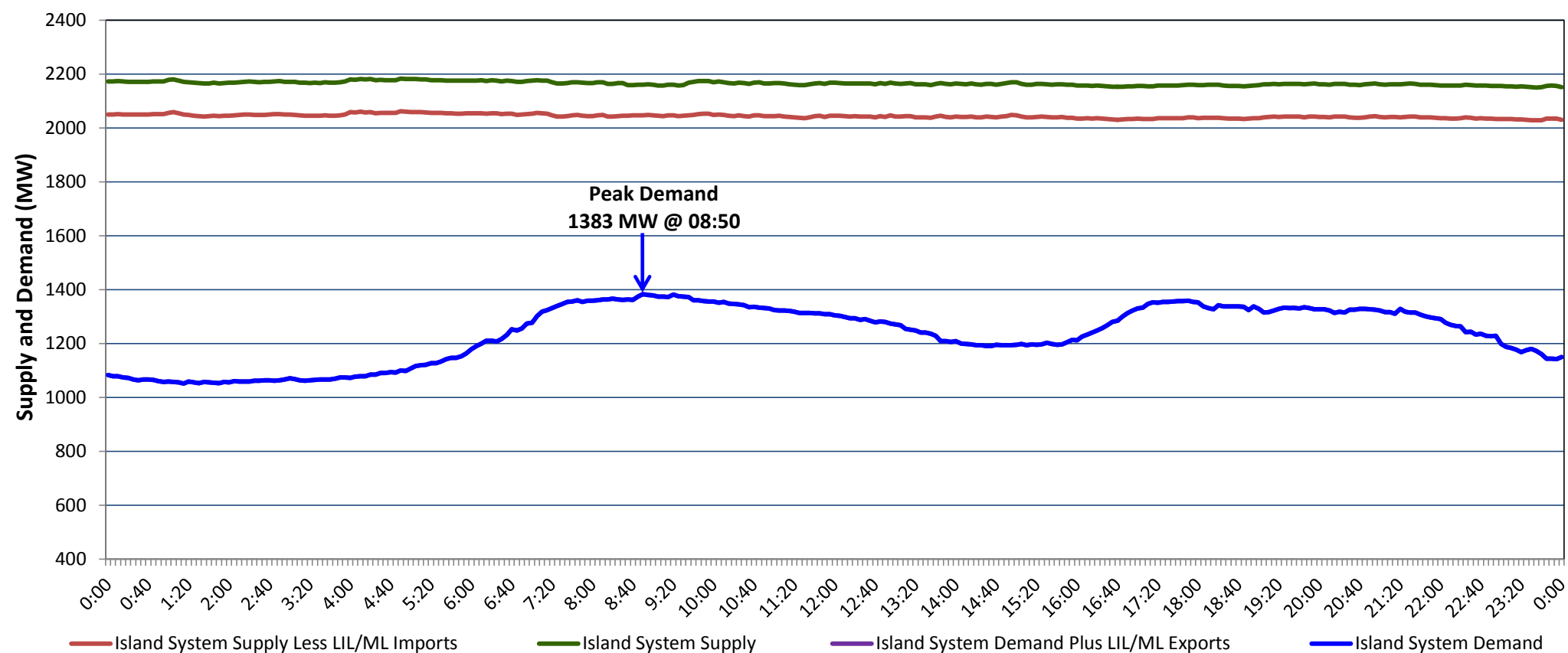


**Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Thursday, January 24, 2019**

**Section 1
Island Interconnected System Supply, Demand & Exports
Actual 24 Hour System Performance For Wednesday, January 23, 2019**



Supply Notes For January 23, 2019

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A At 1813 hours, January 23, 2019, Holyrood Unit 1 available at 165 MW (170 MW).

**Section 2
Island Interconnected Supply and Demand**

Thu, Jan 24, 2019	Island System Outlook ³	Seven-Day Forecast	Temperature (°C)		Island System Daily Peak Demand (MW)	
			Morning	Evening	Forecast	Adjusted ⁷
Available Island System Supply: ⁵	2,197 MW	Thursday, January 24, 2019	-6	0	1,435	1,332
NLH Island Generation: ⁴	1,690 MW	Friday, January 25, 2019	5	3	1,295	1,194
NLH Island Power Purchases: ⁶	125 MW	Saturday, January 26, 2019	0	0	1,350	1,248
Other Island Generation:	210 MW	Sunday, January 27, 2019	-4	-2	1,415	1,313
ML/LIL Imports:	172 MW	Monday, January 28, 2019	-2	0	1,500	1,397
Current St. John's Temperature & Windchill: -5°C	-9 °C	Tuesday, January 29, 2019	-4	-3	1,555	1,451
7-Day Island Peak Demand Forecast:	1,555 MW	Wednesday, January 30, 2019	-4	-1	1,470	1,367

Supply Notes For January 24, 2019

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- 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. The power system operators schedule 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. Due to the Island system having no synchronous connections to the larger North American grid, when there is a sudden loss of large generating units there may be a requirement for some customer's load to be interrupted for short periods to bring generation output equal to customer demand. This automatic action of power system protection, referred to as under frequency load shedding (UFLS), is necessary to ensure the integrity and reliability of system equipment. Under frequency events have typically occurred 5 to 8 times per year on the Island Interconnected System and the resultant customer load interruptions are generally less than 30 minutes. With the activation of the Maritime Link frequency controller during the winter of 2018, UFLS events have occurred less frequently.
 3. As of 0800 Hours.
 4. Gross output including station service at Holyrood (24.5 MW) and improved NLH hydraulic output due to water levels (35 MW).
 5. Gross output from all Island sources (including Note 4).
 6. NLH Island Power Purchases include: CBPP Co-Gen, Nalcor Exploits, Rattle Brook, Star Lake, Wind Generation and capacity assistance (when applicable).
 7. Adjusted for curtailable load, market activities and the impact of voltage reduction when applicable.

**Section 3
Island Peak Demand Information
Previous Day Actual Peak and Current Day Forecast Peak**

Wed, Jan 23, 2019	Actual Island Peak Demand ⁸	08:50	1,383 MW
Thu, Jan 24, 2019	Forecast Island Peak Demand		1,435 MW

Notes: 8. Island Demand / LIL / ML Exports (where applicable) is supplied by NLH generation and purchases, plus generation owned and operated by Newfoundland Power and Corner Brook Pulp & Paper (Deer Lake Power, DLP).