



Canada's Building Centre

Project Of The Month

PAINIT

Give your room a paint makeover



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There are few home improvement projects that can completely transform a room for little money and with no special skills required. Interior painting is one of the biggest bang-for-your-buck projects you can tackle over the span of a weekend. It can give a room an instant update, add personal style, make a space look cleaner and brighter, or give it a dramatic mood. It's an easy DIY project that almost anyone can do with careful planning and prep work. The first place to start, of course, is choosing a colour. Every year paint manufacturers predict paint trends and offer their own "Colour Of The Year". You can let these suggestions guide you or go for a colour of your own choosing. Preparing your space for painting will take up most of your time. You will probably spend two thirds of time on prep and one third on actual painting. The act of rolling paint on the walls requires little time in comparison to the amount of time to prepare your walls and your room. Make sure you have enough supplies and the right tools before you begin - you don't want to have to stop work and run to the store.

**We
can
help!**

Having trouble figuring out what kind and how much paint you need?

A TIMBER MART Paint Expert can guide you through all the variables to find the correct type of paint as well as help calculate the quantity of paint needed for your paint project. If you have questions, we have answers.



PROJECT OF THE MONTH: PAINT



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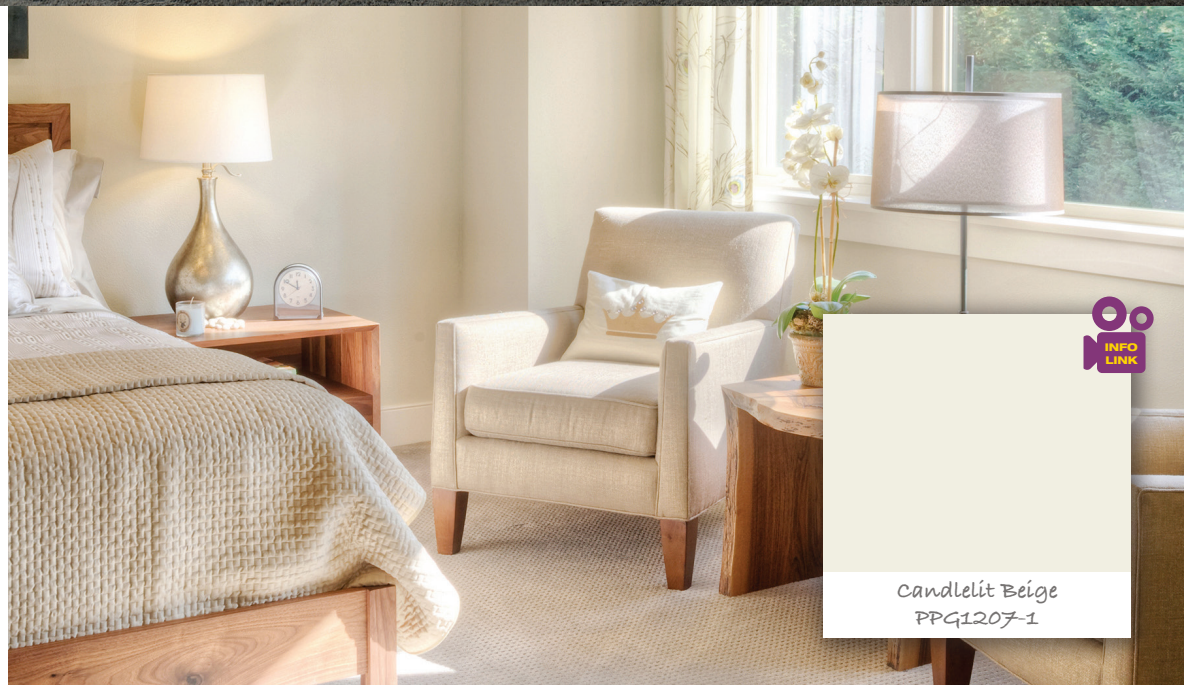
2022 colour trends

