

**KINDRED**  
*Spirits*  
TWENTY 26





## CHEETAH Kenya

*The Cheetah is the fastest land animal, with long, powerful legs, a flexible spine, large heart and lungs. Cubs get moved by their mother from den to den while she hunts. At about six weeks old they start following her around, learning to hunt and play together. Cheetahs use sight rather than smell, scanning the landscape from a hill or treetop.*

# January 2026

KINDRED  
*Spirits*

1	Thu	New Year's Day	12	Mon	Wk 3	23	Fri	
2	Fri	Bank Holiday (Scotland)	13	Tue		24	Sat	
3	Sat		14	Wed		25	Sun	
4	Sun		15	Thu		26	Mon	Wk 5
5	Mon	Wk 2	16	Fri		27	Tue	
6	Tue		17	Sat		28	Wed	
7	Wed		18	Sun		29	Thu	
8	Thu		19	Mon	Wk 4	30	Fri	
9	Fri		20	Tue		31	Sat	
10	Sat		21	Wed				
11	Sun		22	Thu				



### **POLAR BEAR** Greenland

*Superbly adapted for life on the Arctic ice floes, with large, furry, partially webbed paws to walk on the ice and swim, Polar Bears depend on sea ice to hunt seals for survival. As the Arctic ice cap melts, they must travel long distances to find food and spend more time on land. Cubs are usually born in pairs in a den, emerging in Spring.*

# February 2026

KINDRED  
*Spirits*

1 Sun	12 Thu	23 Mon <small>wk 9</small>
2 Mon <small>Bank Holiday (Eire) wk 6</small>	13 Fri	24 Tue
3 Tue	14 Sat	25 Wed
4 Wed	15 Sun	26 Thu
5 Thu	16 Mon <small>wk 8</small>	27 Fri
6 Fri	17 Tue	28 Sat
7 Sat	18 Wed	
8 Sun	19 Thu	
9 Mon <small>wk 7</small>	20 Fri	
10 Tue	21 Sat	
11 Wed	22 Sun	



### WALLABY Australia

These small to medium-sized marsupials, related to kangaroos, have powerful hind legs, used for bounding at high speeds and jumping great heights, and also to kick potential predators. Wallaby young, or joeys, are born tiny, helpless, and undeveloped. They crawl immediately into their mother's pouch, where they continue to develop for a few months.

# March 2026

KINDRED  
Spirits

1	Sun	St David's Day (Wales)	12	Thu		23	Mon	Wk 13
2	Mon	Wk 10	13	Fri		24	Tue	
3	Tue		14	Sat		25	Wed	
4	Wed		15	Sun		26	Thu	
5	Thu		16	Mon	Wk 12	27	Fri	
6	Fri		17	Tue	St Patrick's Day (BH N Ireland & Eire)	28	Sat	
7	Sat		18	Wed		29	Sun	BST starts
8	Sun		19	Thu		30	Mon	Wk 14
9	Mon	Wk 11	20	Fri		31	Tue	
10	Tue		21	Sat				
11	Wed		22	Sun				



### BURCHELL'S ZEBRA Botswana

*A subspecies of the Plains zebra but with wider stripes, Burchell's Zebras live in transient herds in dry savanna and scrubland, joining the vast migrations following the long grass after the rains. Zebras rely on their swift running style, herding instincts and excellent hearing, and their stripes provide good camouflage in the sunlit grasslands.*

# April 2026

1	Wed	12	Sun	23	Thu	St George's Day (England)
2	Thu	13	Mon	24	Fri	
3	Fri	14	Tue	25	Sat	
4	Sat	15	Wed	26	Sun	
5	Sun	16	Thu	27	Mon	
6	Mon	17	Fri	28	Tue	
7	Tue	18	Sat	29	Wed	
8	Wed	19	Sun	30	Thu	
9	Thu	20	Mon			
10	Fri	21	Tue			
11	Sat	22	Wed			

KINDRED  
Spirits



### **MOUNTAIN GORILLA** Congo

*Mountain Gorillas inhabit the mountainous rainforests of central Africa. The mature male, called the silverback because of his silvery white back, is the leader of the large social group. The baby first clings under its mother's chest, and later rides on her back. Gorillas are the largest living primates, 98% genetically identical to humans.*

May 2026

1	Fri	12	Tue
2	Sat	13	Wed
3	Sun	14	Thu
4	Mon <small>Bank Holiday</small>	15	Fri
5	Tue	16	Sat
6	Wed	17	Sun
7	Thu	18	Mon <small>Wk 21</small>
8	Fri	19	Tue
9	Sat	20	Wed
10	Sun	21	Thu
11	Mon <small>Wk 20</small>	22	Fri

