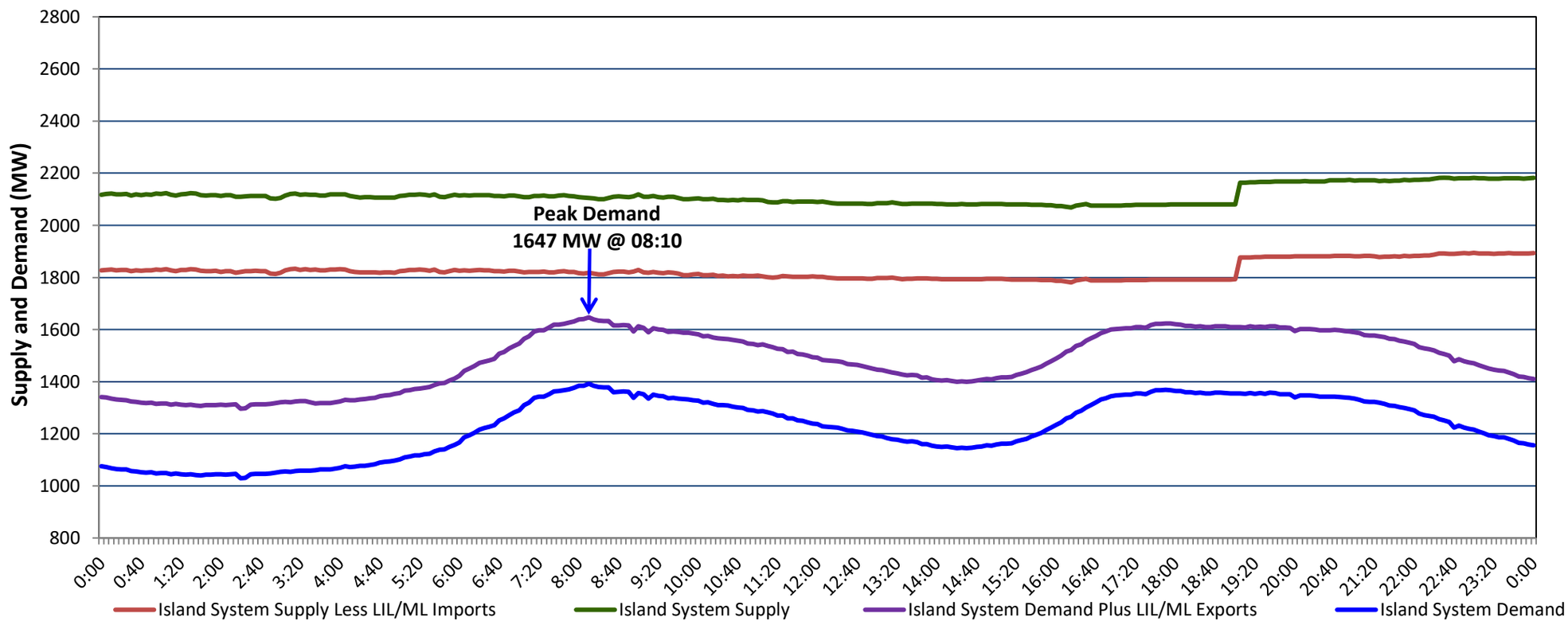
Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Thursday, December 01, 2022

Section 1
Island Interconnected System Supply, Demand & Exports
Actual 24 Hour System Performance For Wednesday, November 30, 2022



Supply Notes For November 30, 2022 [1,2]

A	As of 0806 hours, November 10, 2022, St. Anthony Diesel Plant available at 8.7 MW (9.7 MW).
B	As of 0144 hours, November 24, 2022, Holyrood Unit 1 available at 80 MW (170 MW).
C	As of 1400 hours, November 29, 2022, Holyrood Unit 3 available at 140 MW (150 MW).
D	At 1904 hours, November 30, 2022, Upper Salmon Unit available (84 MW).

Section 2
Island Interconnected Supply and Demand

Thu, Dec 01, 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]		**2,004**	**MW**	Thursday, December 1, 2022	0	6	**1,505**	**1,408**
NLH Island Generation:[4,8]		1,435	MW	Friday, December 2, 2022	1	-1	1,260	1,165
NLH Island Power Purchases:[6]		130	MW	Saturday, December 3, 2022	-4	-2	1,260	1,165
Other Island Generation:		215	MW	Sunday, December 4, 2022	0	2	1,210	1,116
ML/LIL Imports:		224	MW	Monday, December 5, 2022	4	2	1,240	1,146
Current St. John's Temperature & Windchill:	0 °C	-7	°C	Tuesday, December 6, 2022	1	3	1,255	1,160
7-Day Island Peak Demand Forecast:		**1,505**	MW	Wednesday, December 7, 2022	2	2	1,195	1,101

Supply Notes For December 01, 2022 [3]

E	At 0007 hours, December 01, 2022, Bay d'Espoir Unit 7 unavailable due to planned outage (154.4 MW).

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

Wed, Nov 30, 2022	Actual Island Peak Demand[9]	8:10	1,647 MW
Thu, Dec 01, 2022	Forecast Island Peak Demand		1,505 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).