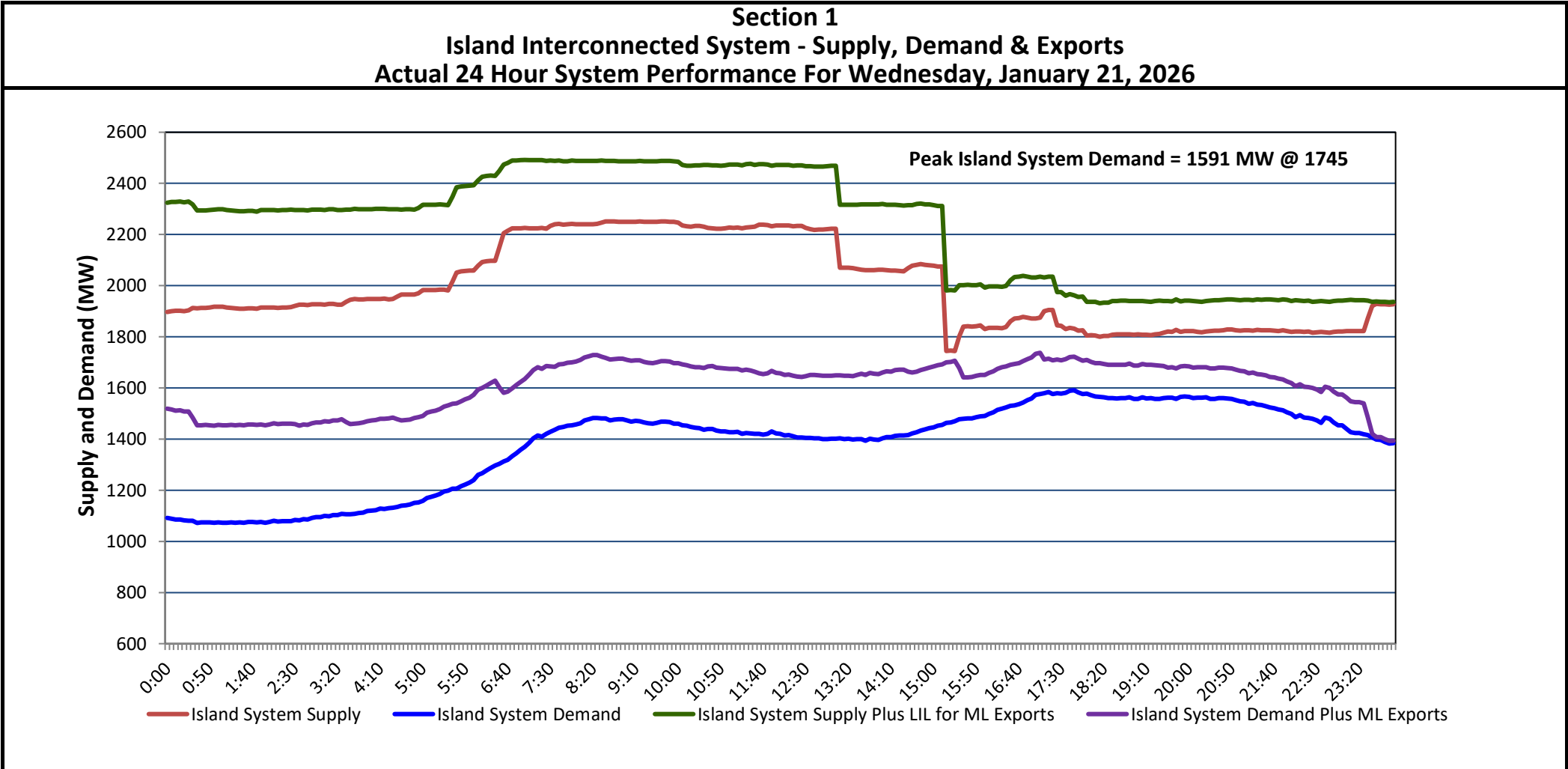


Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Thursday, January 22, 2026



Island Supply Notes For January 21, 2026¹

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 1309 hours, January 21, 2026, Bay d'Espoir Unit 5 unavailable due to forced derating (76.5 MW).
E	At 1309 hours, January 21, 2026, Bay d'Espoir Unit 6 unavailable due to forced derating (76.5 MW).
F	At 1511 hours, January 21, 2026, Bay d'Espoir Unit 1 available at 20 MW due to forced derating (76.5 MW).
G	At 1511 hours, January 21, 2026, Bay d'Espoir Unit 2 available at 20 MW due to forced derating (76.5 MW).
H	At 1511 hours, January 21, 2026, Bay d'Espoir Unit 3 available at 20 MW due to forced derating (76.5 MW).
I	At 1511 hours, January 21, 2026, Bay d'Espoir Unit 4 available at 20 MW due to forced derating (76.5 MW).
J	At 1511 hours, January 21, 2026, Bay d'Espoir Unit 7 available at 50 MW due to forced derating (154.4 MW).
K	At 1529 hours, January 21, 2026, Bay d'Espoir Unit 6 available at 20 MW due to forced derating (76.5 MW).
L	At 1557 hours, January 21, 2026, Bay d'Espoir Unit 6 unavailable due to forced derating 20 MW (76.5 MW).
M	At 1724 hours, January 21, 2026, Bay d'Espoir Unit 2 unavailable due to forced derating 20 MW (76.5 MW).
N	At 1724 hours, January 21, 2026, Bay d'Espoir Unit 3 unavailable due to forced derating 20 MW (76.5 MW).
O	At 1724 hours, January 21, 2026, Bay d'Espoir Unit 4 unavailable due to forced derating 20 MW (76.5 MW).
P	At 1756 hours, January 21, 2026, Bay d'Espoir Unit 1 unavailable due to forced derating 20 MW (76.5 MW).

Section 2

Island Interconnected System - Supply, Demand & Outlook

Thu, Jan 22, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴ NLH Island Generation: ^{3,7} NLH Island Power Purchases: ⁵ NP and CBPP Owned Generation: LIL/ML Net Imports to Island: ⁹	1,827 MW 880 MW 95 MW 225 MW 627 MW	Thursday, January 22, 2026	1,590	1,492
		Friday, January 23, 2026	1,385	1,289
		Saturday, January 24, 2026	1,530	1,432
		Sunday, January 25, 2026	1,620	1,521
		Monday, January 26, 2026	1,710	1,610
		Tuesday, January 27, 2026	1,600	1,502
		Wednesday, January 28, 2026	1,620	1,521
7-Day Island Peak Demand Forecast:	1,710 MW			

Island Supply Notes For January 22, 2026

Q	At 0513 hours, January 22, 2026, Bay d'Espoir Unit 1 available at 20 MW due to forced derating (76.5 MW).
R	At 0531 hours, January 22, 2026, Bay d'Espoir Unit 1 unavailable due to forced derating 20 MW (76.5 MW).
S	At 0635 hours, January 22, 2026, Holyrood Diesels available at 6 MW due to forced derating (10 MW).
T	At 0735 hours, January 22, 2026, Bay d'Espoir Unit 7 unavailable due to forced derating 50 MW (154.4 MW).
U	At 0737 hours, January 22, 2025, Holyrood Unit 1 available at 125 MW due to forced derating (170 MW).

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

Wed, Jan 21, 2026	Island Peak Demand ¹⁰	17:45	1,591 MW
	Exports at Peak		131 MW
	LIL Net Imports to Island		8,726 MWh
Thu, Jan 22, 2026	Forecast Island Peak Demand		1,590 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).