

(September 14th, 2015)

If you know someone who you think would benefit from being an Insider, feel free to forward this PDF to them so they can sign up [here](#).



Quick Tips for our Insider friends!

Hey Insiders,

Happy birthday to my lovely wife Kimberly! (Kimberly edit: Happy birthday to me!! 😊)

This newsletter is coming to you from Dumaguete in the Philippines where Kimberly and I are diving with some good friends of ours, while keeping up with work and preparing for our Fall classes and conferences – a kind of wet working vacation. As long as we have decent Internet connectivity, we can work anywhere! 😊

We've just announced our 2016 classes in Chicago (April/May), London (June), and Bellevue (September), including **two brand new classes on SSIS**, written and presented by our new and exciting training partner *Linchpin People*. We have extremely high standards for our Immersion Event instructors and we're really excited about these new classes that we're adding to our incredible Immersion Event lineup. **You can save up to \$200 off these classes by registering before the end of the year and as an alumnus, you can always get the lowest (frequent-flyer) discount!** Schedule details are [here](#) and you can read more on the new SSIS classes [here](#).

We've got a busy Fall with our remaining classes running in Dublin and Chicago, and another great week at SQLIntersection (in Las Vegas this October) as well as PASS – that same week. If you're going to PASS, consider sending some of your team (primarily developers) to SQLIntersection – then, everyone can return and cross train each other on what you've learned and you all win! Check out our final schedule and line-up at www.SQLIntersection.com and don't forget to register with the discount code of SQLskills to save \$50 off your registration.

The latest book I've read is David Mitchell's [The Bone Clocks](#). What an excellent book! A very clever story, woven through long chapters/novellas, each set in a different time, introducing and cleverly drawing together the principal characters. The character development is brilliant and I couldn't put the book down - enormously entertaining and so far the best book I've read this year. Highly recommended!

Note: you can get all the prior Insider newsletters [here](#).

Paul's Ponderings

Jonathan found this story online and suggested it for a newsletter topic:

Carrots, Eggs, and Coffee Beans

A young woman went to her mother and explained that life was very hard for her. She didn't know how she was going to survive and wanted to give up. She was tired of fighting and struggling, and it seemed that each time one problem was solved, a new one arose.

Her mother took her to the kitchen, filled three pots with water and placed each pot on a high fire. Soon, the pots came to a boil. In the first pot she placed carrots, in the second she placed eggs, and in the last she placed a pouch of ground coffee beans.

In about 20 minutes, the mother of the young woman turned off the burners. She fished out the carrots and the eggs and placed them in separate bowls. She then ladled out the coffee, which had resulted from the coffee beans in the third pot, and poured it into another bowl. Turning to her daughter, she instructed, "Tell me what you see."

"I see carrots, eggs and coffee," the young woman replied.

Her mother brought her closer and asked her to feel the carrots. Upon feeling the carrots, the young woman noted that they were soft. Her mother then asked her to take an egg and break it. After pulling off the shell, she observed a hard-boiled egg.

Finally, her mother asked her to sip the coffee. The young woman smiled as she inhaled the coffee's inviting aroma and savored the taste of its rich flavor.

Then she asked, "But, what does it mean, Mom?"

Her mother explained to her that each of the objects had faced the same adversity: boiling water. However, each reacted very differently. The carrot went in strong, hard, and unrelenting but, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior but, after sitting through the boiling water, its inside became hardened.

The ground coffee beans, on the other hand were unique. After being subjected to the boiling water, they had actually changed the water.

"So," the older woman asked her daughter, "which one are you? When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

(Author unknown, appears in numerous blogs/websites online)

This actually ties in with some of the conversations I've been having with my mentees about dealing with bad situations at work.

We all go through tough times at work (and at home) – so which are you?

Do you start out strong, like the carrot, but gradually lose that strength over time as things wear you down? The work analogy would be constant stress, pressure, and frustration forcing you to give in and allow work to rule your life.

Do you start out ok, like the egg, but gradually become hardened and cold internally while still presenting the same façade to the world? The work analogy would be the daily grind making you jaded and uncaring, maybe even contemptuous, while still pretending to enjoy your work.

Or are you like the coffee beans, where you change your environment for the better? The work analogy would be making changes in the workplace to improve it to remove stress, frustration, pressure, and so on.

Call to Action

We all spend a large proportion of our lives working, so it makes sense that you don't let *work* change *you* if there are problems – it should be the other way around. Sometimes though, it's not feasible or possible to change your existing work environment for the better, in which case moving to a different environment (i.e. changing jobs) is the thing to do. In my mind, this is still being strong as it takes a lot of confidence to change jobs, especially if you have to consider the stability of family support and income as well.

