



**James D. Henry**

**Vice President**

**National Association of  
Letter Carriers, AFL-CIO**

A Los Angeles native, **James D. Henry** began his postal career as a letter carrier in Pomona, CA, in 1988. His path to becoming an NALC activist began the same year when he was unjustly disciplined and his branch came to his aid, resolving the case in his favor. James knew he could not stand on the sidelines and see letter carriers get treated unfairly. Only six months after joining the Postal Service, James became a shop steward where his calling for representing letter carriers began.

In 1991, James was appointed as an area steward, and after completing advocate training in 1995, he became an arbitration advocate in Region 1. In 1998, James Henry was appointed to serve as one of the NALC's first Step B representatives for the Step B pilot and again when the program was made permanent.

James was elected vice president of Branch 1100, Garden Grove, CA, in 1999 and senior vice president in 2008. President Fredric Rolando appointed James as a regional administrative assistant (RAA) for Region 1 in 2011. As an RAA, he oversaw six Dispute Resolution Teams, conducted dozens of interventions, represented multiple unemployment hearings, negotiated thousands of pre-arbitration settlements and presented more than 150 in arbitration. In 2015, then Vice President Lew Drass selected James as a facilitator/instructor for the Advance Formal A and Beyond and Arbitration Advocacy trainings.

At the 72<sup>nd</sup> Biennial Convention in Chicago 2022, James D. Henry was elected to the office of vice president by acclamation.