KINDRED  
Spirits

23	Sat
24	Sun
25	Mon <small>Bank Holiday</small> <span style="float: right;"><small>Wk 22</small></span>
26	Tue
27	Wed
28	Thu
29	Fri
30	Sat
31	Sun



**ROSY-FACED LOVEBIRD** Namibia

*Native to arid regions in south-western Africa, these small, short-tailed parrots, with a soft pink face and dark eyes, are very social animals and often congregate in small groups in the wild, chirping constantly. They eat throughout the day and take frequent baths. Lovebirds are renowned for sitting side-by-side and turning their faces in towards each other.*

June 2026

KINDRED  
Spirits

1	Mon	Bank Holiday (Eire)	Wk 23	12	Fri	23	Tue		
2	Tue			13	Sat	24	Wed		
3	Wed			14	Sun	25	Thu		
4	Thu			15	Mon	Wk 25	26	Fri	
5	Fri			16	Tue		27	Sat	
6	Sat			17	Wed		28	Sun	
7	Sun			18	Thu		29	Mon	Wk 27
8	Mon		Wk 24	19	Fri		30	Tue	
9	Tue			20	Sat				
10	Wed			21	Sun	Longest day			
11	Thu			22	Mon	Wk 26			



**BOTTLENOSE DOLPHIN** Roatan Bay Islands, Honduras

*Often seen jumping acrobatically out of the water or following boats, these sleek, graceful mammals swim swiftly, surfacing often to breathe. Bottlenose Dolphins travel in social groups of 10–30, communicating by squeaks and whistles, and work together to hunt and harvest shoals of fish, tracking their prey by echolocation, a system of clicking sounds.*

July 2026

KINDRED  
Spirits

1	Wed	12	Sun	23	Thu	
2	Thu	13	Mon <small>Bank Holiday (N. Ireland)</small>	<small>Wk 29</small>	24	Fri
3	Fri	14	Tue	25	Sat	
4	Sat	15	Wed	26	Sun	
5	Sun	16	Thu	27	Mon <small>Wk 31</small>	
6	Mon <small>Wk 28</small>	17	Fri	28	Tue	
7	Tue	18	Sat	29	Wed	
8	Wed	19	Sun	30	Thu	
9	Thu	20	Mon <small>Wk 30</small>	31	Fri	
10	Fri	21	Tue			
11	Sat	22	Wed			





### ASIAN ELEPHANT Sri Lanka

Asian Elephants live in cohesive herds, near a water source in forested areas in small, fragmented populations. Their grey skin provides camouflage as they feed most of the day on grasses, bark and roots, and enjoy showering with water using their trunks. Elephant herds follow migration routes in the monsoon season, led by the most senior female.

# August 2026

KINDRED  
Spirits

1	Sat	12	Wed	23	Sun
2	Sun	13	Thu	24	Mon <small>Wk 35</small>
3	Mon <small>Bank Holiday (Scotland &amp; Eire)</small>	14	Fri	25	Tue
4	Tue	15	Sat	26	Wed
5	Wed	16	Sun	27	Thu
6	Thu	17	Mon <small>Wk 34</small>	28	Fri
7	Fri	18	Tue	29	Sat
8	Sat	19	Wed	30	Sun
9	Sun	20	Thu	31	Mon <small>Bank Holiday (excl. Scotland)</small> <small>Wk 36</small>
10	Mon <small>Wk 33</small>	21	Fri		
11	Tue	22	Sat		



**BARBARY MACAQUE** Atlas Mountains, Algeria

One of 25 species of macaque and the only one outside Asia, Barbary Macaques inhabit mountainous parts of Algeria and Morocco, with a small population living on the Rock of Gibraltar in Europe. The species is unusual in that the males, as well as the females, help to rear all the offspring in the group. They also have no tail, unlike other macaques.

# September 2026

KINDRED  
*Spirits*

1 Tue	12 Sat	23 Wed
2 Wed	13 Sun	24 Thu
3 Thu	14 Mon <small>Wk 38</small>	25 Fri
4 Fri	15 Tue	26 Sat
5 Sat	16 Wed	27 Sun
6 Sun	17 Thu	28 Mon <small>Wk 40</small>
7 Mon <small>Wk 37</small>	18 Fri	29 Tue
8 Tue	19 Sat	30 Wed
9 Wed	20 Sun	
10 Thu	21 Mon <small>Wk 39</small>	
11 Fri	22 Tue	



## BLACK BEAR Alaska

Native to North America, Black Bear cubs are born in the mother's den in midwinter. They spend months feeding on her milk, emerging in springtime in search of food – just about anything from insects, roots and berries, to fish and human food. The playful and curious cubs tussle and frolic together, and start to explore their new surroundings.

