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

Note: As an Insider, you can read all prior Insider newsletters here.

**Quick Tips for our Insider friends!**

This newsletter is coming to you from Redmond, WA, where we're running on generator power. If you can believe it, I spent four months surrounded by trees this summer with no problems, and yesterday one of our trees in Redmond collapsed in a windstorm and took out the power lines!

**Registration is open** for our next few SQLskills Insider learning sessions every Wednesday – see here!

Take care and stay safe out there!

**SQLskills News**

**SQLskills Insider Sessions!**

Our first SQLskills Insider Session was last week and had a great / interactive audience. It was really nice to reconnect with so many of you!

We wrote about the motivation behind our Insider Sessions and you can register for just one, or the entire series here: https://www.SQLskills.com/iSessions.

We have 1 more session in Kimberly's caching and recompilation series with a final open Q&A after all 4 are complete.

- Main page with all the details is here
- **COMPLETED: SQLskills Insider Session: Statement Execution and Caching**
    - Wednesday, October 6, 2021 – details
- **COMPLETED: SQLskills Insider Session: Plan Cache Pollution and Clean Up**
    - Wednesday, October 13, 2021 – details
- **COMPLETED: SQLskills Insider Session: Stored Procedures, Part 1 – Execution and Caching**
    - Wednesday, October 20, 2021 – details
- **SQLskills Insider Session: Stored Procedures, Part 2 – Caching Problems and Recompilation**
    - Wednesday, October 27, 2021 – details/registration
- **SQLskills Insider Session: Ask Anything Q&A – Caching and Recompilations**

o   Wednesday, November 3, 2021 – details AND to send your remaining questions

We will skip an Insider Session on November 10 as the FREE PASS Conference will be running that day (Wednesday, November 10 through Friday, November 12th!

Our thought: block around this time – EVERY Wednesday! **Dedicate 2 hours a week to Improving Your SQL skills with SQLskills**! Join us when it makes sense (hopefully always! ☺) or, read blog posts, review topics of interest, go spelunking in the documentation on a topic that's always interested you. Stay fresh, stay current – stay ahead of the competition!

Block the time NOW, register online, and each week we'll send you a meeting link with joining instructions. And, stay tuned, we'll announce the rest of the year's line-up of topics and speakers soon!

## PASS Data Community Summit

Both Erin and Kimberly are presenting full-day workshops at the Summit in November:

- Monday, November 8 Kimberly is presenting: Solving Query Performance Problems with Statistics
- Tuesday, November 9 Erin is presenting: Finding Problems and Stabilizing Performance with Query Store

The main registration page is here.

## Book Review

The most recent book I've read is Winston Churchill's *The Birth of Britain: A History of the English-Speaking Peoples, Vol. 1*. What an excellent book and beginning to the series! Churchill's brilliant literary style, mastery of the English language, and obvious familiarity with the many historical sources he quotes and references make this an enormously enjoyable book. It's not dry in the least, like many hard-history books are, and I gave up all other books while I read this as it became a page-turner for me. The book covers the development of Britain through 1485, when Henry Tudor defeated Richard III at the Battle of Bosworth to end the Wars of the Roses and ascend the throne as Henry VII, and the development of the English constitutional system and its democratic principles. Highly, highly recommended! (I've already started volume two...)

## The Curious Case of…

*This section of the newsletter explains recent problems we've helped with on client systems or been asked about over email or #sqlhelp; they might be something you're experiencing too.*

Yesterday I had a question from someone using FILESTREAM data who wanted to be able to identify which directory in the FILESTREAM data container was matched to a particular table.

The cool thing was that after I wrote the original whitepaper on FILESTREAM for Microsoft back in 2009, I wrote some deep dives in its storage, so I already have a post that answers the question. You can read all about the answer here…

**<u>Ponderings…</u>**

*(From me this time, re-running a career-related editorial from 2015 – enjoy!)*

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!

**#TBT**

*(Turn Back Time…) Blog posts we've published since the previous newsletter plus some older resources we've referred to recently that you may find useful.*

The TBT this time is around Query Store, all from Erin:

- Pluralsight course: *SQL Server: Introduction to Query Store*
- Post: *Why You Need Query Store, Part I: Historical Performance Dat*a
- Post: *Why You Need Query Store, Part II: Plan forcing*
- Post: *Why You Need Query Store, Part III: Proactively analyze your workload*

- [Query Store blog category](#)
- SQLPerformance post: *[Wait Statistics and Query Store](#)*
- SQLPerformance post: *[Using DBCC CLONEDATABASE and Query Store for Testing](#)*

Posts since the last newsletter:

- Tim: *[How to Make SQL Server Faster on Azure VMs](#)* (on the SentryOne blog)

I hope you find these useful and interesting!

**<u>Video Demo</u>**

If you have to remove a lot of data from a large table, the process can take a lot of time and generate a lot of overhead.  There's another option which may be more efficient, but it can also be a bit more complex.  In this week's video, Erin walks through a second method for purging data from a table.

The video is about 9 minutes long and you can get it in MP4 format [here](#).

The demo code is [here](#).

Enjoy!

**<u>Upcoming SQLskills Events</u>**

We've moved all our classes to early 2022 – schedule details will be published shortly.

With our new streaming system, you can now choose to attend a live, online event or purchase a recording to watch at your leisure, either individually or as part of a bundle. And all attendees of live events get lifetime access to the class recordings too!

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](#)

**LIVE, Online Immersion Events:**

Spring 2022

- Details coming soon.

You can get all the details on our [training options page](#) or just go directly to our [new shop](#).

## 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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