## Intro to DNA and Genetic Genealogy



**Dec 2022** 



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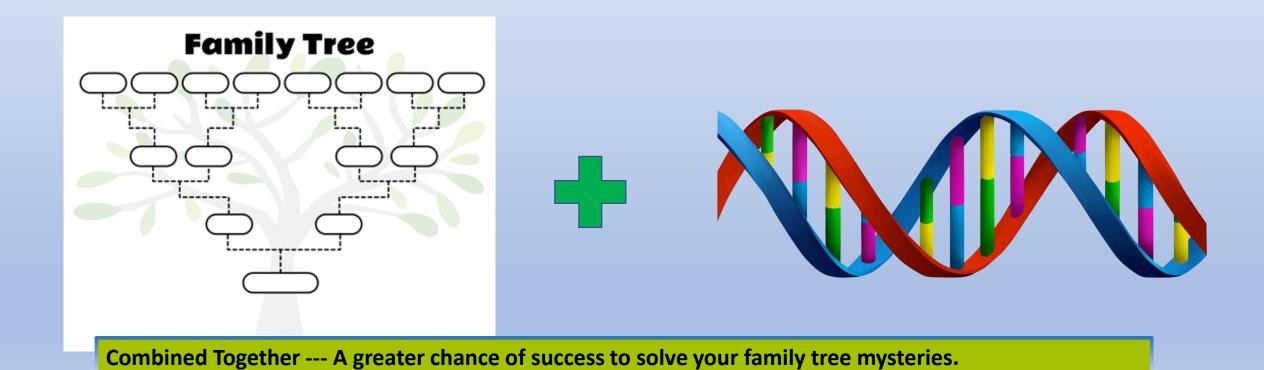
#### All slides and handouts can be found at:

http://www.familytreeaz.com/Presentations/



QR Code: take photo to open to presentations

## What is genetic genealogy?



https://freefamilytreetemplates.com/blank-family-tree-template/

#### First step: answer some questions

1 Why am I interested in taking a DNA test?

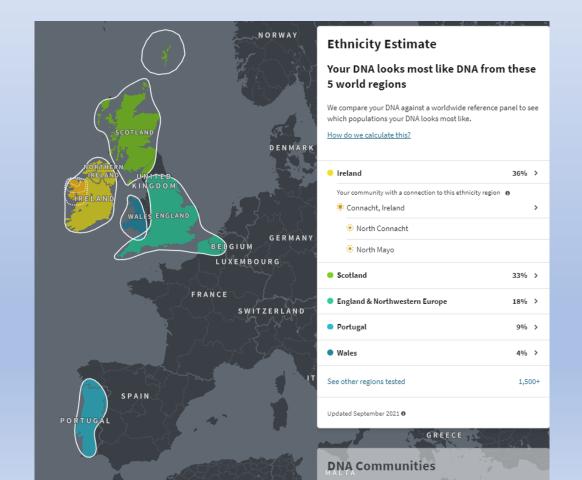
What do I hope to get out of it? (any very specific goals?)

3 Do I understand there could be unsettling discoveries that come out?

4 Do I have the time and interest to pursue the genealogy aspect?

## Why do we take DNA tests??

1. Curious about ethnicity E.g., Am I part Native American?



## Why do we take DNA tests??

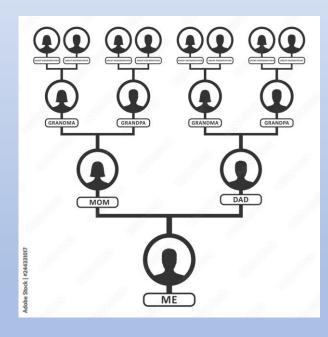
2. Curious about health aspects E.g., Do I carry the BRCA gene?



## Why do we take DNA tests??

## 3. Curious about relationships, i.e., Genealogy

- Unknown parentage (adoption, misattributed parentage, donor conceived)
- Find living cousins
- Help fill in (or confirm) family tree



# Assuming it's to learn about family history or solve unknown parentage case...

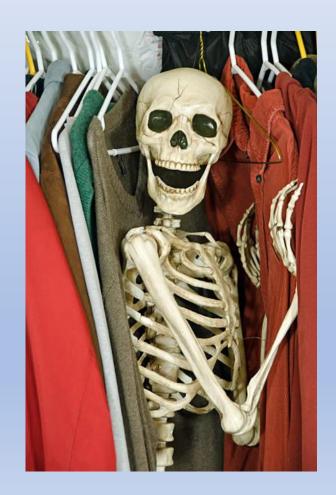
#### What it WILL do:

- Confirm close relative relationships (e.g., parent/child, full vs. half sibling, etc.) if both individuals take test
- Introduce you to an amazingly long list of potential cousins (especially for those with strong North American origins such as colonial roots)
- For unknown parentage cases it's likely to provide valuable hints to help solve the mystery



## Assuming it's to learn about family history or solve unknown parentage case...

- What it MAY do:
  - WARNING!!!!
  - Uncover dark secret(s) that may or may not greatly upset your family



# Assuming it's to learn about family history or solve unknown parentage case...

What it will NOT do:

