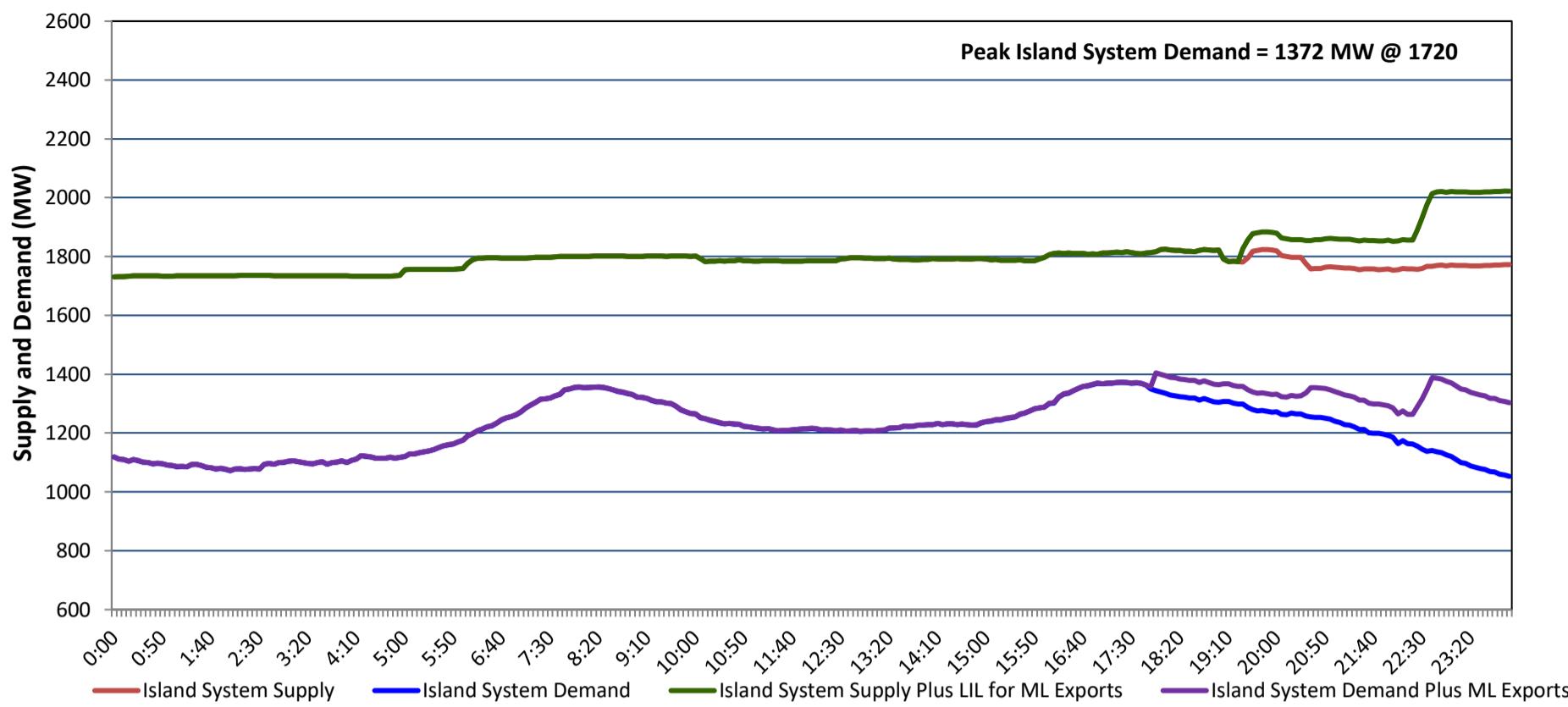


Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Wednesday, January 14, 2026

Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Tuesday, January 13, 2026



Island Supply Notes For January 13, 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).
 D At 1759 hours, January 13, 2026, Paradise River Unit available (8 MW).
 E At 2123 hours, January 13, 2026, Labrador Island Link available at 450 MW due to forced derating (700 MW) - Monopole.

Section 2
Island Interconnected System - Supply, Demand & Outlook

Wed, Jan 14, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴	1,844 MW	Wednesday, January 14, 2026	1,270	1,175	
NLH Island Generation: ^{3,7}	1,530 MW	Thursday, January 15, 2026	1,115	1,022	
NLH Island Power Purchases: ⁵	80 MW	Friday, January 16, 2026	1,050	958	
NP and CBPP Owned Generation:	220 MW	Saturday, January 17, 2026	1,285	1,190	
LIL/ML Net Imports to Island: ⁹	14 MW	Sunday, January 18, 2026	1,195	1,101	
7-Day Island Peak Demand Forecast:	1,335 MW	Monday, January 19, 2026	1,235	1,141	
		Tuesday, January 20, 2026	1,335	1,240	

Island Supply Notes For January 14, 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

Tue, Jan 13, 2026	Island Peak Demand ¹⁰ Exports at Peak LIL Net Imports to Island	17:20	1,372 MW 1 MW 54 MWh
Wed, Jan 14, 2026	Forecast Island Peak Demand		1,270 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).