Valley Dairy/Valley Car Wash

Memory Quilt to Warm Your Heart

Design a keepsake with your own t-shirts and sweatshirts. Marcia will create a made to order memory quilt that is a perfect graduation gift or keepsake.

Donated by Brad & Marcia Wehe

Tradition of Kantha

Bring the tradition of the Kantha into your home with a Fair Trade hand stitched, colorful quilt.

Donated by Whole Life

Relax in Luxury

Kick back and relax with this handmade, one of a kind luxury black collar robe fully lined designed for the man with elegant taste. This robe will be cozy and comfortable to wear around the house.
Donated by Dr. Anatolie and Natalia Frolov

Take Your Music with You

Music can be anywhere with a DeWalt Worksite Radio. The radio includes USB Ports for CD, MP3, Auxiliary Cord and Portable Satellite Receivers.
Donated by Acme Tools

Inspired Design

Create an inspired design with personality for your home with this \$150 gift certificate for design services or event & holiday design. Expires July 2016.
Donated by Susan Nord Design

Sweet Music

Have you wanted to be a singer? Maria Williams Kennedy will provide you with four 1/2 hour lessons of vocal instruction to help you on your way to making that dream come true.
Donated by Maria Williams Kennedy

Doggie Delights

This dog lover's basket will please your favorite canine. Includes a gift card for services.
Donated by Stay & Play Pet Resort

Succulents Abound

Succulents and moss decorate the twigs in this original piece that can be hung or used as table decor.
Donated by Reesie Fasbender

Warm & Cozy

Keep your family warm and cozy with this "Hockey Family -- North Dakota" pillow and blanket.
Donated by ICE Initials Custom Embroidery

Focus on the Details (1)

Get that new car feeling with a total detailing package that includes interior and exterior detailing.
Donated by Rydell Cars

Country Chic Painting

Want to learn how to Country Chic Paint? This workshop will teach the tricks and tools needed to paint furniture. Workshop is for up to 10 people. Date to be negotiated.
Donated by Living Sage

Wine Display

Display your favorite wines in this wine rack made from reclaimed barn wood.
Donated by Stein Carpentry

Focus on the Details (2)

Get that new car feeling with a total detailing package that includes interior and exterior detailing.
Donated by Rydell Cars

Step through Your Garden

Decorate your garden, home or office with these four handcrafted stepping stones.

Donated by Bill Vasicek

Turn on the Light

Add some light to your dark desk or piano with this lamp.

Donated by Lighting Gallery

A Showroom Shine

Get your car that showroom shine with a complete auto detailing. The package includes detailing inside and out with a shampoo.

Donated by Grand Forks Subaru Kia

Welcome to Our Garden

Beautify your garden with this granite stepping stone.

Donated by Stennes Granite Company

FOR THE KIDS

Celebrate at the Lanes

Celebrate a birthday with a bowling party. Includes two lanes for two hours for up to 10 people, shoes, two large pizzas and two pitchers of pop.

Donated by East Grand Lanes LLC

Got Spotted!

You'll be seeing spots when you or your little ones cuddle with this soft giraffe.

Donated by Northlands Rescue Mission

Nothing Runs Like a Deer

Decorate a child's room with a green headboard (twin size) that's decorated with a tractor and John Deere logo.

Donated by True North Equipment

Flip, Friends & Fun

Let the kids burn off some energy with 10 open gym passes and a birthday party for up to eight kids at Red River Valley Gymnastics.

Donated by Red River Valley Gymnastics

Toddler Time

Make the toddler years easier with a Leap Pad Glo, signing cards and potty training materials.

Donated by Arioso Music Academy & Rick and Diane Blair

SPORTS & FITNESS

A Dream Come True

A clear blue sky, a seasoned flight instructor, a dream come true -- your first flight lesson! Spend one hour of flight instruction with Rick Mercil.

Donated by Rick's Aviation Adventures, LLC

A Great Day for Golf

Perfect for the golf fanatic -- 2016 WDAZ Golf Card. Enjoy four rounds of golf at 18 regional golf courses.

Donated by WDAZ

Runner's Package

Whether you're training for your first 5K or gearing up for a personal record on your next marathon, this package is for you. Includes video gait analysis, VO2 test, sports nutrition consult and \$50 Scheel's gift card.

Donated by Altru's Sanny & Jerry Ryan Center for Prevention & Genetics

Practice, Practice, Practice (1)

Get personalized hockey instruction from the Lamoureuxs (Monique, Jocelyne and Mario) with a spot at the Lamoureux Hockey Skills Camp in 2016 for boys and girls ranging from eight U-Bantams to high school girls. Bismarck camp is in the end of June. Grand Forks camp is in the end of July.

Donated by Monique Lamoureux & Jocelyne Lamoureux-Davidson

All Systems Go

Spend two hours of flight time with a UAS (unmanned aviation system) flight team. Select where the drone goes. Learn about the background of UAS. Operate the camera mounted on the UAS. Photograph property with owner's permission. Successful bidder provides transportation to out of town sites.