- Absolutely confirm ethnic relationships except in perhaps limited circumstances
- Fill in all the missing persons (brick walls, etc.) in your family tree



## The Time Aspect

- It's fine to take a test just out of curiosity no real time commitment
  - Might answer a few basic questions for you
  - It really helps others who are using DNA to solve family tree mysteries
- Once you explore the results you just might get \*hooked\* !!!
  - Can often encourage you to spend more time exploring, especially in identifying those DNA matches and how that can help fill in your tree
- All in all, DNA testing is a wonderful tool to complement your family tree research



https://giphy.com/explore/wonder

# Basics --- What You Need to Know About DNA

## 3 Types of DNA

Autosomal

Most DNA tests are autosomal

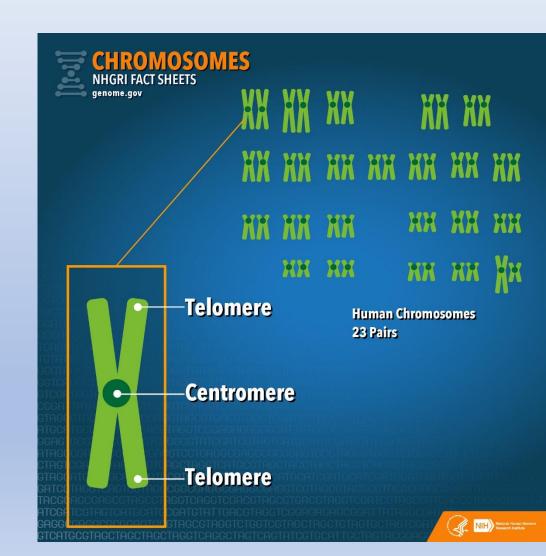
- 22 chromosomes
- + 1 sex chromosome "X"

Y-DNA

Mitochondrial DNA (mtDNA)

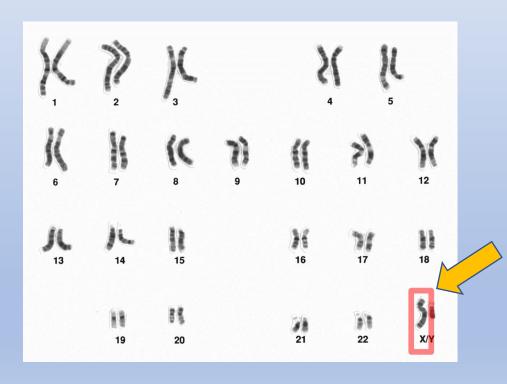
#### What is DNA? -- chromosomes

- We all have 23 pairs of chromosomes
  - The last pair, 23<sup>rd</sup>, chromosome is considered the sex chromosome
    - Women have two "X" chromosomes for this whereas men have one "X" and one "Y"
  - Chromosomes 1 through 22 are known as autosomes
    - Foundation of autosomal DNA, or "atDNA" which is the primary DNA used now by DNA testing services



#### What is X-DNA?

- We all have 22 pairs of autosomal chromosomes
- One additional, the 23rd chromosome, is known as the "sex" chromosome and can at times be useful in evaluating a match.
- Females have two 'X' chromosomes (XX)
- Males have one 'X' chromosome (from mother) and one 'Y' chromosome (from father) (XY)
- Important Note: not all testing companies report X-DNA matches

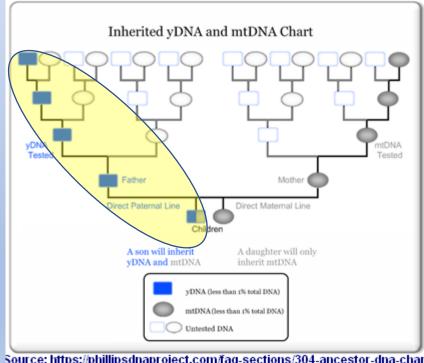


Source https://en.wikipedia.org/wiki/X chromosome

#### What is DNA? — Y-DNA

\*ONLY\* found in males

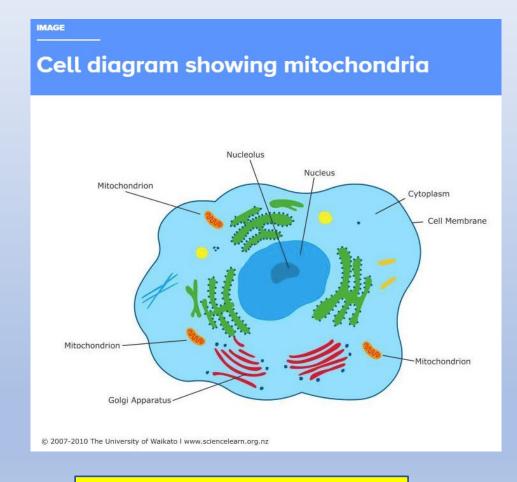
- Only passed along the patrilineal line
  - Father's father's father's....[etc.]
- Females wanting to test Y-DNA should find a male in the line that they want to test (e.g., an uncle, brother, father, 1<sup>st</sup> cousin)



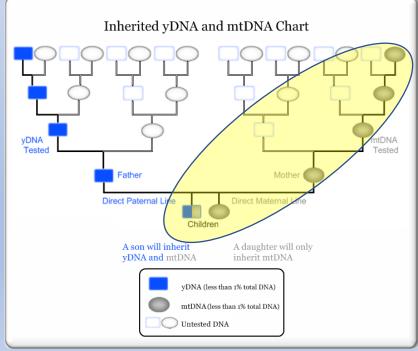
Source: https://phillipsdnaproject.com/faq-sections/304-ancestor-dna-chart

#### What is DNA? -- mitochondrial

- Located outside the nucleus of cells as part of mitochondria
- Males and Females both have
- Has unique characteristic of carrying deep ancestral heritage of matrilineal line
  - Mother's mother's mother's....[etc.]



