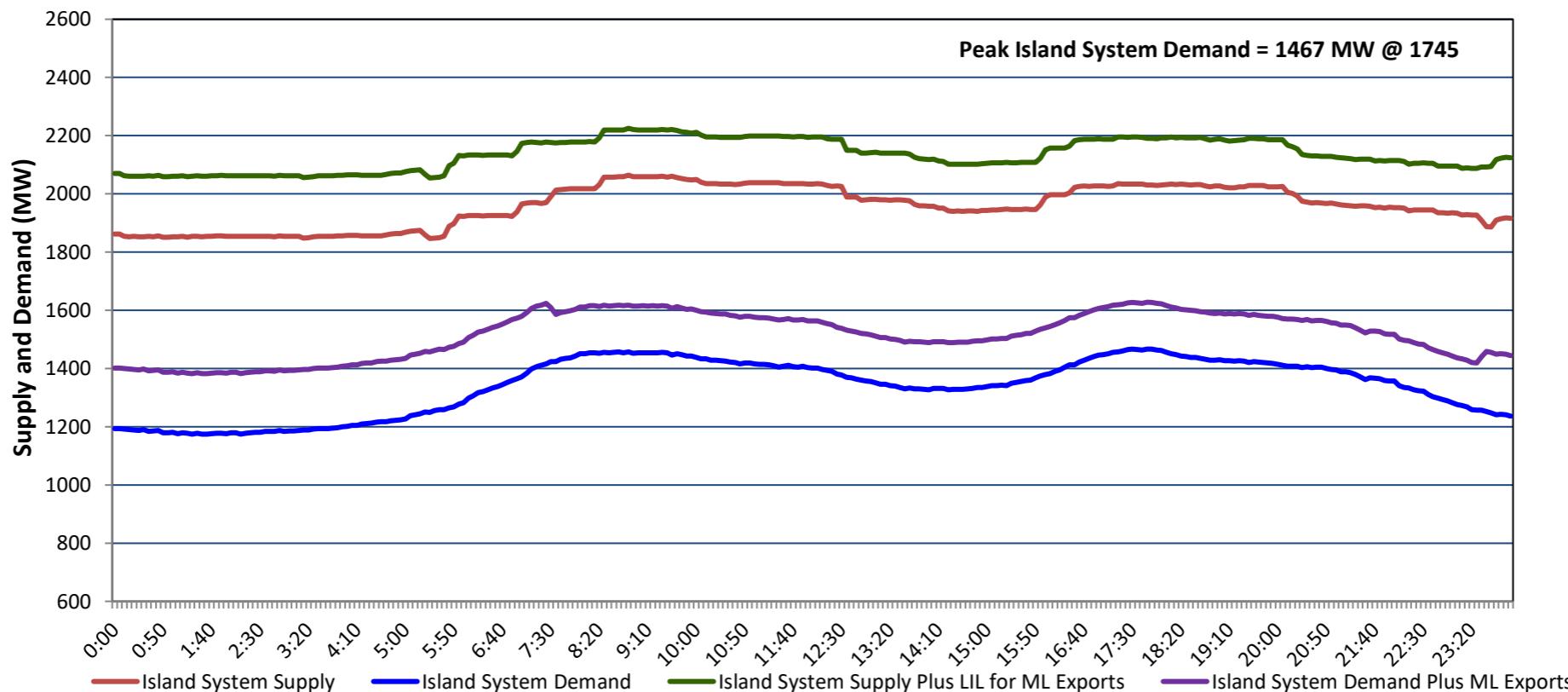


**Newfoundland Labrador Hydro (NLH)**  
**Supply and Demand Status Report Filed Thursday, January 29, 2026**

**Section 1**  
**Island Interconnected System - Supply, Demand & Exports**  
**Actual 24 Hour System Performance For Wednesday, January 28, 2026**



**Island Supply Notes For January 28, 2026**

<sup>1</sup>

- A As of 0800 hours, March 30, 2025, Holyrood Unit 3 unavailable due to planned outage 130 MW (150 MW).
- B As of 1425 hours, December 22, 2025, St. Anthony Diesel Plant available at 7.7 MW due to forced derating (9.7 MW).
- C As of 0735 hours, January 22, 2026, Bay d'Espoir Unit 7 unavailable due to forced derating 50 MW (154.4 MW).
- D As of 1605 hours, January 24, 2025, Holyrood Unit 1 available at 160 MW due to forced derating (170 MW).
- E As of 0655 hours, January 26, 2026, Cat Arm Unit 2 available at 57 MW due to forced derating (67 MW).
- F At 1232 hours, January 28, 2025, Holyrood Unit 2 unavailable due to forced outage 40 MW (170 MW).
- G At 1711 hours, January 28, 2026, Paradise River Unit available (8 MW).

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

Thu, Jan 29, 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>	<b>2,050 MW</b>	Thursday, January 29, 2026	<b>1,500</b>	<b>1,403</b>
NLH Island Generation: <sup>3,7</sup>	1,195 MW	Friday, January 30, 2026	1,480	1,383
NLH Island Power Purchases: <sup>5</sup>	140 MW	Saturday, January 31, 2026	1,345	1,249
NP and CBPP Owned Generation:	220 MW	Sunday, February 1, 2026	1,285	1,190
LIL/ML Net Imports to Island: <sup>9</sup>	495 MW	Monday, February 2, 2026	1,340	1,245
7-Day Island Peak Demand Forecast:	<b>1,500 MW</b>	Tuesday, February 3, 2026	1,300	1,205
		Wednesday, February 4, 2026	1,315	1,220

**Island Supply Notes For January 29, 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**

Wed, Jan 28, 2026	Island Peak Demand <sup>10</sup> Exports at Peak LIL Net Imports to Island	17:45	1,467 MW 161 MW 10,797 MWh
Thu, Jan 29, 2026	Forecast Island Peak Demand		1,500 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).