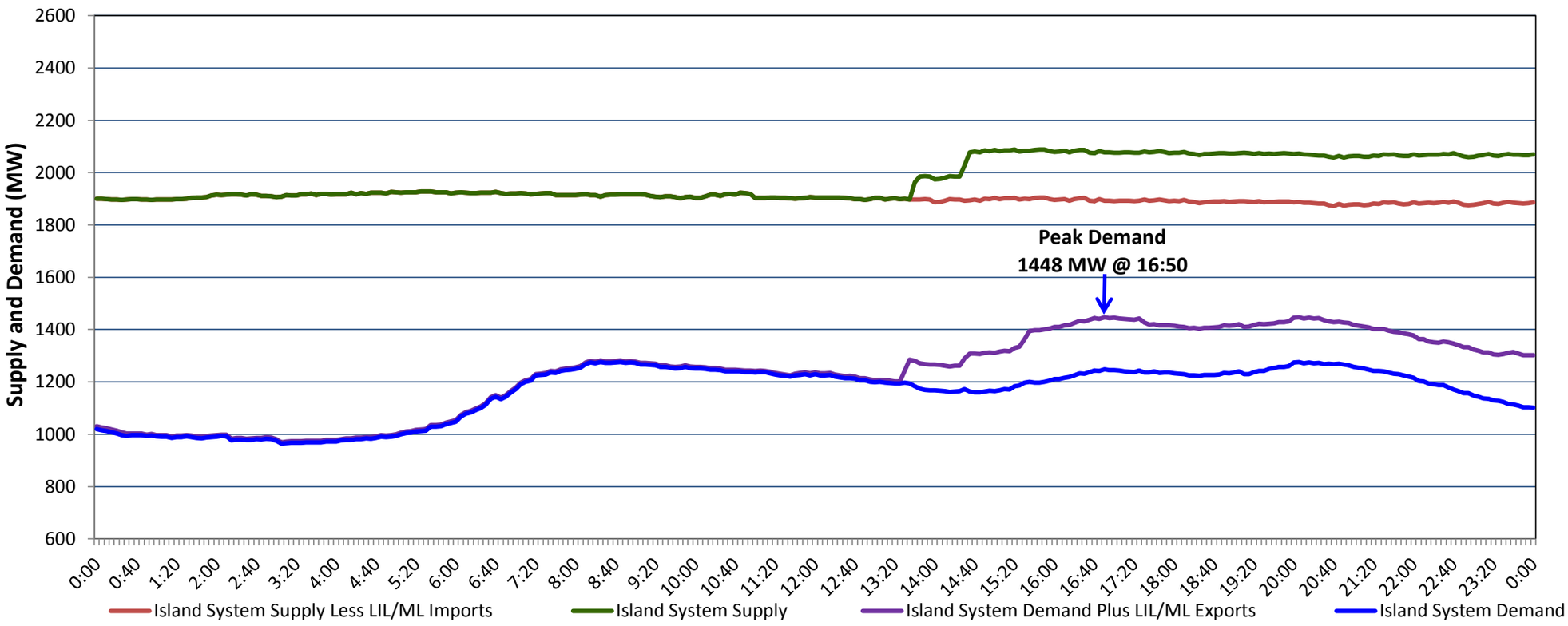
Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Friday, March 25, 2022

Section 1
Island Interconnected System Supply, Demand & Exports
Actual 24 Hour System Performance For Thursday, March 24, 2022



Supply Notes For March 24, 2022 [1,2]

A As of 1715 hours, January 21, 2022, Holyrood Unit 2 available at 150 MW (170 MW).

B As of 1238 hours, March 22, 2022, Holyrood Unit 3 available but not operating (150 MW).

Section 2
Island Interconnected Supply and Demand

Fri, Mar 25, 2022	**Island System Outlook**[3]			**Seven-Day Forecast**	**Temperature (°C)**		**Island System Daily Peak Demand (MW)**	
					Morning	**Evening**	**Forecast**	**Adjusted**[7]
Available Island System Supply:[5]		**2,052**	**MW**	Friday, March 25, 2022	-2	-3	**1,515**	**1,409**
NLH Island Generation:[4,8]		1,525	MW	Saturday, March 26, 2022	-1	3	1,300	1,197
NLH Island Power Purchases:[6]		120	MW	Sunday, March 27, 2022	2	1	1,140	1,039
Other Island Generation:		220	MW	Monday, March 28, 2022	3	1	1,140	1,039
ML/LIL Imports:		187	MW	Tuesday, March 29, 2022	4	1	1,210	1,108
Current St. John's Temperature & Windchill:	-5 °C	-12	°C	Wednesday, March 30, 2022	0	-1	1,325	1,222
7-Day Island Peak Demand Forecast:		**1,515**	MW	Thursday, March 31, 2022	-1	-1	1,260	1,157

Supply Notes For March 25, 2022 [3]

Notes:

1. Generation outages for running and corrective maintenance are included. These are not unusual for power system operations. They generally do not impact customer supply. The power system operators schedule outages to system equipment whenever possible to coincide with periods when customer demands are low and sufficient supply reserves are available. However, from time to time equipment outages are necessary and reserves may be impacted.
2. Due to the Island system having no synchronous connections to the larger North American grid, when there is a sudden loss of large generating units there may be a requirement for some customer's load to be interrupted for short periods to bring generation output equal to customer demand. This automatic action of power system protection, referred to as under frequency load shedding (UFLS), is necessary to ensure the integrity and reliability of system equipment. Under frequency events have typically occurred 5 to 8 times per year on the Island Interconnected System and the resultant customer load interruptions are generally less than 30 minutes. With the activation of the Maritime Link frequency controller during the winter of 2018, UFLS events have occurred less frequently.
3. As of 0800 Hours.
4. Gross output including station service at Holyrood (24.5 MW) and improved NLH hydraulic output due to water levels (35 MW).
5. Gross output from all Island sources (including Note 4).
6. NLH Island Power Purchases include: CBPP Co-Gen, Nalcor Exploits, Rattle Brook, Star Lake, Wind Generation and capacity assistance (when applicable).
7. Adjusted for curtailable load, market activities and the impact of voltage reduction when applicable.
8. Due to limitations inherent in the design of combustion turbines, the output of combustion turbines may be reduced in the event that ambient temperatures exceed the threshold

Section 3
Island Peak Demand Information
Previous Day Actual Peak and Current Day Forecast Peak

Thu, Mar 24, 2022	Actual Island Peak Demand[9]	16:50	1,448 MW
Fri, Mar 25, 2022	Forecast Island Peak Demand		1,515 MW

Notes: 9. Island Demand / LIL / ML Exports (where applicable) is supplied by NLH generation and purchases, plus generation owned and operated by Newfoundland Power and Corner Brook Pulp & Paper (Deer Lake Power, DLP).