# October 2026

KINDRED  
Spirits

1	Thu	12	Mon	Wk 42	23	Fri
2	Fri	13	Tue		24	Sat
3	Sat	14	Wed		25	Sun <small>BST ends</small>
4	Sun	15	Thu		26	Mon <small>Bank Holiday (Eire)</small> <span style="float: right;">Wk 44</span>
5	Mon	16	Fri	Wk 41	27	Tue
6	Tue	17	Sat		28	Wed
7	Wed	18	Sun		29	Thu
8	Thu	19	Mon	Wk 43	30	Fri
9	Fri	20	Tue		31	Sat
10	Sat	21	Wed			
11	Sun	22	Thu			



## ALPACA Peru

Alpacas live in domesticated herds that graze on the level heights of the Andes. Smaller than llamas, with slender bodies, long necks, small heads and long pointed ears, they are covered in a soft woolly fleece. Their wool is very warm and is used to make textiles in South America. They have padded feet and no front teeth, so are gentle grazers.

# November 2026

KINDRED  
Spirits

1 Sun

2 Mon

3 Tue

4 Wed

5 Thu

6 Fri

7 Sat

8 Sun

9 Mon

10 Tue

11 Wed

12 Thu

13 Fri

14 Sat

15 Sun

16 Mon

17 Tue

18 Wed

19 Thu

20 Fri

21 Sat

22 Sun

23 Mon

24 Tue

25 Wed

26 Thu

27 Fri

28 Sat

29 Sun

30 Mon St Andrew's Day (Scotland)

Wk 48

Wk 47

Wk 49



### KING PENGUIN Crozet Islands

The second largest penguin species, the King Penguin inhabits the harsh terrain of sub-Antarctic islands. Both parents take turns to incubate the egg in a 'brood pouch' on the body, which later shelters the young chick until it is ready to join a 'creche' with many other chicks. The other parent travels vast distances at sea to forage for food.

## December 2026

KINDRED  
Spirits

1	Tue	12	Sat	23	Wed
2	Wed	13	Sun	24	Thu
3	Thu	14	Mon	25	Fri Christmas Day
4	Fri	15	Tue	26	Sat Boxing Day
5	Sat	16	Wed	27	Sun
6	Sun	17	Thu	28	Mon Bank Holiday Wk 53
7	Mon Wk 50	18	Fri	29	Tue
8	Tue	19	Sat	30	Wed
9	Wed	20	Sun	31	Thu
10	Thu	21	Mon Shortest day Wk 52		
11	Fri	22	Tue		



# January 2026

KINDRED  
Spirits

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1					1	2	3
2	4	5	6	7	8	9	10
3	11	12	13	14	15	16	17
4	18	19	20	21	22	23	24
5	25	26	27	28	29	30	31

## DECEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## FEBRUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

### CHEETAH

Kenya

*The Cheetah is the fastest land animal, with long, powerful legs, a flexible spine, large heart and lungs. Cubs get moved by their mother from den to den while she hunts. At about six weeks old they start following her around, learning to hunt and play together. Cheetahs use sight rather than smell, scanning the landscape from a hill or treetop.*



# February 2026

KINDRED  
Spirits

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	1	2	3	4	5	6	7
7	8	9	10	11	12	13	14
8	15	16	17	18	19	20	21
9	22	23	24	25	26	27	28

## JANUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### POLAR BEAR Greenland

*Superbly adapted for life on the Arctic ice floes, with large, furry, partially webbed paws to walk on the ice and swim, Polar Bears depend on sea ice to hunt seals for survival. As the Arctic ice cap melts, they must travel long distances to find food and spend more time on land. Cubs are usually born in pairs in a den, emerging in Spring.*



March 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10	1	2	3	4	5	6	7
11	8	9	10	11	12	13	14
12	15	16	17	18	19	20	21
13	22	23	24	25	26	27	28
14	29	30	31				

**WALLABY**  
Australia

*These small to medium-sized marsupials, related to kangaroos, have powerful hind legs, used for bounding at high speeds and jumping great heights, and also to kick potential predators. Wallaby young, or joeys, are born tiny, helpless, and undeveloped. They crawl immediately into their mother's pouch, where they continue to develop for a few months.*

KINDRED  
Spirits

FEBRUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		





April 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
14				1	2	3	4
15	5	6	7	8	9	10	11
16	12	13	14	15	16	17	18
17	19	20	21	22	23	24	25
18	26	27	28	29	30		

KINDRED  
Spirits

MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30

**BURCHELL'S ZEBRA**  
Botswana

*A subspecies of the Plains zebra but with wider stripes, Burchell's Zebras live in transient herds in dry savanna and scrubland, joining the vast migrations following the long grass after the rains. Zebras rely on their swift running style, herding instincts and excellent hearing, and their stripes provide good camouflage in the sunlit grasslands.*



May 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
18						1	2
19	3	4	5	6	7	8	9
20	10	11	12	13	14	15	16
21	17	18	19	20	21	22	23
22	24/31	25	26	27	28	29	30

KINDRED  
Spirits

APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JUNE 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### MOUNTAIN GORILLA

Congo

Mountain Gorillas inhabit the mountainous rainforests of central Africa. The mature male, called the silverback because of his silvery white back, is the leader of the large social group. The baby first clings under its mother's chest, and later rides on her back. Gorillas are the largest living primates, 98% genetically identical to humans.



