

# Namibia & Upington

January 8, 2026

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**Coetzee** Lien; c/o Susan Smith. Plot, Jooste Eiland pad083 555 9080  
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**Du Plessis** André; Plaas "Okaruaku"; Posbus 518, 081 122 1402  
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**Du Preez** Rika; 580 Vierde lane, Okahandja; Posbus 062 50 1247  
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**Havemann** Marjan; W/s 31, On the Beach, Sandpiper 064 40 0005  
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**Huisamen** Helmon & El-Selene; 5079 061 401 149 H/F  
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**Jansen** Johnny & Laurika, Ava, Leoniece; 9 Kalsium 061 364 0464(J)  
*Upington* Street, Belview, Upington, 8801; Posbus 061 813 0802(J)  
 2129, Upington, 8800

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**Januarie** Meleney, Jean-Claude, 081 424 8149(M)  
*Windhoek Senior Park* Damian, Tayla; 26 Villa Manzi,  
 Sesriem street, Kleine Kuppe; Posbus 5751,  
 Ausspannplatz; meleney@nampharm.com.na

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**Kurz** Emil & Katie, Mercy, Monalisa; 1 Werf 067 30 4512 H  
*Otiwarongo* street, Otiwarongo; Posbus 1241, 081 127 7910(E)  
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**Landsberg** Adrian; 43 Pima Street, Aggeneys, 073 170 0483(A)  
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 (-29.2369250, 18.8401330)

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**Louw** Joey & Desmond, Lemise & Zandr ; 74 081 694 1495(D)  
*Walvisbaai* Neptune Street, Narraville, Walvisbaai. 081 441 3949(J)

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<b>Louw</b> <i>Windhoek Senior Park</i>	Deon & Tania, Lauren; 2 Uhland Heights, Kenneth Kaunda street, Windhoek; Posbus 3934, Vineta; deonlo@yahoo.na	081 272 6116(D) 081 154 6600(D) 081 229 6196(T)
<b>Louw</b> <i>Windhoek Senior Park</i>	Piet; 20 Potgieter Street, Pioneers Park, Windhoek, Namibia, Senior Park, M2	081 240 2669
<b>Nell</b> <i>Aggeney</i>	Natalie, Tyrick; 43 Pima Street, Aggeney; PO Box 343, Aggeney; natalien82@gmail.com; (-29.2369250, 18.8401330)	082 433 8810(N)
<b>Nel</b> <i>Upington</i>	Jan & Julia; 31 Augrabies Str, Upington; 8800; (G6XR+JJQ Upington, South Africa)	066 030 1322(JA) 071 563 0888(JU)
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<b>Opperman</b> <i>Windhoek Senior Park</i>	Danie; Plaas Arm 356, Okahandja	081 605 1946
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<b>Pieterse</b> <i>Windhoek Senior Park</i>	Lorna; 20 Potgieter Street, Pioneers Park, Windhoek, Namibia, Senior Park, Unit O1; Posbus 5751, Ausspannplatz; perlon@iway.na	061 30 7703 081 346 4604
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<b>Schwartz</b> <i>Windhoek Khomasdal</i>	Sophia; c/o 271 Chrisopraas Street, Khomasdal, Windhoek, Namibia	081 222 8202(So)
<b>Schwartz</b> <i>Windhoek Khomasdal</i>	Susan; 20 Florence Nightingale, Windhoek, Namibia; Posbus 8378, Bachbrecht	081 875 5533(Su)
<b>Shand</b> <i>Windhoek Khomasdal</i>	Trevor & Marlene, Joshua, Jesse; C2PX+WQ7 Windhoek, Namibia; Posbus 8378, Bachbrecht; trevor.shand25@gmail.com(T)	081 145 8365(T) 081 294 4314(M)

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<b>Smith</b>	Susan & Sakkie, Sakkie jr; Plot, Jooste	054 334 0047H
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<i>Okahandja</i>	Okahandja; Posbus 55, Okahandja; anja@iafrica.com.na	081 245 4854(A)
<b>Swartz</b>	Katie; 4 Easton Court, 954	081 837 2901(K)
<i>Windhoek Senior Park</i>	Nelson Mandela Ave; Posbus 5725, Ausspanplatz; katieswartz30@gmail.com	
<b>Swart</b>	Leon & Hanneltjie; Kunene River	081 144 8144(L)
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<i>Walvisbaai</i>	Noord no 35; Posbus 1206, Walvisbaai	
<b>Van Heerden</b>	Wilma; Farm Ombuindja;	081 393 9663
<i>Windhoek Khomasdal</i>	wilmavanheerden73@gmail.com; (-22.2825490, 16.9091940)	
<b>Van Wyk</b>	Chet & Zuzette, Timiica; 17 Protea Street,	081 124 2077(C)
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<b>Van Wyk</b>	Christopher; Lazarette House. Unit 5. Julius K	
<i>Windhoek Khomasdal</i>	Nyerere Street, Windhoek	
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<b>Van der Walt</b>	Eddie; 20 Potgieter Street, Pioneers	081 351 6779
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<i>Rehoboth</i>	Lillian; Erf 458 block A, Rehoboth; Posbus 3360, Rehoboth; (M3PJ+GJQ Rehoboth, Namibia)	

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## Namibia & Upington

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### Aggeneys

**Landsberg** Adrian

**Nell** Natalie, Tyrick

### NAM Contacts

**Du Plessis** Bernice

**Pieterse** Anita

**Pottie** Eldon & Claire, Liam

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

**Van der Nest** Bruce

**Van Heerden** Eduard & Manette

### Okahandja

**Bezuidenhoudt** Leonie & Kobus

**Du Preez** Rika

**Strömke** Ansie & Max

### Otiwarongo

**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 & Zandr 

**Van Heerden** Danie & Jeanette, Daniella

**Van Wyk** Chet & Zuzette, Timiica

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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

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**Diergaardt** Elizabeth, Micaelo, Chrizano

**Schwartz** Sophia

**Schwartz** Susan

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

**Van der Walt** Stephanie

**Van Heerden** Wilma

**Van Wyk** Christopher