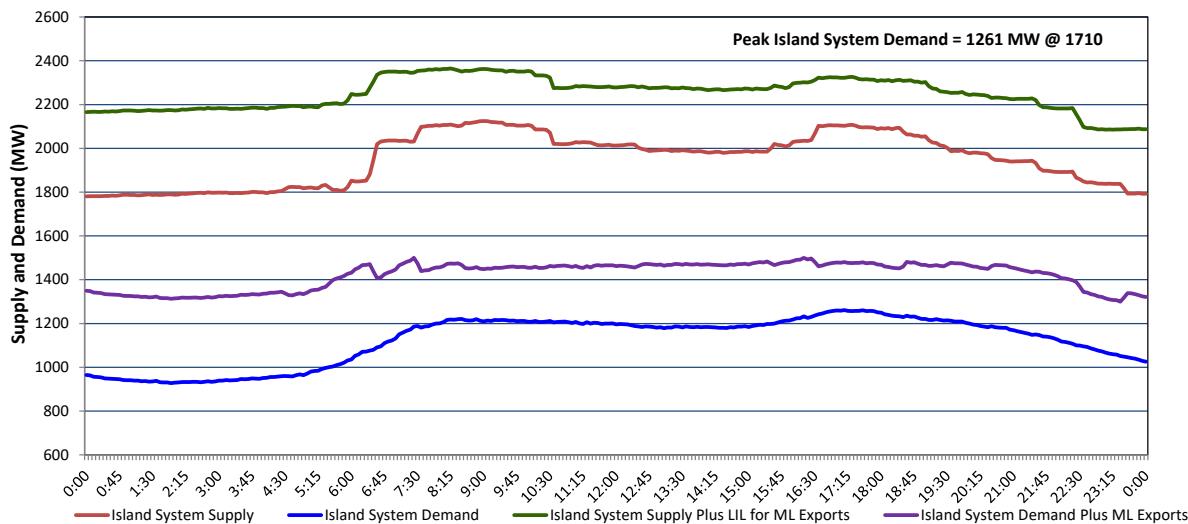


Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Monday, January 12, 2026

Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Friday, January 09, 2026



Island Supply Notes For January 09, 2026

A As of 0800 hours, March 30, 2025, Holyrood Unit 3 unavailable due to planned outage 130 MW (150 MW).
 B As of 1642 hours, December 17, 2025, Holyrood Unit 1 available at 160 MW due to forced derating (170 MW).
 C As of 1425 hours, December 22, 2025, St. Anthony Diesel Plant available at 7.7 MW due to forced derating (9.7 MW).

Section 2
Island Interconnected System - Supply, Demand & Outlook

Sat, Jan 10, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)
			Forecast ⁸ Adjusted ⁶
Island System Supply: ⁴	1,973 MW	Saturday, January 10, 2026	1,245 1,151
NLH Island Generation: ^{3,7}	1,530 MW	Sunday, January 11, 2026	1,290 1,195
NLH Island Power Purchases: ⁵	95 MW	Monday, January 12, 2026	1,335 1,240
NP and CBPP Owned Generation:	225 MW	Tuesday, January 13, 2026	1,355 1,259
LIL/ML Net Imports to Island: ⁹	123 MW	Wednesday, January 14, 2026	1,290 1,195
7-Day Island Peak Demand Forecast:	1,355 MW	Thursday, January 15, 2026	1,125 1,032
		Friday, January 16, 2026	1,250 1,156

Island Supply Notes For January 10, 2026

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. Hydro schedules 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. As of 0800 Hours.
 3. Gross continuous unit output.
 4. Gross output from all Island sources (including Note 3).
 5. NLH Island Power Purchases include: ML Imports, Exploits Generation, Rattle Brook, Star Lake, Wind Generation and capacity assistance (when applicable).
 6. Adjusted for interruptible load and the impact of voltage reduction when applicable.
 7. 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 required for full rated output. This threshold is dependent on the design of each turbine.
 8. Does not include ML Exports.
 9. LIL Import sunk in the Island System. Actual LIL flows will be restricted by various system conditions including, but not limited to, Island Load, ML Exports and Avalon Unit status.

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

Fri, Jan 09, 2026	Island Peak Demand ¹⁰	17:10	1,261 MW
	Exports at Peak		219 MW
	LIL Net Imports to Island		4,068 MWh
Sat, Jan 10, 2026	Forecast Island Peak Demand		1,245 MW

Notes: 10. Island Demand is supplied by NLH generation and purchases, LIL Imports plus generation owned and operated by Newfoundland Power and Corner Brook Pulp & Paper (Deer Lake Power, DLP).