Be the coffee beans!

Video Demo

In this video, Erin takes a look at the histogram target for Extended Events, and examines when it's good to use that target vs. another, like the `file_target`. Specifically, she shows how to track file growths and discusses how to find which database(s) have the most, and then which files.

There's a ton of information you can glean from Extended Events, whether you're troubleshooting, looking to understand what's going on in your environment, or digging into internals.

The video is just over 11 minutes long and you can get it:

- In WMV format [here](#).
- In MOV format [here](#).

The demo code is available [here](#).

Enjoy!

SQLskills Offerings

We've released the majority of our 2016 classes for registration, listed below. It's possible that we might add one or two classes in Chicago in the Fall too, but that will depend on the Fall conference schedule as well as demand. **Note that you can save up to \$200 by registering for these classes before the end of this year.**

To help your boss understand the importance of focused, technical training, we've also added a few items to help you justify spending your training dollars with us:

- [Letter to your boss explaining why SQLskills training is worthwhile](#)
- [Community blog posts about our classes](#)
- [Immersion Event FAQ](#)

Upcoming Immersion Events

Dublin, Ireland, 2015

- **IEPTO2:** Immersion Event on Performance Tuning and Optimization – Part 2
 - October 12-16 (**SOLD OUT!**)

Chicago, IL, 2015

- **IE0:** Immersion Event for the Accidental/Junior DBA
 - November 16-18 (**6 seats remaining!**)
- **IEPDS:** Immersion Event on Practical Data Science
 - November 16-19 (**5 seats remaining!**)
- **IEPTO1:** Immersion Event on Performance Tuning and Optimization – Part 1
 - November 16-20 (**SOLD OUT!**)

Chicago, IL, 2016

- **IE0:** Immersion Event for Junior/Accidental DBAs
 - April 18-20 (**US\$120 discount for registering in 2015**)
- **IEPTO1:** Immersion Event on Performance Tuning and Optimization – Part 1
 - April 18-22 (**US\$200 discount for registering in 2015**)
- **IEPTO2:** Immersion Event on Performance Tuning and Optimization – Part 2
 - April 25-29 (**US\$200 discount for registering in 2015**)
- **IEBI:** Immersion Event on Business Intelligence
 - April 25-29 (**US\$200 discount for registering in 2015**)
- **IEHADR:** Immersion Event on High Availability and Disaster Recovery
 - May 2-6 (**US\$200 discount for registering in 2015**)
- ****NEW** IESSIS1:** Immersion Event on Learning SQL Server Integration Services
 - May 2-6 (**US\$200 discount for registering in 2015**)

London, UK, 2016

- **IEPTO1:** Immersion Event on Performance Tuning and Optimization – Part 1
 - June 13-17 (**US\$200 discount for registering in 2015**)
- **IEPTO2:** Immersion Event on Performance Tuning and Optimization – Part 2
 - June 20-24 (**US\$200 discount for registering in 2015**)

Bellevue, WA, 2016

- **IEPTO1:** Immersion Event on Performance Tuning and Optimization – Part 1
 - September 12-16 (**US\$200 discount for registering in 2015**)
- **IEPTO2:** Immersion Event on Performance Tuning and Optimization – Part 2
 - September 19-23 (**US\$200 discount for registering in 2015**)
- ****NEW** IESSIS2:** Immersion Event on Advanced SQL Server Integration Services
 - September 19-22 (**US\$160 discount for registering in 2015**)

See [here](#) for the main Immersion Event Calendar page that allows you to drill through to each class for more details and registration links.

SQLintersection

Our final schedule and line-up has been posted and we're looking forward to another fantastic event! Our Fall SQLintersection is running the week of October 26, 2015 and we're back in Las Vegas. Yes, it's the same week as PASS. No, that's not really a problem! We don't have a lot of folks that attend both PASS and SQLintersection so the overlapping week isn't really a problem. And, it's a great way to get different perspectives on the tech and have everyone come back and do knowledge-transfer.

Check it out online at www.SQLintersection.com. When you register, don't forget to use the discount code "SQLskills" (without the quotes and it isn't case-sensitive) and you can save \$50 off registration. We hope to see you there!

Summary

We hope you've enjoyed this issue - we really enjoy putting these together.

If there is anything else you're interested in, we'd love to hear from you - [drop us a line](#).

Thanks,
Paul and Kimberly

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