Tip: Mitochondrial DNA is often abbreviated to mtDNA



## **Testing Companies**

## Types of DNA tests

#### Autosomal

- The vast majority of DNA tests are this type
- Relatively inexpensive (\$49-\$99)
- FOCUS of this presentation is on Autosomal

#### Y-DNA

- Only used for male subjects and can find matches along the same patrilineal line
- Can be expensive (up to \$300 for more precision/markers)

#### mtDNA (Mitochondrial)

- Can be used to solve matrilineal line questions
- Expensive (~ \$200)

#### Full Genome Sequencing (FGS)

- New kid on the block!
- More expensive (~\$1000) but cost is going down



#### Testing company options -- Autosomal

- There are 4 known, reputable, and trusted companies at this time:
  - Ancestry
  - Family Tree DNA
  - MyHeritage
  - 23andMe
- One more: Living DNA (not recommended at this time)
- There are others out there but not recommended for a variety of reasons



## What to look for with testing companies

#### What all 4 companies have:

- Provide ethnicity estimates (emphasis on "estimates")
- Provide a list of others who match the tester's DNA
- Ability to download raw DNA data file
- Test autosomal chromosomes (1-22)

#### What some of them have:

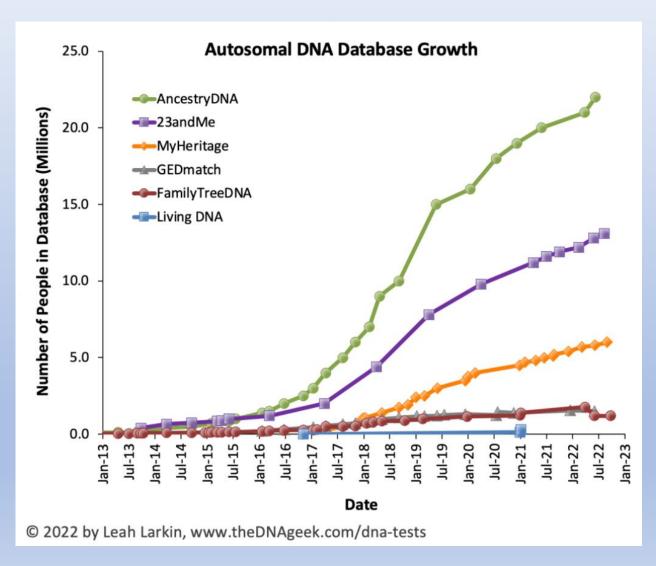
- Provide family trees for your matches
- Provide health information
- Ability to group matches that are common to each other
- Ability to upload raw DNA data file from other companies
- Test other aspects of DNA such as X-DNA, Y-DNA, and mitochondrial (mtDNA)

## Comparative Database Sizes (autosomal kits)

 This chart shows the change over time of the number of DNA kits with each service

 The top 2 services do \*not\* allow uploads of kits from the other companies

TIP: your chances of finding matches will increase with companies that have more matches



# Deeper Dive into the Testing Companies

For each company I will highlight pros and cons including one primary pro and con for each company

#### Ancestry

- Pluses:
  - Largest database of testers
  - Excellent linkage to a wide array of family trees
  - Useful common ancestor hints
  - Good tools for sorting matches and viewing shared matches
  - Good detailed ethnicity estimates for some

#### Negatives:

- No chromosome browser for advanced work
- No display of X-DNA matches
- Will not accept DNA kits from other companies
- Tester database is mostly composed of U.S. and Canada test-takers



#### • 23andMe

- Pluses:
  - Large database of testers, many not available at other testing companies
  - Chromosome browser
  - Upgrade to health aspects for those interested

#### Negatives:

- Complicated process to share data with DNA matches
- No genealogy research database
- Will not accept DNA kits from other companies



#### FamilyTreeDNA

- Pluses:
  - Ability to re-use DNA sample on other types of test
  - Rich, long history of working with DNA
  - The "go to" site for testing Y-DNA and mtDNA
  - Chromosome browser
  - Allows uploads from other testing companies

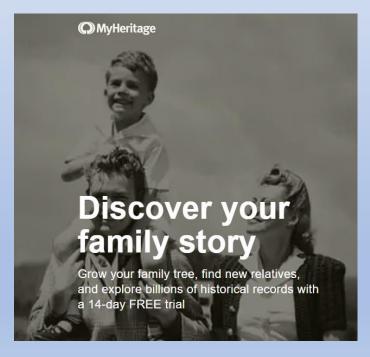
#### Negatives:

