

# Namibia & Upington

January 30, 2026

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**Bezuidenhoudt** Leonie & Kobus; Bellevue Villa 081 363 8020  
*Okahandja* Erf 06-16, Osona Village.;  
 leonora.engelbrecht@gmail.com(L)

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**Coetzee** Lien; c/o Susan Smith. Plot, Jooste Eiland pad083 555 9080  
*Upington*

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**Diergaardt** Elizabeth, Micaelo, Chrizano; +264813411635(E)  
*Windhoek Khomasdal* Windhoek

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**Du Plessis** Bernice; Windhoek +264 81 247 8361  
*NAM Contacts*

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**Du Plessis** André; Plaas "Okaruaku"; Posbus 518, 081 122 1402  
*Okaruaku* Windhoek; alaskafarming@iway.na 062 56 1434

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**Du Preez** Rika; 580 Vierde lane, Okahandja; Posbus 062 50 1247  
*Okahandja* 719, Okahandja; tyka@mweb.com.na 081 128 1247

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**Havemann** Marjan; W/s 31, On the Beach, Sandpiper 064 40 0005  
*Swakopmund* Rd, Swakopmund; Posbus 1633, 081 246 6433  
 Swakopmund; 100343h@iway.na

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**Huisamen** Helmon & El-Selene; 5079 061 401 149 H/F  
*Swakopmund* Omumborombonga Street, 081 124 7701(H)  
 Swakopmund; Posbus 80743, Olympia; 081 207 4880(E)  
 helmon@iway.na(H) , elseleneh@gmail.com(E)

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**Jansen** Alicia; 9 Kalsium Street, Belview, Upington, 062 589 0682  
*Upington* 8801; ajansen198361@gmail.com

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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)  
 Otiwarongo; emkurz@iway.na(E) 067307449 Fax  
 081 2754454(Me)

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**Landsberg** Adrian; 43 Pima Street, Aggeneys, 073 170 0483(A)  
*Aggeneys* 8893; PO Box 343, Aggeneys, 8893.; 054 972 9712H  
 (-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><br><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)<br>081 154 6600(D)<br>081 229 6196(T)         |
| <b>Louw</b><br><i>Windhoek Senior Park</i>     | Piet; 20 Potgieter Street, Pioneers Park, Windhoek, Namibia, Senior Park, M2   | 081 240 2669  |
| <b>Nell</b><br><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><br><i>Upington</i>                  | Jan & Julia; 31 Augrabies Str, Upington; 8800; (G6XR+JJQ Upington, South Africa)   | 066 030 1322(JA)<br>071 563 0888(JU)                          |
| <b>Opperman</b><br><i>Upington</i>             | Wieks; Belle Rio Lifestyle Estate. 1 Louisvale Rd. Upington 8801; wieks.opperman@gmail.com; (-28.4416350, 21.2749340)          | +2763 212 2886  |
| <b>Opperman</b><br><i>Windhoek Senior Park</i> | Danie; Plaas Arm 356, Okahandja  | 081 605 1946  |
| <b>Pieterse</b><br><i>NAM Contacts</i>         | Anita; 346 Hydra street, Dorado Park; Posbus 5751, Ausspannplatz; brianp019@gmail.com  | 081 424 0495  |
| <b>Pieterse</b><br><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<br>081 346 4604                                   |
| <b>Pottie</b><br><i>NAM Contacts</i>           | Eldon & Claire, Liam; Outside Windhoek; eldonpottie@gmail.com(E) , claiwestcott@webmail.co.za(C)                               | +264 81 574 0278(E)<br>+264 81 466 0734(C)<br>073 937 2173(C) |
| <b>Schwartz</b><br><i>Windhoek Khomasdal</i>   | Sophia; c/o 271 Chrisopraas Street, Khomasdal, Windhoek, Namibia   | 081 222 8202(So)  |
| <b>Schwartz</b><br><i>Windhoek Khomasdal</i>   | Susan; 20 Florence Nightingale, Windhoek, Namibia; Posbus 8378, Bachbrecht   | 081 875 5533(Su)  |
| <b>Shand</b><br><i>Windhoek Khomasdal</i>      | Trevor & Marlene, Joshua, Jesse; C2PX+WQ7 Windhoek, Namibia; Posbus 8378, Bachbrecht; trevor.shand25@gmail.com(T)              | 081 145 8365(T)<br>081 294 4314(M)                            |

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|-----------------------------|---|---------------------|
| <b>Smith</b>                | Susan & Sakkie, Sakkie jr; Plot, Jooste   | 054 334 0047H       |
| <i>Upington</i>             | Eiland pad.; Posbus 1441, Upington, 8800; 084 586 6711(Su)<br>(G6CQ+PF7 Upington, South Africa)                         |                     |
| <b>Strämke</b>              | Ansie & Max; 335 Hoogenhout street,   | 062 50 1459         |
| <i>Okahandja</i>            | Okahandja; Posbus 55, Okahandja;<br>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<br>5725, Ausspanplatz; katieswartz30@gmail.com   |                     |
| <b>Swart</b>                | Leon & Hanneltjie; Kunene River   | 081 144 8144(L)     |
| <i>NAM Contacts</i>         | Lodge; 2leonswart@gmail.com(L) ,<br>leonswart@gecko.na(L)   | 081 661 5657(H)     |
| <b>Van Heerden</b>          | Eduard & Manette; Farm Ombuindja+264 81 165 8989  |                     |
| <i>NAM Contacts</i>         |   |                     |
| <b>Van Heerden</b>          | Danie & Jeanette, Daniella; 2de Straat  | 081 646 1522        |
| <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;<br>(-22.2825490, 16.9091940)   |                     |
| <b>Van Wyk</b>              | Chet & Zuzette, Timiica; 17 Protea Street,  | 081 124 2077(C)     |
| <i>Walvisbaai</i>           | Walvis Bay; Posbus 3941, Walvisbaai;<br>chet.vanwyk@icloud.com(C)   | 081 388 8430(S)     |
| <b>Van Wyk</b>              | Christopher; Lazarette House. Unit 5. Julius K  |                     |
| <i>Windhoek Khomasdal</i>   | Nyerere Street, Windhoek  |                     |
| <b>Van der Nest</b>         | Bruce; Unit 12, Rautenburg Estates,   | 063274523 H         |
| <i>NAM Contacts</i>         | Rautenbach Street, Klein Windhoek,<br>Windhoek; PO Box 11360, Klein Windhoek,<br>Windhoek, 11009; brucenjanet@gmail.com | 811223545           |
| <b>Van der Walt</b>         | Stephanie; 74 Mosé Tjitendero street,   | 081 124 6252        |
| <i>Windhoek Khomasdal</i>   | Olympia, Windhoek, Namibia; Posbus<br>518, Windhoek; svdw@iway.na   |                     |
| <b>Van der Walt</b>         | Eddie; 20 Potgieter Street, Pioneers  | 081 351 6779        |
| <i>Windhoek Senior Park</i> | Park, Windhoek, Namibia, Senior<br>Park, B4; Posbus 518, Windhoek   |                     |
| <b>Vries</b>                | Kynan & Nadine, Aiden, Kadene,  | +264 81 641 5999(K) |
| <i>Rehoboth</i>             | Lillian; Erf 458 block A, Rehoboth;<br>Posbus 3360, Rehoboth; (M3PJ+GJQ<br>Rehoboth, Namibia)                           |                     |

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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 & Hanneltjie

**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 & Zandr 

**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