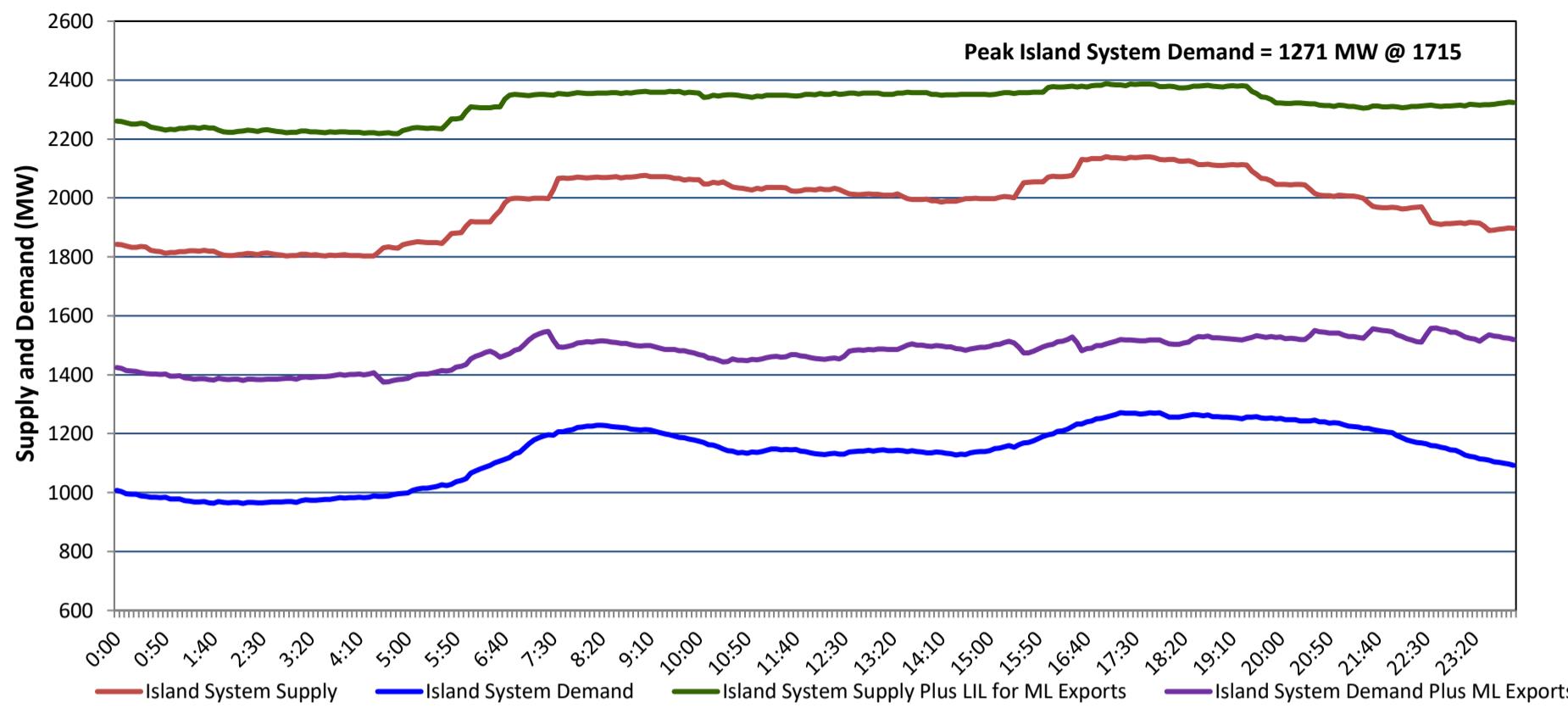


Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Wednesday, January 21, 2026

Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Tuesday, January 20, 2026



Island Supply Notes For January 20, 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 1400 hours, January 20, 2026, Hawkes Bay Diesel Plant unavailable due to forced outage (5 MW).
 E At 1656 hours, January 20, 2026, Hawkes Bay Diesel Plant available (5 MW).

Section 2
Island Interconnected System - Supply, Demand & Outlook

Wed, Jan 21, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)
			Forecast ⁸ Adjusted ⁶
Island System Supply: ⁴	2,262 MW	Wednesday, January 21, 2026	1,580 1,482
NLH Island Generation: ^{3,7}	1,530 MW	Thursday, January 22, 2026	1,600 1,502
NLH Island Power Purchases: ⁵	140 MW	Friday, January 23, 2026	1,380 1,284
NP and CBPP Owned Generation:	225 MW	Saturday, January 24, 2026	1,455 1,358
LIL/ML Net Imports to Island: ⁹	367 MW	Sunday, January 25, 2026	1,635 1,536
7-Day Island Peak Demand Forecast:	1,680 MW	Monday, January 26, 2026	1,680 1,581
		Tuesday, January 27, 2026	1,620 1,521

Island Supply Notes For January 21, 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 20, 2026	Island Peak Demand ¹⁰ Exports at Peak LIL Net Imports to Island	17:15	1,271 MW 248 MW 3,819 MWh
Wed, Jan 21, 2026	Forecast Island Peak Demand		1,580 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).