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2022
PPG
Colour
Of The
Year

Olive Sprig
PPG1125-4



Every year, PPG releases their paint colour trend forecast to showcase the direction of popular interior and exterior paint colours. PPG's 2022 colour lineup represents hope, reflection and new beginnings in the post-pandemic era. Under the 2022 theme of Horizon, colours vary from rich, dark tones to brighter, joyful tints. PPG has categorized these colours into three mood creating colour stories: the dark-toned INVALUABLE, mid-toned INTROSPECTIVE and the lighter coloured INSPIRED. Within these stories, you'll find a great assortment of colours that are softer and more muted than in past years. Colours are strong but without a hard edge and are slightly subdued. 2022 colours are remarkably easy to live with and suit any decorating style. As we continue to spend more time at home, it's important to have spaces that bring comfort and peace. To view PPG's 2022 colour lineup and their beautiful 2022 Colour Of The Year (Olive Sprig, as pictured above), click on the photos.



Candlelit Beige
PPG1207-1



5 tips for a flawless paint finish

Painting a room is not difficult but thorough prep work and taking your time will be the difference between a good paint job and a great paint job. Here are 5 tips to help you work more efficiently and get better results.

1 Start with a smooth, clean surface Use a trouble light on an angle to find surface imperfections and fill with compound. When dry, sand smooth and take time to carefully feather the edges. Next, vacuum dust from the entire surface as well as any dust that has spread to the floor and other areas. Use a dry paint brush to dig out stubborn dust from nooks and crannies.

3 Paint walls in small sections With your loaded paint roller, paint a large W on the wall that is no bigger than 4 or 5 feet square. Double back and fill in the whole area without lifting your paint roller off the wall. Once done, load your roller with more paint and move on to the next area. Overlap each area so you don't have blank spots in between. If you find that you are not getting good paint coverage, do a second coat. It's better to paint multiple thin coats of paint and not a single, sloppy, thick coat that results in drips and runs.

4 Ceiling, trim, then walls Painting ceilings results in a fine spray that goes everywhere so it's a good idea to start there. Any paint spray from the ceiling will be covered up when you paint the trim and walls. Next paint the trim. You don't necessarily have to be careful in places where the trim meets the wall because you will be painting the walls last and covering up any excess trim paint. If you do get trim paint on the wall, make sure you feather out the paint edge so there isn't a visible line.

2 Use painter's caulk This step is often overlooked and is one of the best ways to get a professional paint finish. Prior to painting, fill cracks and gaps with paintable painter's caulk and remove the excess. Keep in mind that it's sometimes easier to see cracks and gaps after everything has been painted so you could leave it as a step at the end of your paint project.

5 Protect everything Cover all large surfaces like the floor and furniture with drop cloths. Apply good quality painter's tape to outlets, baseboards, light fixtures, etc. Press a putty knife to the edge of the tape to prevent paint from seeping underneath. Before removing painter's tape at the end of your paint project, use a utility knife to cut the edge where the painted surface and the tape meet. Otherwise you could pull off a bit of paint along with the tape and end up with a raggedy edge.



Add a little flair with paint



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Use a sponge to paint an accent wall

Create a low-cost wallpaper effect with a sponge, paint and a pair of scissors. Click here for directions for this great DIY weekend project from the paint experts at Sico.

SICO



The painted arch trend

Highlight a feature of your room with a stylish painted arch. This simple paint project can emphasize a cool sitting area or create a funky headboard. Click here for easy DIY directions from the paint stylists at Sico.

SICO

Add drama to your space with deep rich colour. Nothing can add as much punch to a room at a low cost than a coat of bold coloured paint. Go for muted jewel tones which are easier to live with and easier to decorate around than bright saturated colour. If powerful colour is too much for an entire room, consider limiting it to a single wall.



A buyer's guide to:

Paint brushes

A good quality paint brush will hold more paint, distribute it more evenly and last longer. The two main types of bristles are natural or synthetic. Natural brushes are recommended for oil based paints while synthetic brushes can be used with all paint types.

Nylon Can be used for all water based and most oil based paints.

Nylon/polyester blend Can be used for water based or oil based paint. Bristles vary in stiffness; softer bristles will produce a smoother finish.

Polyester Can be used for water based or oil based paint and stain, as well as varnish, lacquer and shellac. Stiff bristles tend to leave brush strokes.