June 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
23		1	2	3	4	5	6
24	7	8	9	10	11	12	13
25	14	15	16	17	18	19	20
26	21	22	23	24	25	26	27
27	28	29	30				

KINDRED  
Spirits

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 <sub>31</sub>	25	26	27	28	29	30

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**ROSY-FACED LOVEBIRD**  
Namibia

Native to arid regions in south-western Africa, these small, short-tailed parrots, with a soft pink face and dark eyes, are very social animals and often congregate in small groups in the wild, chirping constantly. They eat throughout the day and take frequent baths. Lovebirds are renowned for sitting side-by-side and turning their faces in towards each other.



July 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
27				1	2	3	4
28	5	6	7	8	9	10	11
29	12	13	14	15	16	17	18
30	19	20	21	22	23	24	25
31	26	27	28	29	30	31	

KINDRED  
Spirits

JUNE 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

AUGUST 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 <sub>30</sub>	24 <sub>31</sub>	25	26	27	28	29

**BOTTLENOSE DOLPHIN**

Roatan Bay Islands,  
Honduras

Often seen jumping acrobatically out of the water or following boats, these sleek, graceful mammals swim swiftly, surfacing often to breathe. Bottlenose Dolphins travel in social groups of 10–30, communicating by squeaks and whistles, and work together to hunt and harvest shoals of fish, tracking their prey by echolocation, a system of clicking sounds.



August 2026

KINDRED  
Spirits

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
31							1
32	2	3	4	5	6	7	8
33	9	10	11	12	13	14	15
34	16	17	18	19	20	21	22
35	23/30	24/31	25	26	27	28	29

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**ASIAN ELEPHANT**  
Sri Lanka

*Asian Elephants live in cohesive herds, near a water source in forested areas in small, fragmented populations. Their grey skin provides camouflage as they feed most of the day on grasses, bark and roots, and enjoy showering with water using their trunks. Elephant herds follow migration routes in the monsoon season, led by the most senior female.*



# September 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
36			1	2	3	4	5
37	6	7	8	9	10	11	12
38	13	14	15	16	17	18	19
39	20	21	22	23	24	25	26
40	27	28	29	30			

## KINDRED Spirits

### AUGUST 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 <sub>30</sub>	24 <sub>31</sub>	25	26	27	28	29

### OCTOBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### BARBARY MACAQUE Atlas Mountains, Algeria

One of 25 species of macaque and the only one outside Asia, Barbary Macaques inhabit mountainous parts of Algeria and Morocco, with a small population living on the Rock of Gibraltar in Europe. The species is unusual in that the males, as well as the females, help to rear all the offspring in the group. They also have no tail, unlike other macaques.



# October 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
40					1	2	3
41	4	5	6	7	8	9	10
42	11	12	13	14	15	16	17
43	18	19	20	21	22	23	24
44	25	26	27	28	29	30	31

KINDRED  
Spirits

## SEPTEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## NOVEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### BLACK BEAR Alaska

*Native to North America, Black Bear cubs are born in the mother's den in midwinter. They spend months feeding on her milk, emerging in springtime in search of food—just about anything from insects, roots and berries, to fish and human food. The playful and curious cubs tussle and frolic together, and start to explore their new surroundings.*



# November 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
45	1	2	3	4	5	6	7
46	8	9	10	11	12	13	14
47	15	16	17	18	19	20	21
48	22	23	24	25	26	27	28
49	29	30					

## ALPACA Peru

*Alpacas live in domesticated herds that graze on the level heights of the Andes. Smaller than llamas, with slender bodies, long necks, small heads and long pointed ears, they are covered in a soft woolly fleece. Their wool is very warm and is used to make textiles in South America. They have padded feet and no front teeth, so are gentle grazers.*

KINDRED  
*Spirits*

## OCTOBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## DECEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





# December 2026

wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
49			1	2	3	4	5
50	6	7	8	9	10	11	12
51	13	14	15	16	17	18	19
52	20	21	22	23	24	25	26
53	27	28	29	30	31		

## KING PENGUIN

Crozet Islands

*The second largest penguin species, the King Penguin inhabits the harsh terrain of sub-Antarctic islands. Both parents take turns to incubate the egg in a 'brood pouch' on the body, which later shelters the young chick until it is ready to join a 'creche' with many other chicks. The other parent travels vast distances at sea to forage for food.*

KINDRED  
Spirits

## NOVEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## JANUARY 2027

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30