

# Senator Pam Helming

Representing the 54th New York Senate District



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## **Senator Pam Helming Honors Artist and Community Leader Stacey Mrva for Women's History Month**



**Albany, New York** — In celebration of Women's History Month, Senator Pam Helming today honored acclaimed metal artist and community mentor Stacey Mrva from Ironwood Studios in Springwater, New York as her nominee for the New York State Legislative Women's Caucus 2026 Women's History Month Celebration.

Stacey joined honorees from across the state at the New York State Capitol for the annual celebration, which began with a breakfast reception with Governor Kathy Hochul and continued with a luncheon hosted by the Legislative Women's Caucus. During the Senate's Legislative Session, Senator Helming spoke on the Senate floor to recognize Stacey's remarkable impact as an artist, mentor, and community leader.

A nationally recognized metal sculptor with more than 25 years of experience, Stacey has built a remarkable career transforming steel into striking works of art that can be found in public spaces and communities throughout the Finger Lakes region and beyond. Working from Ironwood Studios, Stacey creates custom sculptures, public art, furniture, railings, and functional pieces that blend craftsmanship with artistic vision while helping shape the identity of the communities they serve. Her work can be seen in installations and public spaces across the region, including community beautification projects, custom benches, and public sculptures that celebrate local history and culture.

Through these projects, Stacey has helped transform everyday spaces into places of pride, reflection, and connection for residents and visitors alike. In addition to her artistic accomplishments, Stacey has become a powerful advocate for women entering skilled trades. In 2022 she launched women's welding workshops at Ironwood Studios, creating a welcoming environment where participants can step outside their comfort zones and learn a craft traditionally dominated by men. The workshops have introduced hundreds of women and girls to welding and metalworking, helping them discover new skills and confidence while building lasting friendships and support networks.

Participants range in age from young students to retirees, all united by a shared desire to try something new. In an industry where women still represent only a small percentage of welders nationwide, Stacey's workshops are helping break down barriers and open doors for the next generation of artists, tradespeople, and innovators.

Stacey's commitment to helping her community reaches far beyond supporting women entering the field of welding. Her workshops also provide meaningful opportunities for veterans and individuals in recovery, offering not just hands-on training, but a renewed sense of purpose, confidence, and direction. Through her work, Stacey is helping participants build practical skills while opening the door to stable careers and a stronger future.

Senator Helming said, "From my first meeting with Stacey Mrva, I have been a huge fan. She is bold, authentic, and unapologetically fearless. In a field long dominated by men, she claimed her place with torch in hand, forging beauty and meaning from steel. Her public art is woven into the fabric of our communities, honoring strength and resilience. And in her workshops, she places that same spark in the hands of women of all ages, veterans, and individuals rebuilding their lives, helping them see their own strength reflected in steel. Stacey doesn't just weld metals. She forges confidence, courage, and hope."

Each year, the New York State Legislative Women's Caucus honors women from across New York who exemplify leadership, service, and dedication to their communities. The annual celebration highlights the achievements of women who inspire others and help strengthen the communities they serve.

"My work with steel has always been about more than sculpture. Through public art, I love creating pieces that bring communities together and give people pride in their shared spaces. And in my workshops, I get to watch women, girls, veterans, and others discover their own strength and realize they're capable of far more than they imagined. Those moments of connection and confidence are what inspire me every day," said Stacey Mrva.

Senator Helming selected Stacey Mrva for this recognition in honor of her leadership, creativity, and unwavering commitment to helping others discover their own strength and potential.

“Stacey’s work reminds us that strength can take many forms,” Senator Helming added. “Through her art and mentorship, she is inspiring others to believe in themselves, take risks, and build something meaningful for their future.”

The New York State Legislative Women’s Caucus is a bipartisan group of Senators and Assembly members dedicated to recognizing and celebrating the contributions of women across New York State.

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