Paint brushes are available in various sizes and angles, each designed for a specific purpose. Smaller sized brushes, both straight or angled, are good for detail painting and corners. Larger brushes are ideal for painting large surfaces. Use the size brush that feels the most comfortable in your hand.

Paint rollers

Rollers are generally available in mini to 12-inch sizes. Mini rollers are good for painting trim and other small areas, while large rollers will cover a large area fast.

For nap rollers, select the type of nap (fuzzy surface) that best suits your paint project. Roller nap is made from natural fibres (for oil based paint) or synthetic fibres (for latex paint). Next, consider the surface you are painting to determine the thickness of the nap:

5mm For smooth or fine surfaces, such as new walls, ceilings, wood doors, and trim.

10mm or 13mm For smooth to light-textured walls, a good general purpose roller.

15mm For most walls and medium rough surfaces, a good general purpose roller.

19mm For rough surfaces, such as textured walls and ceilings.

Foam rollers are ideal for smooth surfaces and with all types of latex paint (oil paints are generally too thick).

Drop cloths

The main thing to consider when choosing a drop cloth is what it is made of. The three most common types are canvas, plastic and poly-back. Each has its uses as well as its pros and cons.

Canvas These drop cloths are durable, washable, reusable and available in various sizes. Great for protecting furniture and objects that can't be moved out of the room. They do have a tendency to bunch up when used on the floor and spilled paint can leak through the canvas.

Plastic This is the most economical drop cloth. It's one hundred percent waterproof and can be used on the floor or to cover furniture and objects. Paint spilled on the surface can make this drop cloth very slippery. May not be recyclable.

Poly-back This type is relatively new on the market and has canvas on one side and a non-slip poly or rubber backing. This makes for a drop cloth that won't move around and will have some absorption capabilities.

How to paint a popcorn ceiling

Giving your popcorn ceiling a fresh coat of paint is a great way to brighten up a room but it can also be a little tricky

Painting a popcorn ceiling is similar to painting a flat ceiling in many ways including making sure everything is covered, using a stain blocking primer sealer to cover stains and ceiling paint as the final coat. How a popcorn ceiling differs is in the application. Use a big, fluffy paint roller with a long nap that will get into the nooks and crannies of the ceiling texture. If your popcorn ceiling hasn't been painted before, roll gently in one direction, don't excessively go back and forth with the roller. Then gently roll another coat perpendicular to the first coat. It's difficult to paint the edge of a popcorn ceiling and taping doesn't work. To get a clean edge, knock off the texture close to the edge and use a utility knife to create a small groove in the ceiling. Now when you cut in with a brush along the top of the wall, the paintbrush bristles will slide into the groove, giving you a crisp paint line without getting paint on the ceiling. The thin line of missing texture will not be noticeable. To make your paint project easier, use a telescoping extension pole with your paint roller to reach the ceiling. You can also use a step ladder but an extension pole allows you to freely move around. Also wear a baseball cap and safety glasses to keep the paint out of your hair and eyes.



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Spray on some paint

Paint technology has improved so much in the past decade that there is a specialty spray paint for almost any kind of surface. From ceramic and plastic to metal and masonry, there's a spray paint specifically designed for that surface. Each specialty spray paint delivers excellent adhesion with maximum durability. It's a great way to make something old and tired look new again. Spray paints are convenient and available in a wide variety of colours. They are fast-drying and leave a smooth surface with no brush strokes. Care should be given when applying spray paint, which looks deceptively easy. Follow the instructions on the can and click the video link below to learn the proper way to spray paint. There are a lot of options when it comes to specialty spray paints and selection can seem overwhelming. Talk to a TIMBER MART Paint Specialist for advice on what specialty paint is right for your DIY project.



[Click here to learn the proper way to spray paint from the experts at Rust-Oleum](#)



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X



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Rookie painting mistakes

And how to avoid them

Choosing the wrong colour It's difficult to choose a colour from a small paint swatch. Wall colour is affected by light and can appear different depending on the time of day and the source of light. To get a better idea of how your chosen paint colour works in all light, purchase a small amount of paint and test it out on your walls.