- Relatively small database
- No genealogy research facilities
- No capability to manage more than one kit in a single account



#### MyHeritage

- Pluses:
  - Powerful shared matches capabilities
  - Best chance to find European DNA test takers
  - Robust tools such as auto-cluster available with upgrade
  - Excellent Chromosome browser
  - Genealogy research facilities
  - Allows uploads from other testing companies
- Negatives:
  - Smaller database compared to Ancestry and 23andMe



#### LivingDNA

- Pluses:
  - Some emphasis on British Isles
  - 3-in-1, single kit includes Y-DNA and mtDNA
  - Allows uploads from other testing companies

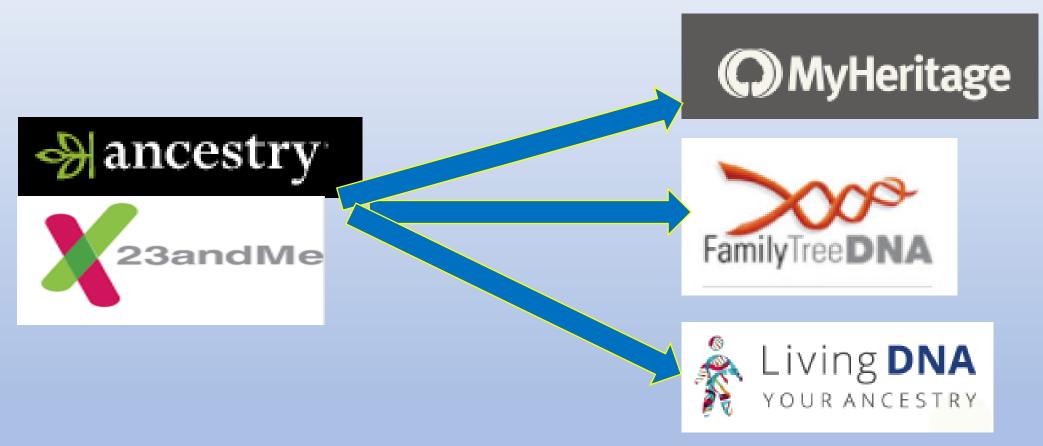
#### Negatives:

- Very, very small database
- No family trees
- No chromosome browser
- No research database
- Wacky ethnicity estimates
- Worst analysis tools of all the companies
- No matching of Y-DNA or mtDNA



NOTE: I no longer recommend testing with Living DNA due to a lack of tools and matches. If you're interested in trying them then you may want to just try a free upload of your DNA

## 3 of the 5 testing companies allow uploading

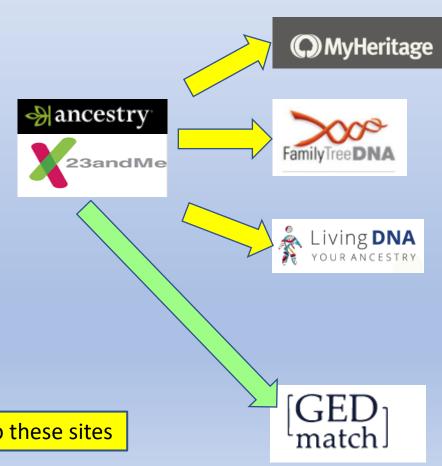


Allows you to use test results from one company to compare to other databases --- more matches!

FREE to upload (nominal cost to use extra analysis tools)

#### Recommended Strategy

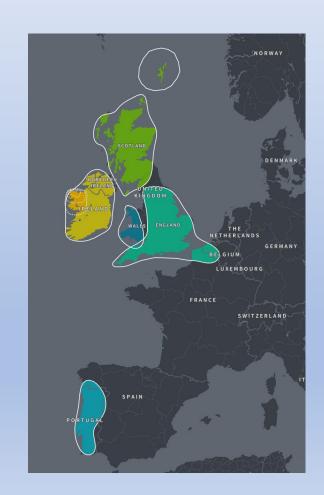
- Test with Ancestry first (largest database, excellent family tree tools)
- After Ancestry, test with 23andMe
- Download your DNA from either Ancestry or 23andMe
- Upload to:
  - My Heritage
  - Family Tree DNA
  - Living DNA
  - GEDMatch (not a testing company)
- The key here is to have your DNA in all 5 testing companies plus GEDMatch



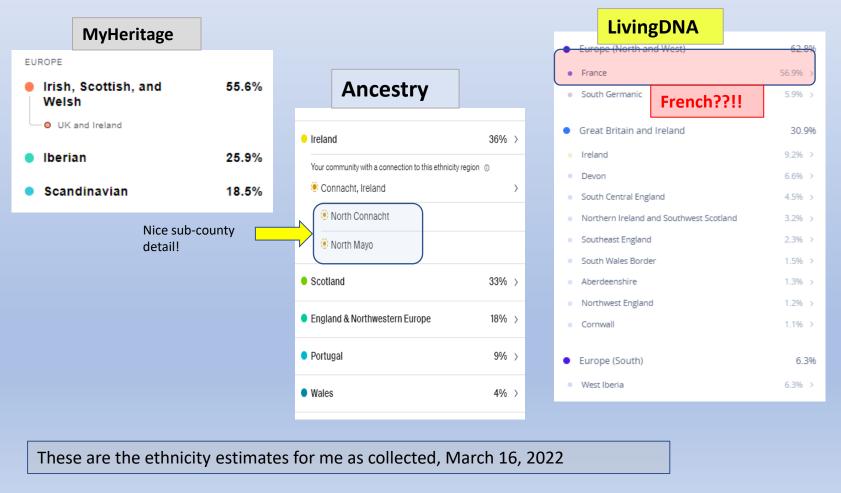
No cost to upload to these sites

#### What About Ethnicity Estimates?

- These are purely estimates and should not be relied on to any great extent
- May be interesting to view but of little use for genealogy
- Wide variation between companies
- Frequent updates can lead to confusing results



