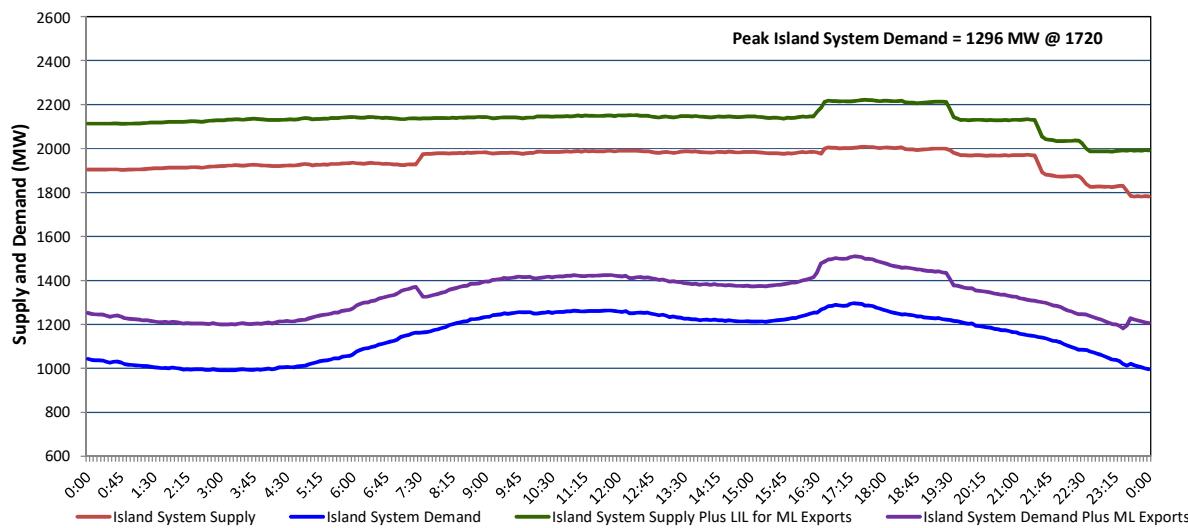


Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Monday, January 05, 2026

Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Monday, December 29, 2025



Island Supply Notes For December 29, 2025

A As of 0800 hours, March 30, 2025, Holyrood Unit 3 unavailable due to planned outage 130 MW (150 MW).
 B As of 0823 hours, March 31, 2025, Bay d'Espoir Unit 1 unavailable due to planned outage (76.5 MW).
 C As of 1642 hours, December 17, 2025, Holyrood Unit 1 available at 160 MW due to forced derating (170 MW).
 D As of 1425 hours, December 22, 2025, St. Anthony Diesel Plant available at 7.7 MW due to forced derating (9.7 MW).
 E At 2342 hours, December 29, 2025, Cat Arm Unit 1 unavailable due to a forced outage (67 MW).

Section 2
Island Interconnected System - Supply, Demand & Outlook

Tue, Dec 30, 2025	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴	1,817 MW	Tuesday, December 30, 2025	1,215	1,121
NLH Island Generation: ^{3,7}	1,385 MW	Wednesday, December 31, 2025	1,230	1,136
NLH Island Power Purchases: ⁵	85 MW	Thursday, January 1, 2026	1,235	1,141
NP and CBPP Owned Generation:	190 MW	Friday, January 2, 2026	1,275	1,180
LIL/ML Net Imports to Island: ⁹	157 MW	Saturday, January 3, 2026	1,345	1,249
7-Day Island Peak Demand Forecast:	1,445 MW	Sunday, January 4, 2026	1,295	1,200
		Monday, January 5, 2026	1,445	1,348

Island Supply Notes For December 30, 2025

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, Dec 29, 2025	Island Peak Demand ¹⁰ Exports at Peak LIL Net Imports to Island	17:20	1,296 MW 213 MW 6,291 MWh
Tue, Dec 30, 2025	Forecast Island Peak Demand		1,215 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).