

Subject to changes and additions



Our Programs and Presenters 2026 At the Fluno Center



We are excited about our 2026 Reunion Program and will update this information and create a daily schedule as we move toward June 2026. **Music, Health, and Healing** is our theme and, so far, our presenters are:

Mark Windsor, Acting Woodstock Principal, Class of '78



Mark Windsor, originally from New Zealand, spent much of his formative years in India, where he attended Woodstock School starting from kindergarten. His deep connection to the school and its community began early and continued throughout his life. After completing his education, Mark pursued a career in mechanical engineering, specializing in research and development as well as energy management. Alongside his engineering work, he discovered a passion for education and went on to teach in various schools and universities, including a return to Woodstock as an educator. His commitment to the school extended beyond teaching, as he served on the Woodstock School Board and General Body for an impressive nine years. Now, Mark has returned to Woodstock with his wife, Annie, taking on the role of Acting Principal. His extensive experience in both academia and administration, combined with his long-standing relationship with the school, makes him a valuable leader during this transitional period. Mark will be leading the “From the Hillside” presentation for our reunion.

John Whitcomb, MD, Class of '69

John is the owner of Brookfield Longevity and Healthy Living in Brookfield, Wisconsin and says:

“My key expertise is functional and anti-aging medicine. I'm passionate about human physiology. Balancing hormones, real and sustained weight loss, reversing heart disease, solving fatigue, taming cancer, getting folks off blood pressure and diabetes meds, cooling off autoimmune disease are all topics of relevance and intense interest. The human body is fascinating and I'm deeply committed to figuring out those problems.”



For our Program, Dr. Whitcomb adds:

“There is a coming revolution in health care around the care and repair of cell membranes. This is drilling down from studying whole beings, or organs (cardiology, GI, neurology) to studying what it takes to make healthy individual cells, and their membranes. The membrane lipids called plasmalogens (abundant in mother’s breast milk) turn out to be the best predictors of how long you live and your risk of dementia. This talk will focus on the paradigm shift from treating disease to seeking wellness and wholeness. Our modern health care system is based on reversing the disease state, from which they make a profit. Health care of the future will drill down to repairing your plasmalogen deficits and identifying the lifestyle issues that deplete them. (Continued on the next page.)

That process will keep you well longer. With that in hand, we will then go through the exercise of how to turn off cancer (or if you want, we could pick many brain diseases and do the same talk) by replacing plasmalogenes. Yes, it's that significant a revolution. If you attend this talk and hear the information, you will have a profound appreciation for what's coming, and it is good news." Take a look at Dr. Whitcomb's book, "*Fix Your Broken Brain*": <https://fixyourbrokenbrain.com/>

Patricia Whitcomb Green, Class of '72



Patricia holds both a BA, BSRN and E-RYT 200 and RYT 500 alignment yoga certifications and has led both mat yoga, chair yoga, and meditation through her business, Gekko Yoga of Madison, Wisconsin: Journey to Optimal Health as We Age with Grace and Dignity. Her reunion presentation will be: *Exercise and Meditation for Longevity: What are you omitting?*

Dr. Robert Bonham, Class of '59, and Dr. Suzanne Jonas

Suzanne and Robert met in 1987 at a Sound Health training program to learn how to assess voice prints for physical



imbalances and to create sounds to rebalance the body. Suzanne had already implemented a music medicine program in a physical rehabilitation facility in Massachusetts and was training holistic nurses in music medicine and guided imagery. Robert was professor of music

at Maryville College. Since then research into the effects of music/sound on the body has exploded thanks to brain imaging and the field of biophysics. Suzanne's work in music medicine focuses on the use of specific frequencies to train the body back into balance. There are generic programs available and voice print assessment tools that can precisely determine and produce the sounds you need to balance. These can be delivered through headphones and/or sound tables and chairs. More information on music medicine can be found at musicalmending.net; bios for them both can be found at InnerHarmonyHealthCenter.com