## What About Ethnicity Estimates?







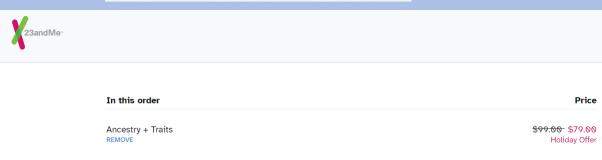
#### Sales!

- Try to take advantage of frequent sales with the testing companies
- Typical regular price is \$99 often discounted to \$59, \$49, even \$39
- For example:
  - DNA Day
  - St Patrick's Day
  - Fathers Day
  - Mothers Day
  - Thanksgiving
  - Black Friday
  - Christmas



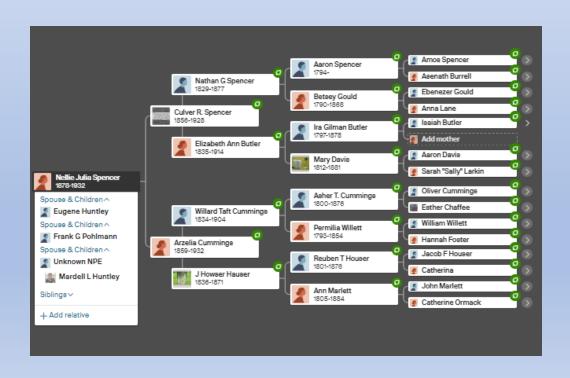






### DNA kits and Family Trees

- Most powerful way to match other testtakers and know how you are related is through the use of trees
- 4 of the companies (Ancestry, FTDNA, MyHeritage, 23andMe) have capability to store trees
- 1 company (23andMe) can link to FamilySearch tree
- Ancestry has arguably the best provision for family trees



## My Suggestions for Family Trees

- For the Family Tree to link to your DNA account I strongly encourage:
  - Make sure it's a PUBLIC tree and searchable
  - Keep it relatively small (50-1,000 people)

TIP: It's fine to have large trees but well-advised to use smaller trees for attaching to your DNA kit

- Focus on direct ancestors
  - Include Birth-Marriage-Death information
  - Try to go back 5-7 generations (remember autosomal only goes back this far)
- Use maiden names
- Use biological lines (not adoptee)
- If you don't know the identity of an ancestor then don't enter anything for that person





## **DNA Test Interpretation**

## First of all --- What is a "CentiMorgan"??

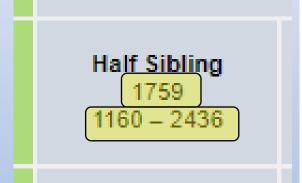
- Numeric measure of "relatedness"
- From 0 to 3500
- 3500 indicates parent/child
- 0 indicates no DNA shared

TIP: Just because you may not share any DNA with someone does not necessarily mean you are not related

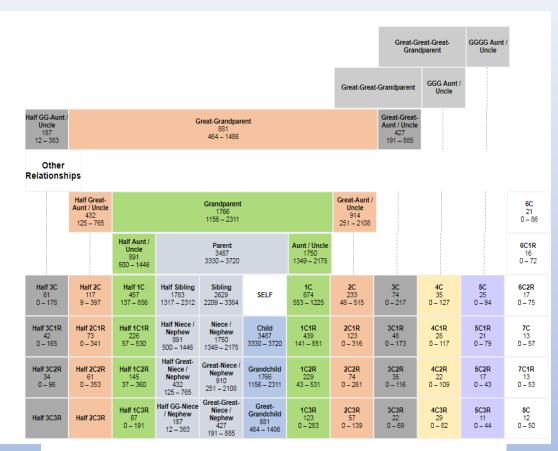


# Concept of "relatedness"

- Shared cM Project table showing possible DNA shared values
- Higher numbers indicate closer relationships
- Top number in each box is average (mean)



