

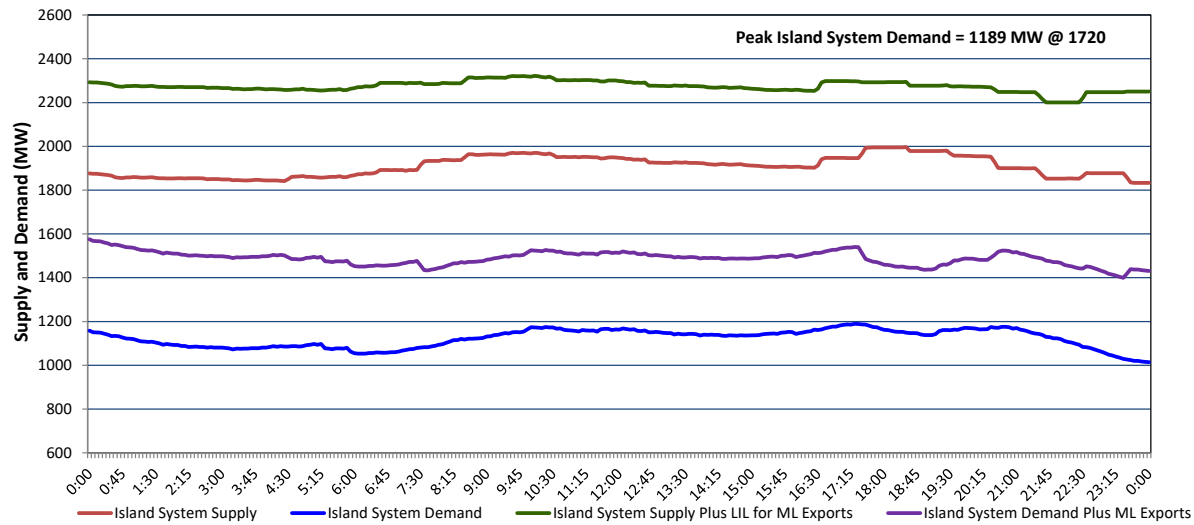
# Newfoundland Labrador Hydro (NLH)

## Supply and Demand Status Report Filed Monday, January 19, 2026

### Section 1

#### Island Interconnected System - Supply, Demand & Exports

#### Actual 24 Hour System Performance For Sunday, January 18, 2026



#### Island Supply Notes For January 18, 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

Mon, Jan 19, 2026	Island System Outlook <sup>2</sup>	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast <sup>8</sup>	Adjusted <sup>6</sup>
Island System Supply: <sup>4</sup> NLH Island Generation: <sup>3,7</sup> NLH Island Power Purchases: <sup>5</sup> NP and CBPP Owned Generation: LIL/ML Net Imports to Island: <sup>9</sup>	1,965 MW	Monday, January 19, 2026	1,235	1,141
	1,530 MW	Tuesday, January 20, 2026	1,300	1,205
	125 MW	Wednesday, January 21, 2026	1,580	1,482
	220 MW	Thursday, January 22, 2026	1,600	1,502
	90 MW	Friday, January 23, 2026	1,375	1,279
		Saturday, January 24, 2026	1,465	1,368
		Sunday, January 25, 2026	1,445	1,348
7-Day Island Peak Demand Forecast:	1,600 MW			

#### Island Supply Notes For January 19, 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

Sun, Jan 18, 2026	Island Peak Demand <sup>10</sup>	17:20	1,189 MW
	Exports at Peak		351 MW
	LIL Net Imports to Island		2,298 MWh
Mon, Jan 19, 2026	Forecast Island Peak Demand		1,235 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).