Donated by SkySkopes

Behind the Scenes with Dan Hammer for Two

Go behind the scenes with Dan Hammer and the Midco Sports Crew during a UND Men's Hockey Game. You and a guest will spend one period in the press box, one in the TV production truck and one in the stands. Enjoy the game with Midco Sports gear.

Donated by Midco Sports (Midcontinent Communications)

Decide. Commit. Succeed.

Get fit, lose weight and get healthy with this package that includes E & E Preworkout Formula, Results & Recovery post workout formula, month supply of Shakeology, 21 Day Fix Extreme Fitness Program with portion control containers, shaker cup and Omega 3.

Donated by Heather Johnson Fitness

FORE!

Grab three friends and head to King's Walk Golf Course for a fun afternoon of golf with this certificate for two golf carts and 18 holes of golf for four.

Donated by Grand Forks Park District

Hit the Ice

Polish your skills or enjoy some family time with two hours of ice time rental at the ICON Sports Center.

Donated by Grand Forks Park District

Cruisin' Along

Enjoy the Greenway trails as you cruise along on this cruiser bicycle.

Donated by McKinnon Co.

Let's Play North Dakota Hockey!

Here's your chance to get a UND hockey jersey autographed by the 2014-15 UND Men's Hockey Team.

Donated by Altru Health Foundation & UND Men's Hockey Team

Strike!

Let's go bowling! A perfect birthday party that includes two lanes for two hours for up to 10 people and shoes.

Donated by East Grand Lanes LLC

Take to the Skies (1)

Do you want to try your hand at flying? Here's your chance with one hour in a Cessna FTD (flight training device).

Donated by John D. Odegard School of Aerospace Sciences

Take to the Skies (2)

Do you want to try your hand at flying? Here's your chance with one hour in a Cessna FTD (flight training device).

Donated by John D. Odegard School of Aerospace Sciences

The Advantage is Yours

Improve your tennis game with a one hour private tennis lesson with a coach of your choice at Choice Health & Fitness. Also have your racket re-strung.

Donated by Dr. Qasim Durrani

Feel the Burn

The fitness package includes a VivoFit 2 activity tracker, Smokin' Buds ear buds, Grid STK foam roller, GoFit.Com pro ball, insulated 18 oz bottle and a cooling towel.

Donated by Scheel's

Got Ice?

Spend 90 minutes practicing your skating skills with Olympic skaters Jocelyne and Monique Lamoureux in one of the East Grand Forks ice arenas. Available October 19, 2015 to March 15, 2016.

Donated by Monique Lamoureux and Jocelyne Lamoureux-Davidson & East Grand Forks Parks & Recreation

Hit the Links

All your needs for a great day at the course will fit in this neoprene golf bag with molded 5-way top, full length club liner, rotator stand, personals pocket and cooler lined beverage pocket.

Donated by The Golf Center

Pilates Package

Pilates is a total body exercise system that integrates upper and lower body with the core. This package includes six 45 minute STOTT PILATES sessions with a certified instructor plus a fitness circle and DVD.

Donated by Altru's Sanny & Jerry Ryan Center for Prevention & Genetics

On the Fly

Follow Coach Hakstol to Philadelphia with this autographed Flyers jersey.

Donated by Brad & Marcia Wehe

Nutrition & Exercise Package

This comprehensive package includes three one-on-one appointments with a registered dietitian and health & wellness coach plus a Fit Bit Zip, travel portion plate and The Mayo Clinic Diet Book.
Donated by Altru's Sanny & Jerry Ryan Center for Prevention & Genetics

Sports Advantage

Looking to improve your performance? Six one hour training sessions with a Human Performance Specialist can help. Includes a Mission Enduracool Techknit towel and water bottle.

Donated by Altru Advanced Orthopedics & EXOS

Practice, Practice, Practice (2)

Get personalized hockey instruction from the Lamoureuxs (Monique, Jocelyne and Mario) with a spot at the Lamoureux Hockey Skills Camp in 2016 for boys and girls ranging from eight U-Bantams to high school girls. Bismarck camp is in the end of June. Grand Forks camp is in the end of July.

Donated by Monique Lamoureux & Jocelyne Lamoureux-Davidson

Par for the Course (1)

Try for your hole in one with this golf pass for four people with cart included. Expires: October 31, 2016.

Donated by Grand Forks Country Club

Par for the Course (2)

Try for your hole in one with this golf pass for four people with cart included. Expires: October 31, 2016.

Donated by Grand Forks Country Club

TRAVEL & ENTERTAINMENT

Arts Scene

Enjoy the fine arts with two season tickets for all four productions from UND Theatre Arts and to Greater Grand Forks Symphony Orchestra with performances on Oct 4, Dec 13, Mar 6 and May 8.