 Bottom is range of numbers that could exist for that relationship

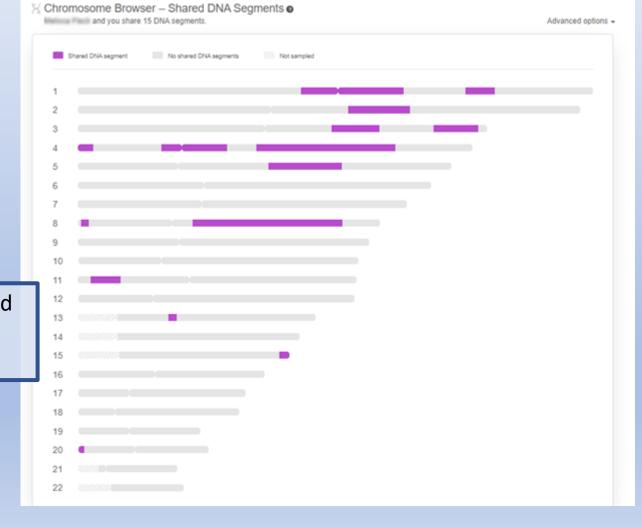


https://dnapainter.com/tools/sharedcmv4

#### What is a Chromosome Browser?

- Comparison of 2 DNA kits showing shared DNA by chromosome
- Available on:
  - Family Tree DNA
  - My Heritage DNA
  - 23 and Me
  - GEDMatch

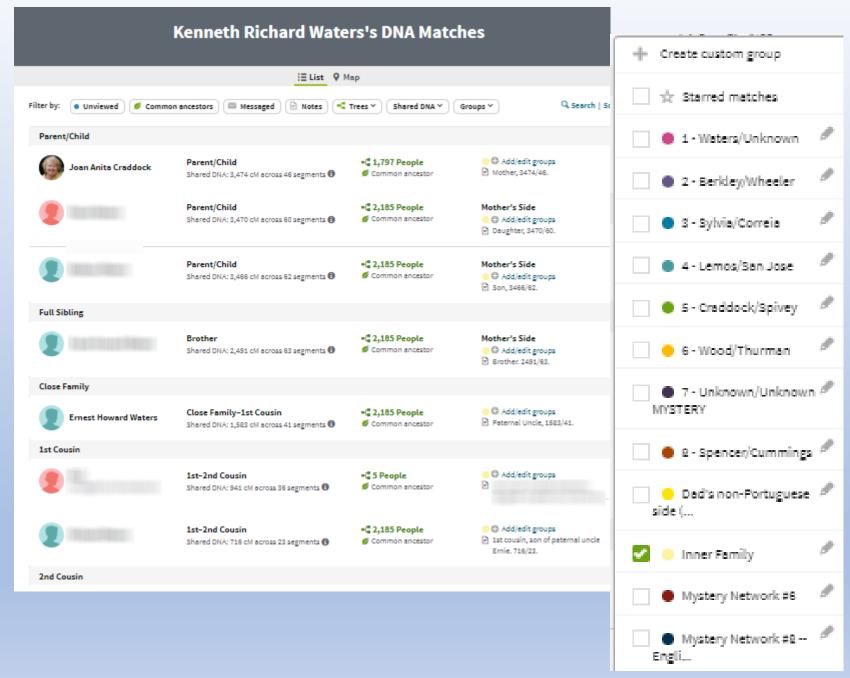
Example of my DNA compared to a 1<sup>st</sup> cousin once removed showing shared segments



TIP: chromosome browsers can be useful for more advanced and detailed comparisons of DNA matches

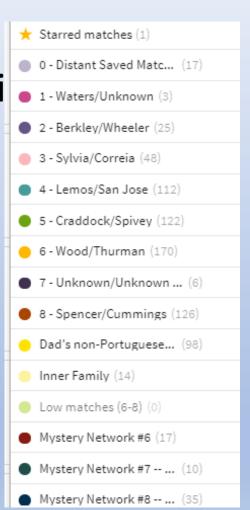
#### First steps

- Review your matches, strongest (highest centimorgans) first
- Try to identify the closest matches
  - Do you know them?
  - How are you related to them?
- Enter notes about what you know about them
  - Add/edit groups
     ☐ 1st cousin, son of paternal uncle
     Ernie, 716/23.
- Use Tag Groups (available on Ancestry and My Heritage) to identify them

