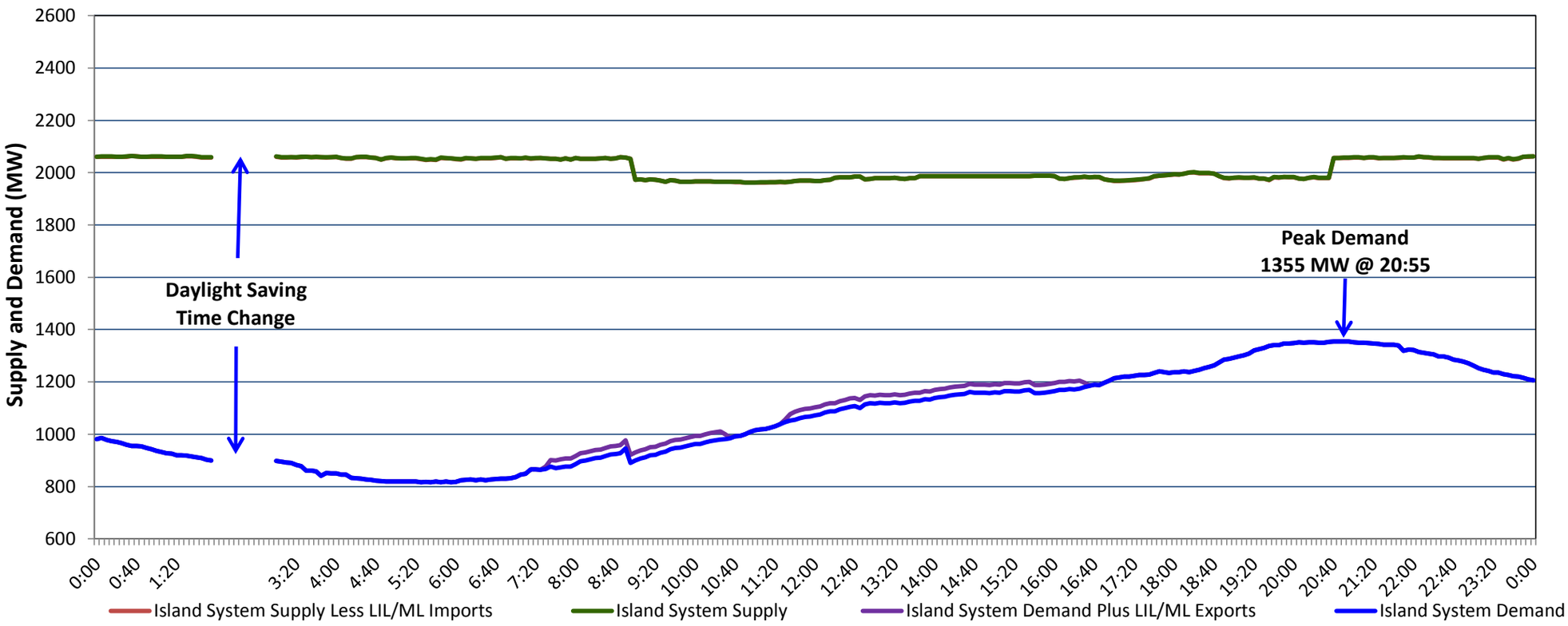
Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Monday, March 14, 2022

Section 1
Island Interconnected System Supply, Demand & Exports
Actual 24 Hour System Performance For Sunday, March 13, 2022



Supply Notes For March 13, 2022 [1,2]

A	As of 1715 hours, January 21, 2022, Holyrood Unit 2 available at 150 MW (170 MW).
B	At 0900 hours, March 13, 2022, Bay d'Espoir Unit 5 unavailable (76.5 MW).
C	At 2038 hours, March 13, 2022, Bay d'Espoir Unit 5 available (76.5 MW).

Section 2
Island Interconnected Supply and Demand

Mon, Mar 14, 2022	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]	**2,050**	**MW**	Monday, March 14, 2022	-5	-5	**1,415**	**1,311**
NLH Island Generation:[4,8]	1,675	MW	Tuesday, March 15, 2022	-2	0	1,335	1,232
NLH Island Power Purchases:[6]	150	MW	Wednesday, March 16, 2022	-8	-4	1,470	1,365
Other Island Generation:	225	MW	Thursday, March 17, 2022	-1	-5	1,300	1,197
ML/LIL Imports:	-	MW	Friday, March 18, 2022	-1	0	1,275	1,172
Current St. John's Temperature & Windchill: -6 °C	-15	°C	Saturday, March 19, 2022	1	0	1,170	1,068
7-Day Island Peak Demand Forecast:	**1,470**	MW	Sunday, March 20, 2022	4	5	1,075	975

Supply Notes For March 14, 2022 [3]

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.
8. 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

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

Sun, Mar 13, 2022	Actual Island Peak Demand[9]	20:55	1,355 MW
Mon, Mar 14, 2022	Forecast Island Peak Demand		1,415 MW

Notes: 9. 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).