

# Namibia & Upington

March 2, 2026

<b>Bezuidenhoudt</b>	Leonie & Kobus; Bellevue Villa Okahandja	081 363 8020
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<b>Coetzee</b>	Lien; c/o Susan Smith. Plot, Jooste Eiland pad Upington	083 555 9080
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<b>Havemann</b>	Marjan; W/s 31, On the Beach, Sandpiper Swakopmund Rd, Swakopmund; Posbus 1633, Swakopmund; 100343h@iway.na	064 40 0005 081 246 6433
<b>Huisamen</b>	Helmon & El-Selene; 5079 Swakopmund 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)
<b>Jansen</b>	Johnny & Laurika, Ava, Leoniece; 9 Kalsium Upington Street, Belview, Upington, 8801; Posbus 2129, Upington, 8800	061 364 0464(J) 061 813 0802(J)
<b>Januarie</b>	Meleney, Jean-Claude, Windhoek Senior Park 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)
<b>Kurz</b>	Emil & Katie, Mercy (Titus), Monalisa; 1 Otjiwarongo Werf street, Otjiwarongo; Posbus 1241, 081 275 4454(Me) Otjiwarongo; emkurz@iway.na(E)	081 127 7910(E) 081 275 4454(Me)
<b>Landsberg</b>	Adrian; 43 Pima Street, Aggeneys, Aggeney 8893; PO Box 343, Aggeney, 8893.; (-29.2369250, 18.8401330)	073 170 0483(A) 054 972 9712H

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<b>Louw</b>	Joey & Desmond, Lemise & Zandré; 74 Walvisbaai	081 694 1495(D) 081 441 3949(J)
<b>Louw</b> <i>Windhoek Senior Park</i>	Deon & Tania, Lauren; Flat 2, 141081 272 6116(D) Dr Kenneth David Kaunda str. Eros, Windhoek; Posbus 3934, Vineta; deonlo@yahoo.na	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>Aggeneyns</i>	Natalie, Tyrick; 43 Pima Street, Aggeneyns, 8893; PO Box 343, Aggeneyns, 8893; 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)
<b>Opperman</b> <i>Upington</i>	Wieks; Belle Rio Lifestyle Estate. 1 Louisvale Rd. Upington 8801; wieksopperman@gmail.com; (-28.4416350, 21.2749340)	+2763 212 2886
<b>Opperman</b> <i>Windhoek Senior Park</i>	Danie; Plaas Arm 356, Okahandja; (-22.588097, 17.088542)	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; perlona@iway.na	061 30 7703 081 346 4604
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<b>Schwartz</b> <i>Windhoek Khomasdal</i>	Sophia; C2PX+WQ7 Windhoek, Namibia	081 222 8202(So)
<b>Schwartz</b> <i>Windhoek Khomasdal</i>	Susan; 4402 Florence Nightingale, Windhoek.; Posbus 8378, Bachbrecht	081 875 5533(Su)

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<b>Shand</b> <i>Windhoek Khomasdal</i>	Trevor & Marlene, Joshua, Jesse; 081 825 9779(T) C2PX+WQ7 Windhoek, Namibia; 081 760 2286(M) Posbus 8378, Bachbrecht; trevor.shand25@gmail.com(T)
<b>Smith</b> <i>Upington</i>	Susan & Sakkie, Sakkie jr, Danielle; 054 334 0047H Plot, Jooste Eiland pad.; Posbus 1441, 084 586 6711(Su) Upington, 8800; (-28.4782220, 21.2386440)
<b>Strämke</b> <i>Okahandja</i>	Ansie & Max; 335 Hoogenhout street, 062 50 1459 Okahandja of 5147 Bottle tree str, 081 245 4854(A) Extention 15, Swakopmund; Posbus 55, Okahandja; anja@iafrica.com.na
<b>Swartz</b> <i>Windhoek Senior Park</i>	Katie; 4 Easton Court, 954 081 837 2901(K) Nelson Mandela Ave; Posbus 5725, Ausspanplatz; katieswartz30@gmail.com
<b>Swart</b> <i>Kunene River Lodge</i>	Leon & Hannetjie; Kunene River 081 144 8144(L) Lodge; 2leonswart@gmail.com(L) ,081 661 5657(H) leonswart@gecko.na(L)
<b>Van Heerden</b> <i>NAM Contacts</i>	Eduard & Manette; Farm Ombuindja+264 81 165 8989
<b>Van Heerden</b> <i>Walvisbaai</i>	Danie & Jeanette, Daniella; 2de Straat 081 646 1522 Noord no 35; Posbus 1206, Walvisbaai; (-22.975519,14.486717)
<b>Van Heerden</b> <i>Windhoek Khomasdal</i>	Wilma; Farm Ombuindja; 081 393 9663 wilmavanheerden73@gmail.com; (-22.2825490, 16.9091940)
<b>Van Wyk</b> <i>Walvisbaai</i>	Chet & Zuzette, Timiica; 17 Protea Street, 081 124 2077(C) Walvis Bay; Posbus 3941, Walvisbaai; 081 388 8430(S) chet.vanwyk@icloud.com(C) 081 639 4692(T)
<b>Van Wyk</b> <i>Windhoek Khomasdal</i>	Christopher; Lazarette House. +264 81 763 5219 Unit 5. Julius K Nyerere Street, Windhoek
<b>Van der Nest</b> <i>NAM Contacts</i>	Bruce; Unit 12, Rautenburg Estates, 063274523 H Rautenbach Street, Klein Windhoek, Windhoek; PO Box 11360, Klein Windhoek, Windhoek, 11009; brucenjanet@gmail.com 811223545
<b>Van der Walt</b> <i>Windhoek Senior Park</i>	Eddie; 20 Potgieter Street, Pioneers 081 351 6779 Park, Windhoek, Namibia, Senior Park, B4; Posbus 518, Windhoek

**Van der Walt** Stephanie; 74 Mosé Tjitendero 081 124 6252  
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**Vries** Kynan & Nadine, Aiden, Kadene, +264 81 641 5999(K)  
*Rehoboth* Lillian; Erf 458 block A, Rehoboth;  
Posbus 3360, Rehoboth; (M3PJ+GJQ  
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## Namibia & Upington

### Aggeney's

**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 (Titus), 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

**Van der Walt** Stephanie

## Okaruaku

**Du Plessis** André

## Windhoek Khomasdal

**Diergaardt** Elizabeth, Michael, Chrizano

**Schwartz** Sophia

**Schwartz** Susan

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

**Van Heerden** Wilma

**Van Wyk** Christopher