Rev. Dr. Jackson (Jack) Day, Class of '59



After college and seminary, Jack spent three years as an Army chaplain, one with the 4th Infantry Division in Vietnam. Then he "left the ministry" for 30 years, working in a variety of health care roles. During that time he began working with other clergy who are also war veterans, conducting spiritual healing retreats for veterans and their spouses or significant others. He collaborated with several psychologists to write "Risking Connection in Faith Communities: A Training Curriculum for Faith Leaders Supporting Trauma Survivors. (Sidran, Towson, Maryland, 2005). Two years after "retiring" he was awarded the Doctor of Ministry degree on a track called "Faith and the Health of Communities and has been pastor of three small churches in Maryland. (Continued on the next page.)

“I’ve called my Interfaith Service presentation “The Healing Ear” to bring attention to the importance of one person listening to another as a legitimate and powerful means of supporting the healing of someone who is psychologically wounded by a life experience. I think this will fit the health theme of the reunion and bring in some material about psychological trauma as well as look at the biblical book of Job.”

Carmina Jenks, Former Staff



Carmina Jenks will once again be leading our choir and Robert Bonham will provide accompaniment. We always look forward to her personal compositions for the choir. Carmina received her B.A. in Music Education in 1970 from The College of Wooster, and she and Peter Jenks taught at Woodstock from 1970 -1979. She studied sitar, Indian flute, and folk dance with Mr. Masih and Doris Dutta, and conducted Woodstock’s band, choir, and taught general music. The two Jenks sons, Rob and Daniel, were born in Landour Community Hospital. Carmina received her Masters in Music Education from

Northwestern University in 1974. In 1980, she moved to Kodaikanal International School where she continued teaching music and studied Carnatik vocal music and south Indian Veena. She discovered composition and ended up writing 13 musicals and many songs and choir anthems.

Max Marble ‘67

Many know Max Marble through his beautiful In Memoriam videos and his work with our Planning Committee. Max attended Woodstock K-12 while his parents were Methodist missionaries in Madhya Pradesh and Delhi. Following graduate school, he served the Missouri Conference of the United Methodist Church for 40 years. During the last 17 years of that service, he organized volunteer mission trips all around the world. After retirement he served as Executive Director of the Ludhiana Christian Medical College Board USA for 7 years until he retired again to take care of Sally who was undergoing treatment for cancer. Sally died of colon cancer in 2019. Max sold his house and moved fulltime into his VW Campervan and serves on United Methodist NOMADS projects across the US. He also visits family and friends along the way and posts his travel videos on YouTube at <https://www.youtube.com/user/Video73333/videos>



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Stefan Fiol, Professor of Ethnomusicology and Affiliated Faculty in Asian Studies at the University of Cincinnati's College Conservatory.

Professor Fiol is the son of Stephen Fiol, Class of '63.

Stefan Fiol is a Professor of Ethnomusicology at the University of Cincinnati College-Conservatory of Music, and Affiliated Faculty in Asian Studies, Anthropology, and the Center for Just Futures. For the past two decades Stefan has been researching music, dance, ritual practice, and media in the Garhwal Himalayas of North India.



His first book, *Recasting Folk in the Himalayas: Indian Music, Media and Social Mobility* (University of Illinois, 2017), received the Association for Nepal and Himalayan Studies Jim Fisher Book Award, and his current research explores drumming as a tool to understand history and social memory in the central Himalayas. An emergent area of Stefan's research explores the role of music and mindfulness in stimulating memory, cognitive function, and experiences of awe and flow. He is a student of the sitar, the Himalayan dhol-damaun, and the Zimbabwean mbira, and has had the great fortune of studying with luminaries such as Ustad Imrat Khan, Ustad Irshad Khan, Smt. Anupama Bhagwat, Musekiwa Chingodza, Sohan Lal, and Pritam Bhartwan.

We have a lively group of Madison Curry Club Members who are helping make this reunion another memorable event for us all!



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The Fluno Center
and Lake Mendota
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