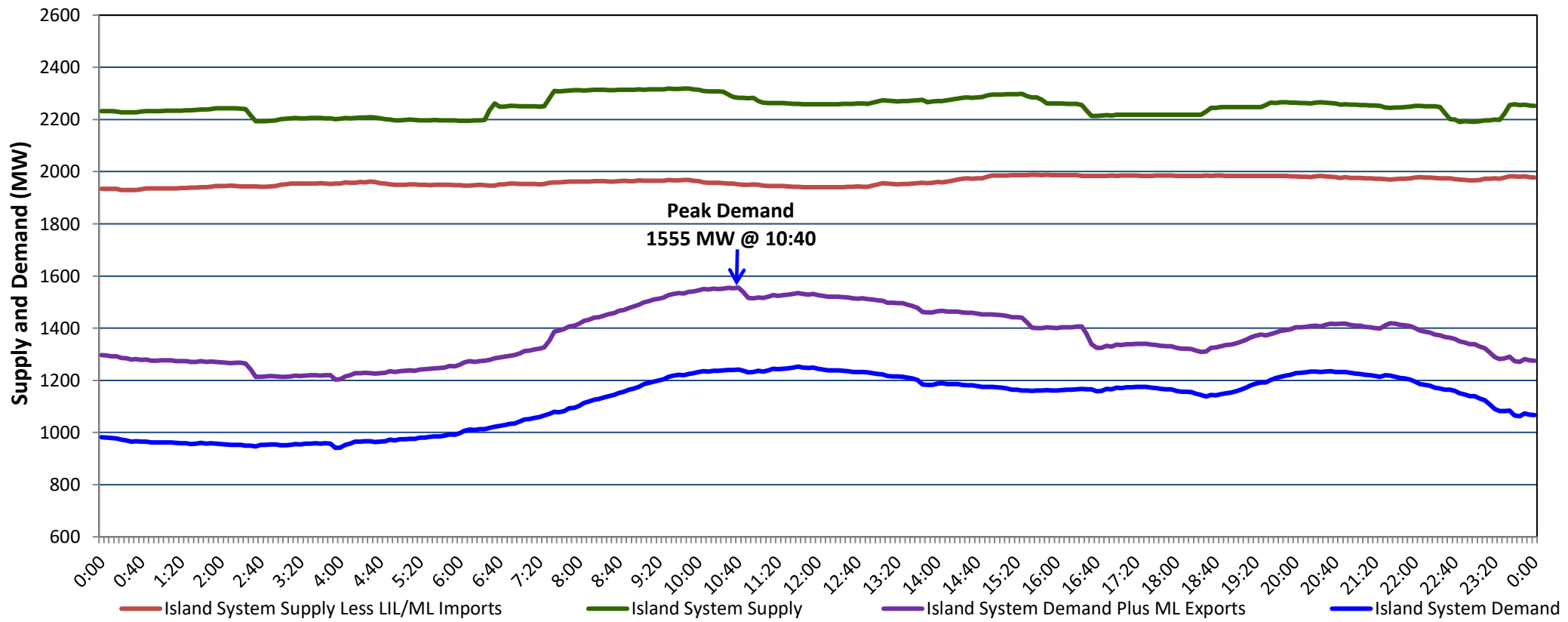


**Newfoundland Labrador Hydro (NLH)  
Supply and Demand Status Report Filed Monday, March 20, 2023**

**Section 1  
Island Interconnected System Supply, Demand & Exports  
Actual 24 Hour System Performance For Sunday, March 19, 2023**



**Supply Notes For March 19, 2023**

1,2

A As of 0701 hours, March 06, 2023, Upper Salmon Unit unavailable due to planned outage (84 MW).

**Section 2  
Island Interconnected Supply and Demand**

Mon, Mar 20, 2023	Island System Outlook <sup>3</sup>		Seven-Day Forecast	Temperature (°C)		Island System Daily Peak Demand (MW)	
				Morning	Evening	Forecast	Adjusted <sup>7</sup>
Available Island System Supply: <sup>5</sup>	2,381	MW	Monday, March 20, 2023	-2	-3	1,695	1,595
NLH Island Generation: <sup>4,8</sup>	1,610	MW	Tuesday, March 21, 2023	-2	-1	1,350	1,254
NLH Island Power Purchases: <sup>6</sup>	150	MW	Wednesday, March 22, 2023	-3	-3	1,350	1,254
Other Island Generation:	215	MW	Thursday, March 23, 2023	-5	-2	1,370	1,274
ML/LIL Imports:	406	MW	Friday, March 24, 2023	-5	1	1,360	1,264
Current St. John's Temperature & Windchill:	-2 °C	-11 °C	Saturday, March 25, 2023	0	0	1,220	1,126
7-Day Island Peak Demand Forecast:	1,695	MW	Sunday, March 26, 2023	-1	-2	1,220	1,126

**Supply Notes For March 20, 2023**

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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.
  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 19, 2023	Actual Island Peak Demand <sup>9</sup>	10:40	1,555 MW
Mon, Mar 20, 2023	Forecast Island Peak Demand		1,695 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).