

CLIFTON PARK

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Neighbors

Tim Williams:
Naturally Driven
by Purpose and
Commitment



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Tim Williams: Naturally Driven by Purpose and Commitment

By Meg Wert | Photos by Samantha Bailey Photography and Tim Williams

As a longtime resident of the Capital Region, Tim Williams has always had a drive within him to show up, give his best, and make a difference. Before settling into The Oaks in Clifton Park in 2003, Tim and his wife Stacie met each other while they were both in high school in Rhode Island.

It happened that there was an auto accident, and several people had stopped. They had a mutual friend named Christine, who was like a cousin to Tim, who also stopped. Seeing both of them, she introduced them to one another. It wasn't long before Stacie reached out asking if he and a friend could help at a dance recital. As Tim shared, "They were doing a dance number from Chicago (the theatrical production) and needed a 'Fred' to pretend to shoot and die on stage. My friend and I agreed because we didn't have to dance and only needed to lie still on the stage for the majority of the time. We started dating the following month."

While in high school, Tim was a Boy Scout, earning the rank of Eagle Scout. Through Scouts, he also learned about firefighting from an adult leader, who was a volunteer firefighter at the time. This had a big impact on Tim, and he chose to become a volunteer firefighter at the age of 16. As part of his training, he learned Advanced First Aid and CPR.

After high school, Tim had another choice, and shared, "I joined the US Naval Reserves out of high school and became a Hospital Corpsman and served as a combat medic with the US Marines between 1984-1998. During this time, I also served in a Fleet Hospital—a 500-bed tent hospital as the Leading Petty Officer for its 50-bed ICU/Post-Op unit."

Upon his return to Rhode Island, Tim continued on his path as he stepped into a career as a firefighter and paramedic, while also serving as State EMS Examiner and Instructor/Coordinator. Then, utilizing the GI bill, he pursued a degree in Biology and Chemistry and was hired by the American Heart Association (AHA) to lead the Rhode Island Emergency Cardiovascular Care program. At this





time, Tim and Stacie moved up to the Capital Region and settled into Clifton Park. “We moved here from RI, where Stacie and I both grew up, and I lead a team that covered New England, NY, NJ, and PA, and this was a more central location.”

Working with AHA was a natural fit, and when asked what some of this work entailed, Tim shared that he was “Leading about 1000 instructors and all of the CPR, Advanced Life Support, and Pediatric Life Support educational courses throughout the state. Launching the first statewide law enforcement AED programs in the nation. I was promoted to lead RI and CT, then the Northeast, Eastern US, and eventually two national roles for the last decade of my career.” In all, Tim worked with the American Heart Association for two decades, overseeing 3,200 training centers, over 400,000 domestic instructors, and several other components on the national stage.”

During this time, Tim and Stacie also became parents, having twin daughters, Carlie and Kendall, who are now 16 years old and incoming Seniors at Shenendehowa Schools, where Stacie is also a substitute teacher. “Our twin daughters, Carlie and Kendall, are both amazing. Both girls have been involved in Girl Scouts since Kindergarten. Both girls love science, especially Biology, and art (Photography and Ceramics in particular).”

There never seems to be a dull moment, as Carlie, who has taken modern dance since she was seven, now teaches children modern dance. She is also taking the role of incoming President for the Best Buddies Program at Shen and has volunteered with the high school Unified PE (integrated physical education with kids with disabilities and general ed students to help with inclusivity). This summer, she is a Camp Counselor at Locust Lane Day Camp. Along with additional volunteering, she is planning on going to college to become a teacher. Her sister Kendall, who was inducted into the National Math Honor Society and the National Art Honor





Society, is also incredibly busy. As a member of the stage crew for theatrical productions, she loves to build sets and work with the tools. Kendall also rides horses and helps care for other animals at a farm. In addition to this, she holds an after-school job at a local ceramics/art studio, Arts & Glass, and plans to go to college to become a veterinarian. As her dad shared, “I can easily see this because she is an animal whisperer.”

When talking about family, Tim shared a story that when the girls were little, they read in a book about camping and wanted to try it. Well, the three of them got a tent, pitched it in the backyard, built a campfire, and roasted marshmallows. Now it is an annual ‘Daddy-Daughter Camping trip,’ which has expanded with two other dads and their daughters. Their adventures have taken them from Thompsons Lake and many other State Campgrounds from the Catskills to the Adirondacks, and as far west as Letchworth State Park south of Rochester. “Stacie had mentioned after last year’s trip that they probably only have one more year before going off to school. Both girls countered that they have plenty of time between graduating from high school and college for camping.”

Sharing more about where they live, it is apparent that they love the area and their neighbors. “We love our neighborhood. It is quiet and has allowed us to teach our daughters to ride their bikes and go for walks on the walking trails. We are also close to enjoying everything in the Capital Region and beyond. We love our neighbors. When I was traveling all the time, a neighbor came over to help shovel, so my wife did not have to do it. We take care of each other’s plants/gardens when away. There are still a couple of original owners in our cul-de-sac, and we have watched their children grow up and move on into their own lives.”

Having a deep love of the area, when Tim left the AHA, he took a pivot and got an MBA from the University of Albany, which he had been wanting to pursue for over 15 years. This, in turn, provided a natural launch into starting his own business. “A consultancy that focused on organizational change, leadership, and people strategies, which is what I have done over the last 8 years. On February 25, 2025, I hit my 5th anniversary as an LLC

for the 110 Group.” His company, <https://the110group.com/>, is based in the Capital Region and works with clients to transform their businesses and develop winning strategies by focusing on their greatest assets: their people.

In April 2025, Tim also became a franchise owner! “In late 2024, I met Keith Liscio, a Franchise Broker, who joined the same Capital Region Chamber, Business Referral Group that I am in. As I do with all members, I invited him to coffee to learn more about him and his business. Little did I know, this would start a new chapter in my life, launching a second business and joining the Outdoor Lighting Perspectives family.” Outdoor Lighting Perspectives (<https://www.outdoorlights.com/greater-albany/>), located in Clifton Park, NY, specializes in outdoor lighting design and installation solutions for residential, commercial, and holiday lighting.

In addition to the companies, family, and community, Tim carries his passion and drive through his volunteering. He has always had a hobby of woodworking and cabinet making, but has put the skills to use building theater sets and teaching the basics. “One of the best parts is teaching the kids how to use tools and develop skills in carpentry, painting, leading to increased confidence. There have been many instances of these kids completing a project, and watching them beam with pride. Then there were a couple of seniors who were on their last performance who thanked me for teaching them over the past couple of years.”

And as a veteran himself, Tim takes pride and ownership in showing up for fellow vets. “I first became interested when I participated in a Boots to Business Reboot Program for veterans and their spouses who want to start or grow their own businesses in early 2020 through the McNulty Veterans Business Center.” “Today, I am honored to serve as the Board Secretary for this wonderful organization.” Tim also joined the Advisory Board for the Capital Region Veterans Memorial, Legacy Project in Glenville and is an active member of the Capital Region Chamber of Commerce, serving as a Chamber Ambassador, as well as a member of one of the Chamber’s Business Referral Groups, a Mentor for the Young Professionals Network and regular speaker at their Entrepreneur Boot Camp.

Tim Williams lives with an inner compass to show up, give his all, and help others. Perhaps the words of Henry Wadsworth Longfellow can be seen as a reflection. “The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service.”



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