

## **KALIKA ANTAO**

*Retired healthcare executive with a lifelong passion for art. Highly skilled in oil media with variety of subject matters including landscapes, still life and abstracts. Also skilled in acrylic abstract paintings. Ability to draw on a diverse range of experiences, such as coaching, mentoring, teaching and bringing forth the ability to work as a team optimizing my artistic skills and techniques while fostering growth. Creating and sharing fascinating stories of inspiration.*

Art has always been a deep passion for me but family and a successful career as a healthcare executive took center stage for many years. However, creativity remained an important part of my life. After a long and successful career as a healthcare executive, I embraced the opportunity to fully immerse myself in art. My inspiration comes from my visions of landscapes, floral compositions and abstract paintings that are drawn from my world travels and experiences at home. Whether painting in my studio or en plein air my art displays the nuances of light and shadow in ordinary situations. My artistic style continues to evolve, blending intuition with technique to create pieces that evoke emotion and contemplation.

My work has been exhibited in numerous professional galleries including solo exhibits. I have also served as a judge for a local art exhibits. I believe in sharing and giving back. I have participated in charitable events such as Art of Healing Auction and Exhibition, a fund raising event for South Central Health Care Foundation in Mississippi, Frisco Arts Walk and Run, Frisco Arts Impact and taught art classes in a shelter for homeless teenagers.

### **Artist Statement**

“I create my art to fulfill a deep sense of accomplishment and personal joy that I like to share with others. I find my inspiration in the beauty of nature all around us. Through my art I hope to evoke an emotional response to the beauty of nature. Painting en plein air, I am immersed in the environment absorbing the sights and sounds and the ever changing light. I want the viewer to experience the beauty with which we are surrounded. Through continued hard work and through challenging myself, I strive to create paintings that speak to the heart.”

## **Art Exhibitions**

2025 January - March: Plano Art Association numerous exhibits  
2024 December: Visual Art League of Allen exhibit McKinney TX  
2024 July: Open House and Solo exhibit Lewisville Texas  
2023 May: Visual Art League of Allen Solo exhibit at Collin College  
Technical Center Library,  
2022: Visual Art League of Allen Publication - Member collection  
2022 December: Visual Art Guild of Frisco Winter, juried show at the  
Frisco Discovery Center  
Group exhibit Carrollton Church November - December 2022  
2022 October: Juried exhibit "Creme de la Creme" Visual Arts Guild of  
Frisco  
2022 May: Spring Collection Visual Art League of Allen at the Blue  
House Too  
2022 April: the Blue Visual Art League of Allen at the Cotton Mill  
McKinney  
2022 March: Fresh Start 2022 Visual Art Guild of Frisco juried exhibit  
Frisco Discovery Center  
2022 February - April Solo exhibit City of Frisco Mayor's office  
2021 October: the blue, Juried art exhibit Coppell Art Center  
2021 October: Artrageous Juried art exhibit Frisco Discovery Center  
2021 February: Fresh Start Juried art exhibit Frisco Discovery Center  
2020 December: Artist Collective Visual Art League of Allen, Blue  
House Too Gallery  
2020 October: First Prize winner Plano Art Association Small Works  
Exhibit Plano Texas  
2020 October: Creme de la Creme 2020 Juried Visual Art Guild of  
Frisco exhibit Frisco Texas  
2020 October: Installation of several pieces at a model home Sojourn  
Castle Hills Lewisville, Texas  
2020 August: 40@100 exhibit at thegallery8680 Frisco Texas  
2020 March Gallery Exhibit at Blue House Too gallery WaTers Creek  
Allen, Texas  
2020 February: Emergence Armadillo Art Gallery Denton Texas  
2019 October: Creme de la Creme juried exhibi-on Frisco Discovery  
Center, Frisco, Texas  
2019 September: Global Reflections 2019 Courtyard Theater, Plano  
Texas

2019 July: Fresh Ideas 2019 regional juried exhibit MCL Grand Gallery Lewisville, TX  
2019 June: Artrageous 2019 juried exhibit Frisco Discovery Center  
2019 May: Solo art exhibit at Financial Gravity, Allen Texas  
2019 April: Lake Lewisville Symphony Art Exhibit  
2019 March: Art of Healing South Central Regional Medical Center Healthcare Foundation Mississippi.  
2019 March: Plano Art Association member exhibit  
2019 February: Lake Lewisville Symphony Art Exhibit  
2019 February: Fresh Start 2019 juried exhibit Frisco Discovery Center  
2019 January: Solo installation of 15 paintings at Financial Gravity professional offices Allen, Texas  
2019 January: America the beautiful exhibit Medical Center Lewisville Gallery  
2018 March: Art of Healing South Central Regional Medical Center Healthcare Foundation Mississippi.  
2018 December: 40th Anniversary Exhibit Visual Art League of Lewisville  
2018 November: Greater Lewisville Community Theater exhibition  
2018 November: The Blue Juried Exhibit, thegallery8680 Frisco, Texas  
2018 October: Creme de la Creme Juried Exhibit, Visual Art Guild of Frisco, Frisco Discovery Center Texas  
2018 September: Art & Wine Walk Castle Hills Lewisville Texas  
2018 August: Solo Exhibit, Gallery Night, Lewisville, Texas

## **Awards and publications**

2025 March: Plano Art Association People's choice award  
2025 February: Plano Art Association People's choice award  
2024 December: Visual Art League of Allen Honorable mention  
2024 June: Award of "Distinction" gallery 4% on line juried exhibit  
2022 March: Publication in Frisco Style Magazine  
2022 October: Frisco Art Foundation "Artist Resiliency" Grant recipient.  
2021 October: Coppell Art Center Second place and honorable mention  
2020 October: Plano Art Association First Place, Small Works exhibit

2020 October: Featured artist in The Source, Grapevine newspaper, Grapevine Texas. [www.newsbreak.com](http://www.newsbreak.com)  
2018: Selected two times as member's choice Oil Painters of America

## **Memberships**

Oil Painters of America  
American Impressionist Society  
National Oil and Acrylic Painters Society  
Outdoor Painters' Society  
McKinney En Plein Air  
Visual Art Guild of Frisco - Past Vice President of the Board  
Plano Art Association  
Visual Art League of Allen

## **Volunteer Activities**

2025: Carrollton Public Library oil painting workshop  
2025: Farmer's Branch Carrollton Art Association meeting demo & presentation  
2023: City of Frisco & Visual Art Guild of Frisco Leading and working a three day en plein air event  
2021 - 2023: Visual Art Guild of Frisco various events and activities  
2021, 2022: Frisco Arts Walk and Run Frisco Texas  
2021: Christus Health Primary Care Clinic Irving Texas  
2019, 2018: Art of Healing Auction and Exhibition. South Central Health Care Foundation Mississippi  
2018: Frisco Arts Walk and Run Frisco Texas  
2018: Frisco Arts Impact Auction Frisco Texas  
2018: Teaching art classes in a shelter for homeless teenagers Lewisville, Texas

## **Teaching Experience**

Adult basic oil painting workshop Edom Texas  
Art Teacher at One River Art School, Frisco Texas  
Adult oil painting classes at a local Michael's Arts & Crafts store  
Art classes in a shelter for homeless teenagers Lewisville, Texas

Developed and taught two week critical care certification prep program (American Association of Critical Care Nurses) to nurses and medical students