

# Namibia & Upington

January 10, 2026

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<b>Huisamen</b>	Helmon & El-Selene; 5079 <i>Swakopmund</i> Omumborombonga Street, Swakopmund; Posbus 80743, Olympia; helmon@iway.na(H) , elseleneh@gmail.com(E)	061 401 149 H/F 081 124 7701(H) 081 207 4880(E)
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<b>Jansen</b>	Johnny & Laurika, Ava, Leoniece; 9 Kalsium <i>Upington</i> Street, Belview, Upington, 8801; Posbus 2129, Upington, 8800	061 364 0464(J) 061 813 0802(J)
<b>Januarie</b>	Meleney, Jean-Claude, <i>Windhoek Senior Park</i> Damian, Tayla; 26 Villa Manzi, Sesriem street, Kleine Kuppe; Posbus 5751, Ausspannplatz; meleney@nampharm.com.na	081 424 8149(M)
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<b>Louw</b>	Joey & Desmond, Lemise & Zandré; 74 <i>Walvisbaai</i> Neptune Street, Narraville, Walvisbaai.	081 694 1495(D) 081 441 3949(J)

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<b>Louw</b>	Deon & Tania, Lauren; 2 Uhland Heights, Kenneth Kaunda street, Windhoek; Posbus 3934, Vineta;	081 272 6116(D) 081 154 6600(D) 081 229 6196(T)
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<b>Opperman</b>	Danie; Plaas Arm 356, Okahandja	081 605 1946
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<i>Windhoek Senior Park</i>		
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<i>Windhoek Khomasdal</i>		
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<i>Windhoek Khomasdal</i>		

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## Namibia & Upington

### Aggeneys

**Landsberg** Adrian

**Nell** Natalie, Tyrick

### NAM Contacts

**Du Plessis** Bernice

**Pieterse** Anita

**Pottie** Eldon & Claire, Liam

**Swart** (*All mtgs;Elder*) Leon & Hannetjie

**Van der Nest** Bruce

**Van Heerden** Eduard & Manette

### Okahandja

**Bezuidenhoudt** Leonie & Kobus

**Du Preez** Rika

**Strämke** Ansie & Max

### Otjiwarongo

**Kurz** Emil & Katie, Mercy, Monalisa

### Rehoboth

**Vries** Kynan & Nadine, Aiden, Kadene, Lillian

### Swakopmund

**Havemann** (*SunAM,SunPM*) Marjan

**Huisamen** (*Wed;Elder*) Helmon & El-Selene

### Upington

**Coetzee** Lien

**Jansen** Alicia

**Jansen** Johnny & Laurika, Ava, Leoniece

**Nel** (*All mtgs;Elder*) Jan & Julia

**Opperman** Wieks

**Smith** Susan & Sakkie, Sakkie jr

### Walvisbaai

**Louw** Joey & Desmond, Lemise & Zandré

**Van Heerden** Danie & Jeanette, Daniella

**Van Wyk** Chet & Zuzette, Timiica

Windhoek Senior Park

**Januarie** Meleney, Jean-Claude, Damian, Tayla

**Louw** Deon & Tania, Lauren

**Louw** Piet

**Opperman** Danie

**Pieterse** Lorna

**Swartz** Katie

**Van der Walt** (*All mtgs;Elder*) Eddie

Okaruaku

**Du Plessis** André

Windhoek Khomasdal

**Diergaardt** Elizabeth, Micaelo, Chrizano

**Schwartz** Sophia

**Schwartz** Susan

**Shand** (*Elder*) Trevor & Marlene, Joshua, Jesse

**Van der Walt** Stephanie

**Van Heerden** Wilma

**Van Wyk** Christopher