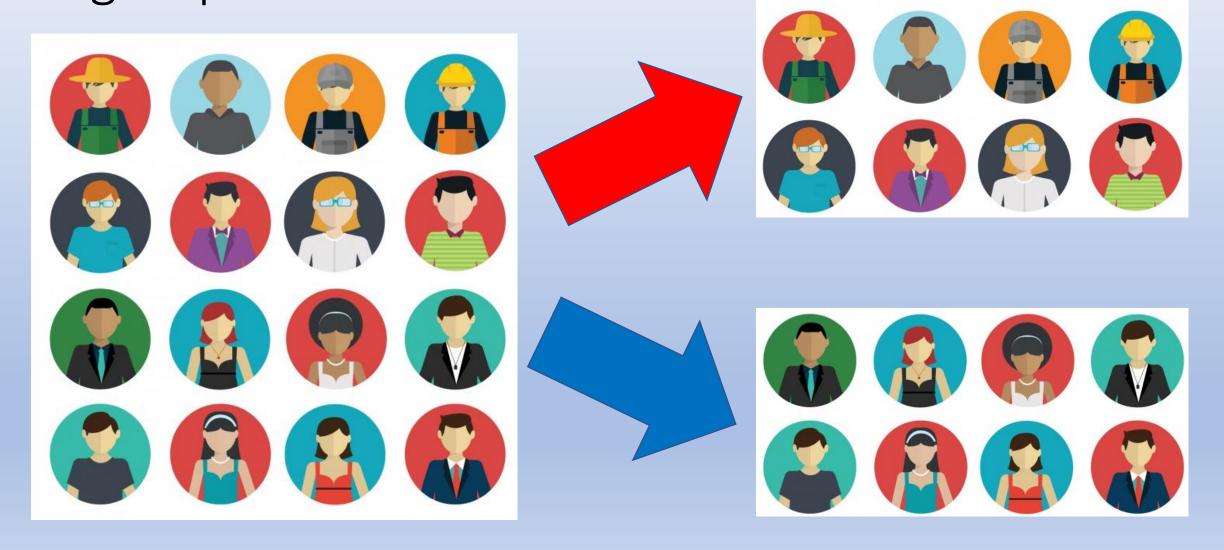


#### Divide and conquer

- On Ancestry, Using Tag Groups in combination wi and Shared Matches:
  - Group your matches by dividing them
    - First, Paternal vs. Maternal side
    - Then, work on Grandparents
    - Continue to divide matches

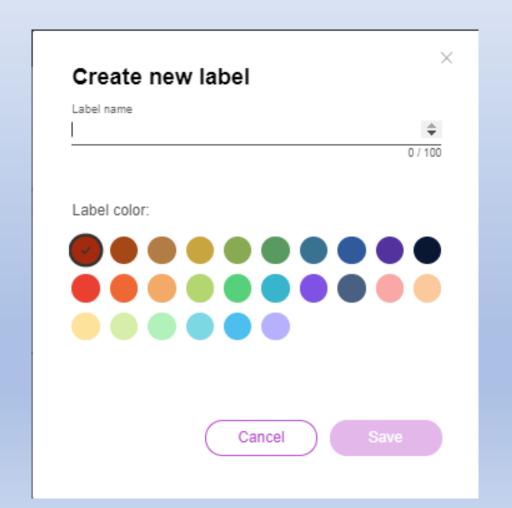


The goal: sort your matches into common groups



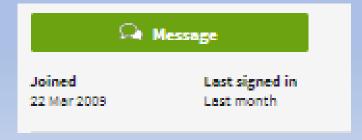
## My Heritage Labels

- My Heritage also has feature similar to Ancestry Tag Groups
- 30 "dots" versus 24 on Ancestry



#### Next steps

- Build your online tree
  - Increases chances to match other test takers---remember, keep it lean
- Upload to other services including GedMatch (basic services are free)
- Start going through your matches, one-by-one
  - "Divide and Conquer" --- sort your matches into the bins of your family tree (start with dividing mother vs. father matches then build back up the tree)
- Communicate with your matches --- email, messaging --- there's power in sharing
- Learn more
  - Free classes, online and at the library
  - Facebook Groups Genetic Techniques



# It's not genetic genealogy---without the genealogy

- DNA comparisons are great but mean nothing without genealogical context
- This means:
  - FAMILY TREES!
- Suggestions:
  - Be sure to always have a good tree, 5+ generations if possible
  - Keep it public and attached to your DNA kit (you can always have other trees private)
  - Backup your tree (store on local software)
  - Export your tree in GEDCOM formatUpload your tree (GEDCOM file) to GedMatch and WikiTree



# Other Useful Tools

#### **GEDmatch**

- A mostly-free public website which accepts DNA data from all 5 testing companies
- http://gedmatch.com
- Has more DNA match analytical tools than any of the 5 testing companies
  - Including triangulation
  - Auto-clustering



#### Tools for DNA and Genealogy Research

Welcome to GEDmatch. If you are already registered, just enter your login ID and password in the place provided below.

If you are not previously registered, click on the registration link near the bottom of this page. You will be asked to provide a valid email address and a password. After you are registered, you will be required to accept the GEDmatch Terms of Service. You can read the Terms of Service before you register by clicking on the link at the bottom of this page.

GEDmatch provides applications for comparing your DNA test results with other people. There are also applications for estimating your ancestry. Some applications are free. More advanced applications require membership in the GEDmatch Tier1 program at \$10 per month.

If you have any questions or comments, you can reach us at GEDmatch@Gmail.com

#### Log In

Email Address:	terit, mar	-	@gmail.com	
Password:	•••••			2
I	Log in			

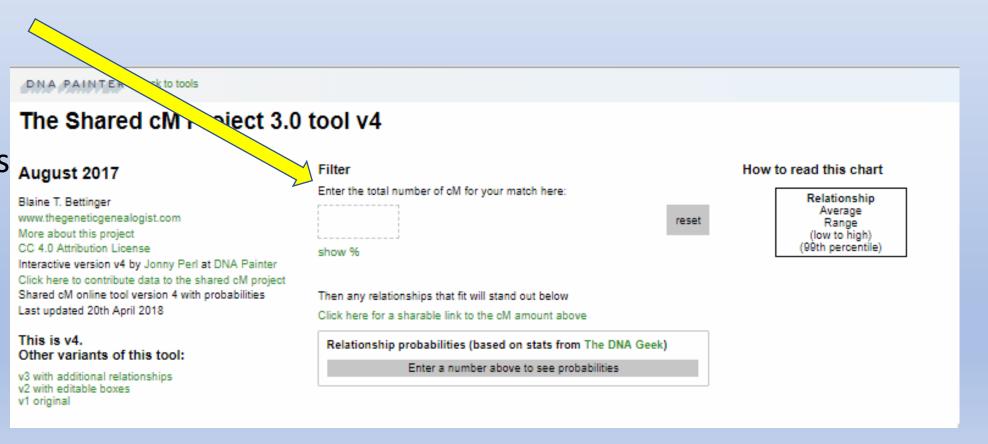
Not Registered? Click <u>HERE</u> to register at the main site - when registered return to this page to access genesis.gedmatch.com

