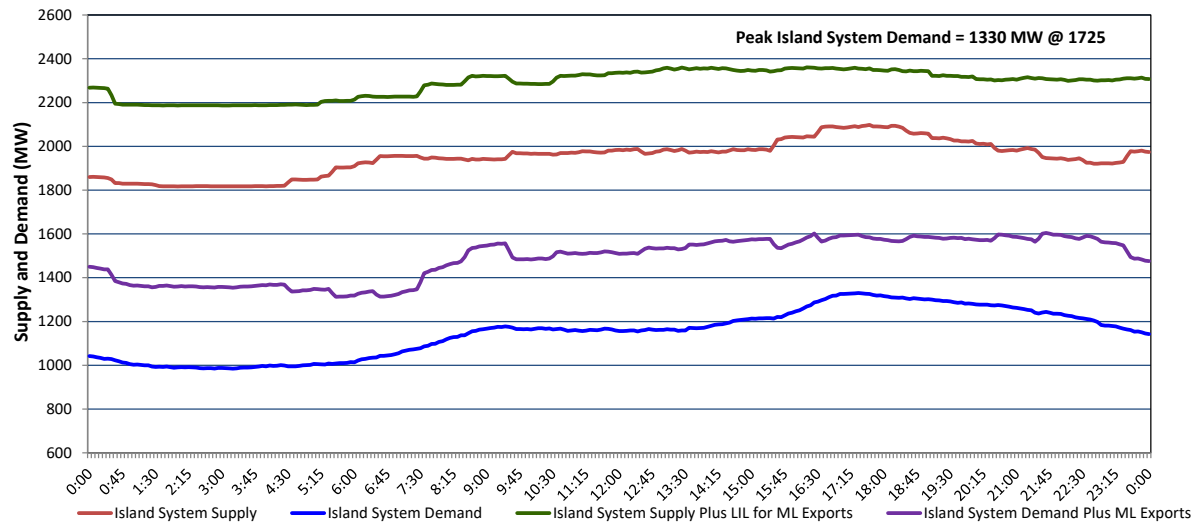


**Newfoundland Labrador Hydro (NLH)**  
**Supply and Demand Status Report Filed Monday, January 05, 2026**

**Section 1**  
**Island Interconnected System - Supply, Demand & Exports**  
**Actual 24 Hour System Performance For Saturday, January 03, 2026**



**Island Supply Notes For January 03, 2026**

- 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).

**Section 2**  
**Island Interconnected System - Supply, Demand & Outlook**

Sun, Jan 04, 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> NLH Island Generation: <sup>3,7</sup> NLH Island Power Purchases: <sup>5</sup> NP and CBPP Owned Generation: LIL/ML Net Imports to Island: <sup>9</sup>	2,057 MW 1,455 MW 90 MW 195 MW 317 MW	Sunday, January 4, 2026	1,355	1,259
		Monday, January 5, 2026	1,425	1,329
		Tuesday, January 6, 2026	1,460	1,363
		Wednesday, January 7, 2026	1,355	1,259
		Thursday, January 8, 2026	1,370	1,274
		Friday, January 9, 2026	1,340	1,245
7-Day Island Peak Demand Forecast:	1,460 MW	Saturday, January 10, 2026	1,245	1,151

**Island Supply Notes For January 04, 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**

Sat, Jan 03, 2026	Island Peak Demand <sup>10</sup>	17:25	1,330 MW
	Exports at Peak		267 MW
	LIL Net Imports to Island		5,977 MWh
Sun, Jan 04, 2026	Forecast Island Peak Demand		1,355 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).