

Namibia & Upington

February 14, 2026

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Huisamen	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)
Jansen	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)
Januarie	Meleney, Jean-Claude, <i>Windhoek Senior Park</i> Damian, Tayla; 8 Bella Rosa Gallica complex, Halifax str. Rocky Crest Windhoek.; Posbus 5751, Ausspannplatz; meleney@nampharm.com.na; (C2HX+W5F Windhoek)	081 424 8149(M)
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Louw	Joey & Desmond, Lemise & Zandré; 74 <i>Walvisbaai</i> Neptune Street, Narraville, Walvisbaai.	081 694 1495(D) 081 441 3949(J)

Louw	Deon & Tania, Lauren; Flat 2, 141081	272 6116(D)
<i>Windhoek Senior Park</i>	Dr Kenneth David Kaunda str.	081 154 6600(D)
	Eros, Windhoek; Posbus 3934,	081 229 6196(T)
	Vineta; deonlo@yahoo.na	
Louw	Piet; 20 Potgieter Street, Pioneers	081 240 2669
<i>Windhoek Senior Park</i>	Park, Windhoek, Namibia, Senior	
	Park, M2	
Nell	Natalie, Tyrick; 43 Pima Street, Aggeneyns,	082 433 8810(N)
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	18.8401330)	
Nel	Jan & Julia; 31 Augrabies Str, Upington,	066 030 1322(JA)
<i>Upington</i>	8800; (G6XR+JJQ Upington, South Africa)	071 563 0888(JU)
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	wieks.opperman@gmail.com;	
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Opperman	Danie; Plaas Arm 356, Okahandja	081 605 1946
<i>Windhoek Senior Park</i>		
Pieterse	Anita; 346 Hydra street, Dorado	081 424 0495
<i>NAM Contacts</i>	Park; Posbus 5751, Ausspannplatz;	
	briang019@gmail.com	
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<i>Windhoek Senior Park</i>	Park, Windhoek, Namibia, Senior	081 346 4604
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	com(E) , clairewestcott@webmail.co.za(C)	073 937 2173(C)
Schwartz	Sophia; C2PX+WQ7 Windhoek,	081 222 8202(So)
<i>Windhoek Khomasdal</i>	Namibia	
Schwartz	Susan; 4402 Florence	081 875 5533(Su)
<i>Windhoek Khomasdal</i>	Nightingale, Windhoek.; Posbus	
	8378, Bachbrecht	
Shand	Trevor & Marlene, Joshua, Jesse;	081 825 9779(T)
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	trevor.shand25@gmail.com(T)	

Smith	Susan & Sakkie, Sakkie jr, Danielle; <i>Upington</i> Plot, Jooste Eiland pad.; Posbus 1441, Upington, 8800; (-28.4782220, 21.2386440)	054 334 0047H 084 586 6711(Su)
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Swartz	Katie; 4 Easton Court, 954 <i>Windhoek Senior Park</i> Nelson Mandela Ave; Posbus 5725, Ausspanplatz; katieswartz30@gmail.com	081 837 2901(K)
Swart	Leon & Hannetjie; Kunene River <i>Kunene River Lodge</i> Lodge; 2leonswart@gmail.com(L) ,081 661 5657(H) leonswart@gecko.na(L)	081 144 8144(L)
Van Heerden	Eduard & Manette; Farm Ombuindja+264 81 165 8989 <i>NAM Contacts</i>	
Van Heerden	Danie & Jeanette, Daniella; 2de Straat <i>Walvisbaai</i> Noord no 35; Posbus 1206, Walvisbaai	081 646 1522
Van Heerden	Wilma; Farm Ombuindja; <i>Windhoek Khomasdal</i> wilmavanheerden73@gmail.com; (-22.2825490, 16.9091940)	081 393 9663
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Van Wyk	Christopher; Lazarette House. +264 81 763 5219 <i>Windhoek Khomasdal</i> Unit 5. Julius K Nyerere Street, Windhoek	
Van der Nest	Bruce; Unit 12, Rautenburg Estates, <i>NAM Contacts</i> Rautenbach Street, Klein Windhoek, Windhoek; PO Box 11360, Klein Windhoek, Windhoek, 11009; brucenjanet@gmail.com	063274523 H 811223545
Van der Walt	Stephanie; 74 Mosé Tjitendero street,081 124 6252 <i>Windhoek Khomasdal</i> Olympia, Windhoek, Namibia; Posbus 518, Windhoek; svdw@iway.na	
Van der Walt	Eddie; 20 Potgieter Street, Pioneers 081 351 6779 <i>Windhoek Senior Park</i> Park, Windhoek, Namibia, Senior Park, B4; Posbus 518, Windhoek	
Vries	Kynan & Nadine, Aiden, Kadene, +264 81 641 5999(K) <i>Rehoboth</i> Lillian; Erf 458 block A, Rehoboth; Posbus 3360, Rehoboth; (M3PJ+GJQ Rehoboth, Namibia)	

Namibia & Upington

Aggeneys

Landsberg Adrian
Nell Natalie, Tyrick

Kunene River Lodge

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

NAM Contacts

Du Plessis Bernice
Pieterse Anita
Pottie Eldon & Claire, Liam
Van der Nest Bruce
Van Heerden Eduard & Manette

Okahandja

Bezuidenhoudt Leonie & Kobus
Du Preez Rika
Strämke Ansie & Max

Otjiwarongo

Kurz Emil & Katie, Mercy Kurz, Monalisa

Rehoboth

Vries Kynan & Nadine, Aiden, Kadene, Lillian

Swakopmund

Havemann (*SunAM,SunPM*) Marjan
Huisamen (*Wed;Elder*) Helmon & El-Selene

Upington

Coetzee Lien
Jansen Johnny & Laurika, Ava, Leoniece
Nel (*All mtgs;Elder*) Jan & Julia
Opperman Wieks
Smith Susan & Sakkie, Sakkie jr, Danielle

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, Michael, Chrizano

Schwartz Sophia

Schwartz Susan

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

Van der Walt Stephanie

Van Heerden Wilma

Van Wyk Christopher