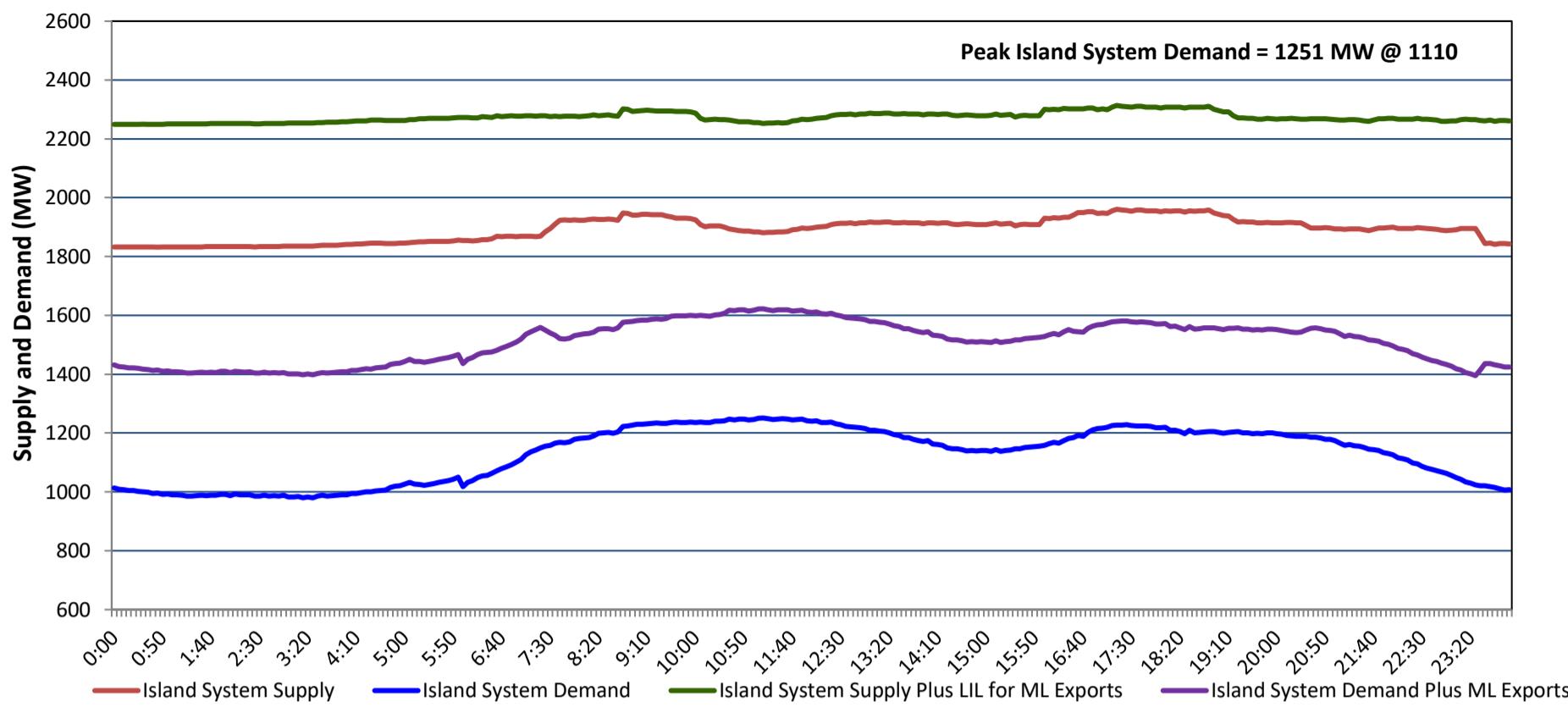


**Newfoundland Labrador Hydro (NLH)**  
**Supply and Demand Status Report Filed Tuesday, January 20, 2026**

**Section 1**  
**Island Interconnected System - Supply, Demand & Exports**  
**Actual 24 Hour System Performance For Monday, January 19, 2026**



**Island Supply Notes For January 19, 2026**<sup>1</sup>

- 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**

| Tue, Jan 20, 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>         | 2,068 MW                           | Tuesday, January 20, 2026   | 1,295                                | 1,200                 |                       |
| NLH Island Generation: <sup>3,7</sup>      | 1,530 MW                           | Wednesday, January 21, 2026 | 1,600                                | 1,502                 |                       |
| NLH Island Power Purchases: <sup>5</sup>   | 90 MW                              | Thursday, January 22, 2026  | 1,585                                | 1,487                 |                       |
| NP and CBPP Owned Generation:              | 220 MW                             | Friday, January 23, 2026    | 1,355                                | 1,259                 |                       |
| LIL/ML Net Imports to Island: <sup>9</sup> | 228 MW                             | Saturday, January 24, 2026  | 1,485                                | 1,388                 |                       |
| 7-Day Island Peak Demand Forecast:         | 1,600 MW                           | Sunday, January 25, 2026    | 1,570                                | 1,472                 |                       |
|  |                                    | Monday, January 26, 2026    | 1,600                                | 1,502                 |                       |

**Island Supply Notes For January 20, 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**

|                   |                                  |       |           |
|-------------------|----------------------------------|-------|-----------|
| Mon, Jan 19, 2026 | Island Peak Demand <sup>10</sup> | 11:10 | 1,251 MW  |
|                   | Exports at Peak                  |       | 371 MW    |
|                   | LIL Net Imports to Island        |       | 1,675 MWh |
| Tue, Jan 20, 2026 | Forecast Island Peak Demand      |       | 1,295 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).