Donated by Greater Grand Forks Symphony Orchestra & UND Department of Theatre Arts

Bon Voyage!

Want to get away? Find somewhere warm? Use this \$100 gift certificate from Bon Voyage to start your dream vacation.

Donated by Bon Voyage Travel Leaders

Bottoms Up!

Try Fargo brewed beer with a growler of beer, a six growler fill punch card and a mixed six pack of beer from the Fargo Brewing Company.

Donated by Fargo Brewing Company

Call Your Bluff

You're all in with a two night stay at the Atlantis Casino and Resort Spa in Reno, Nevada -- "The Biggest Little City in the World."

Donated by Atlantis Casino Resort Spa

Concerts in the Garden

Bring a lawn chair or bring a blanket to enjoy a casual, outdoor concert featuring musicians from across the country. Package includes six tickets to Concerts in the Garden at ND Museum of Art.
Donated by North Dakota Museum of Art

Fun in the Cities

Spend some family time at the Mall of America with six all day ride wristbands to Nickelodeon Universe and 12 Moose Mountain Adventure Golf passes.
Donated by iHeart Media

EXTRA! EXTRA!

Learn all about it with a tour of the Grand Forks Herald production plant. The one hour tour for 4-6 people starts at midnight and features the live press getting the paper ready for production. All participants must be 12 or over
Donated by Grand Forks Herald

Enjoy a Little R & R

Enjoy one week in a one-bedroom condo at any El Cid Resort. Locations include Cozumel, Cancun, & Mazatlan in Mexico, England, Portugal, Canary Islands and Spain. Not available the weeks of Christmas, New Year's, Holy Week, and Easter. Most facilities sleep four but some will sleep up to six. Must be used by April 1, 2016.
Donated by Pete & Eunice Kuhn

Family Fun at the Mall

Enjoy family fun time at the Mall of America with a \$250 gift card for the Radisson Blu, two 20 point Nickelodeon Universe passes, two Moose Mountain mini-golf passes and a 2015 Mall of America coupon book.
Donated by Dr. Arvind & Anubha Bansal and Mall of America

Happiest Place on Earth

Spend a day at the Happiest Place on Earth with 4 One-Day Park Hopper passes. These passes are valid during normal operating hours for admission to a magical experience at Disney's theme parks in Orlando. Expires in 2 years.
Donated by Walt Disney World

Home Away From Home

Having out of town guests or want a night away from home? Use this one night stay at Expressway Suites Grand Forks.
Donated by Expressway Suites Grand Forks

On with the Show

Two tickets to one of the first 12 performances of To Kill a Mockingbird, The Events, The Cocoanuts, Pericles, The Real Inspector Hound/The Critic, Harvey, Trouble in Mind, South Pacific or Disgraced at Guthrie Theater in Minneapolis.
Donated by Guthrie Theater

It's Showtime

Perfect for the movie buff...20 one-day DVD movie rentals for Redbox. Expires: 5/31/2016.
Donated by Outerwall/Redbox

Now Showing

Enjoy the show at the River Cinema 15 in East Grand Forks with 10 passes.

Donated by River Cinema 15

Experience the Wild West

Travel to Medora for a taste of the wild west with two tickets to the 2016 Medora Musical.

Donated by Theodore Roosevelt Medora Foundation

Sampler Pack

Taste a variety of beers with three beer samplers (12 packs) from Third Street Brewhouse, Summit and New Belgium.

Donated by El Roco Lounge

Slip Slidin' Away

Take the plunge with a one night stay in a standard suite and six water park passes at the Seven Clans Casino in Thief River Falls.

Donated by Seven Clans Casino

Stock Up!

Wine, whiskey, gin, rum, vodka, tequila, bourbon...Stock your bar or wine rack with this \$500 gift card to Happy Harry's Bottle Shops.

Donated by Happy Harry's Bottle Shops

Glorious Grand Cayman

Relax on the beautiful Seven Mile Beach in Grand Cayman. Enjoy seven nights in this three bedroom ocean front villa in the Avalon Condominiums. Available April 15 - December 15, 2016.

Donated by Dean & Sue Barsness

The Curtain Goes Up

Head on down to the Twin Cities to enjoy live theater at the Chanhassen Dinner Theatre with two dinner and show passes for a Tuesday, Wednesday or Thursday performance. Expires: 12/27/2016

Donated by Chanhassen Dinner Theatres

Auction items secured as of July 31, 2015.
Check back for updates to this list and for the live auction items.

Thank you!

Altru Health Foundation's board of directors and staff would like to take this opportunity to thank each and every one of you for your support of Altru's Healthy 'n Fit Initiative.

It is because of your continued support that Altru Health Foundation is able to provide assistance to critically important patient care programs and services within Altru Health System.

For more information about Altru Health Foundation, please go to altru.org/foundation.