Leaving the lid off of the paint can Someone is bound to step in the wet paint on the lid and track paint footprints everywhere. Also, latex paint is fast-drying and the paint in the can will start to dry and form a skin. The paint on the lid will also start to dry and you may not be able to close the lid properly.

Using masking tape instead of painter's tape There's a big difference between the two. Masking tape is great if used where you don't need a clean, crisp edge of paint like on the floor if you are painting baseboards. If you need a perfect line where the paint meets an edge, use a good quality painter's tape.

Rolling in one direction Visible overlap marks from a paint roller will ruin a paint job. It's better to paint a 4 or 5 foot square area and move your roller in many directions to cover. When you paint your second coat, shift the 4 or 5 foot area so that they are staggered and not directly on top of the first coat.

Letting the roller touch the ceiling or the floor This is a hallmark sign of a rookie painter. The best way to avoid this is to paint a 4 or 5 inch edge with a paint brush around the area you are going to be rolling. This would be at the ceiling, baseboard and around windows and doors. Then fill in the middle with a roller.

Not storing paint properly Proper care should be given when storing paint. Lids have to be firmly closed with a hammer so that air cannot seep in. Don't store paint in the garage or a shed. If it freezes, it's ruined. Keep inside in an out-of-the-way place. Stored latex paint can last up to 10 years if not opened.

Painting over glossy surfaces without primer Not priming a glossy surface before painting will result in a future peeling problem. Glossy surfaces are too smooth and slick for paint to stick to. Scuffing up the surface will allow primer to stick to the gloss, then the paint will stick to the primer.

Painting in dim light Avoid painting in a poorly lit room. The finished walls may look fine at first but may be a disaster when the lights go on. You'll likely see thinly painted areas or roller marks.

Dipping brush too far into paint Dip the bristles of your paint brush only 1/3 of the way into the paint. Dipping too far will load too much paint on your brush causing drips. Also, the paint at the top of the bristles will start to dry out and will make it more difficult to wash out or could completely ruin the brush.

Painting bare wood without a stain blocker It's important to prime bare wood with a shellac based primer/sealer so that wood resins don't bleed through your final coat of paint. Wood bleed-through is unsightly but easily preventable.





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Choosing the right caulk or sealant

Painting can be a time-consuming job, so you'll want to make sure you have as much information as possible to achieve the best results, especially if you are not a seasoned professional. When it comes to caulks and sealants, it is important to understand which type to use and how to make the right selection for your paint project. Read on for some tips and suggestions to help you get the job done right.

Kitchens & bathrooms

Kitchens and bathrooms are prone to moisture and potential water damage or mildew. Areas where you'll need to seal include around sinks, showers, tubs, backsplashes, and fixtures. An important consideration here is whether you need your sealant to be paintable, and how often the surface will be exposed to water. Silicone sealants offer great water resistance and long-term durability but are not paintable. If your project needs to be painted but is still in a high moisture area frequently exposed to water, choose a paintable silicone or hybrid formulation, such as LePage® PL® Heavy Duty, which also is mold and mildew resistant. For applications where the surface will need to be painted but is seldom exposed to moisture or humidity, choose a sealant that is flexible, has fast paint-ready times, and is mold and mildew resistant, such as LePage® 2in1 Seal & Bond Kitchen & Bath. This sealant is easy to work with and cleans up with soap and water.

Gaps & cracks around interior windows, door & trim

When preparing to paint indoors, applying caulks or sealants prior to painting serves both a functional and aesthetic benefit. They provide a smooth, gap-filling bond that adds a professional finished appearance on wall joints, baseboards, trim, and moulding. Sealing around windows and doors will help to block out air and moisture, and prevent potential damage from leaks, humidity, and mould. For these interior applications, you'll need a sealant that is flexible, bonds to multiple types of materials, and has quick paint-ready times.

Gaps & cracks around exterior windows, doors & trim

Sealants for exterior paint projects keep out the elements, save energy and improve the comfort of your home. This is a more demanding application that requires sealants to provide maximum performance capabilities in any condition. Choose a sealant that has strong adhesion to a wide variety of materials, offers a high degree of flexibility to accommodate seasonal material movements, can be applied in any weather condition, and is paintable, such as LePage® QUAD® MAX.