Forgot your password or wish to change your password? Click <u>HERE</u> to recover your password at the main site - when recovered return to this page to access genesis.gedmatch.com

Site policy: Click HERE

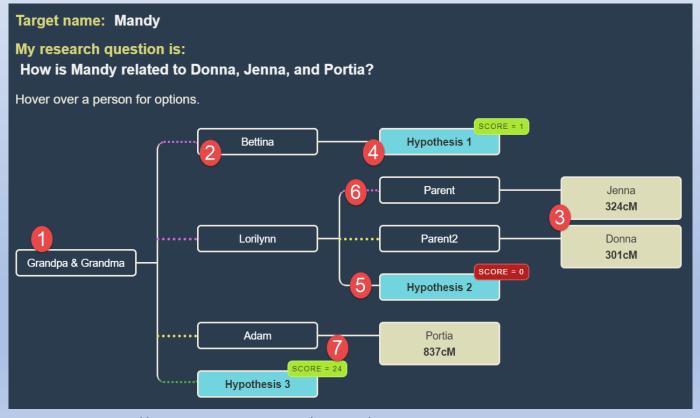
## Dnapainter's shared cm project

- Enter cM value
- See all the The Share possibilities August 2017



#### DNAPainters "WATO" Tool

- WATO=What Are The Odds?
- Test hypotheses using DNA test strength levels (measured in cMs)

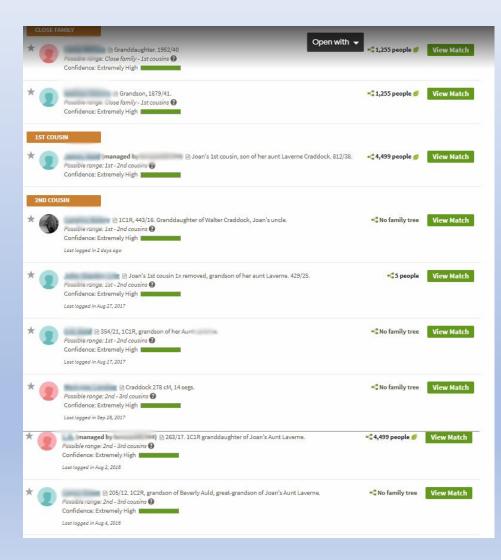


https://www.yourdnaguide.com/ydgblog/wato-what-are-the-odds

## Get what you can get from shared matches

- In this case due to good sampling of shared matches I was able to isolate the match to my maternal grandfather
- Some of these are 1<sup>st</sup> and 2<sup>nd</sup> cousins to Joan and use the cM values for each match help narrow down the precise line





# My Top 10 DNA Tips

 #1: Test only with the 4 trusted companies (Ancestry, 23andMe, FTDNA, MyHeritage)

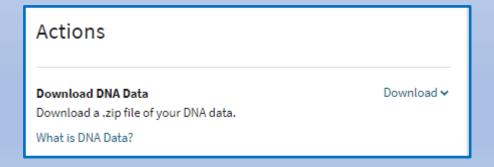








• #2: Download the DNA data and upload it to as many sites as you can

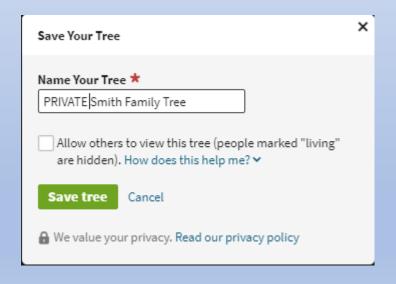


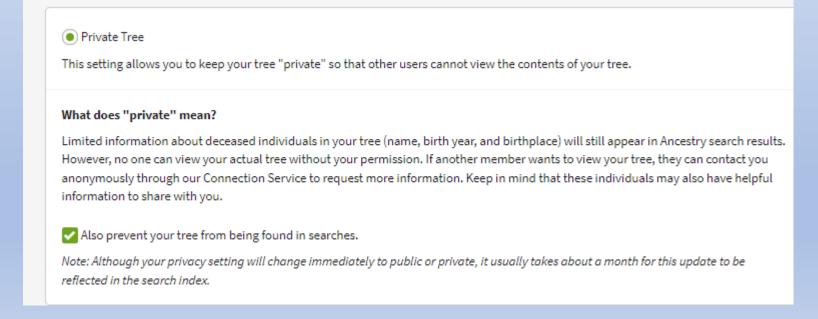


#3: Build a single family tree
that is accurate and
supportable with good-quality
records and keep that family
tree PUBLIC (!) and make sure
it's attached to your DNA record
(aim for QUALITY, not
QUANTITY)

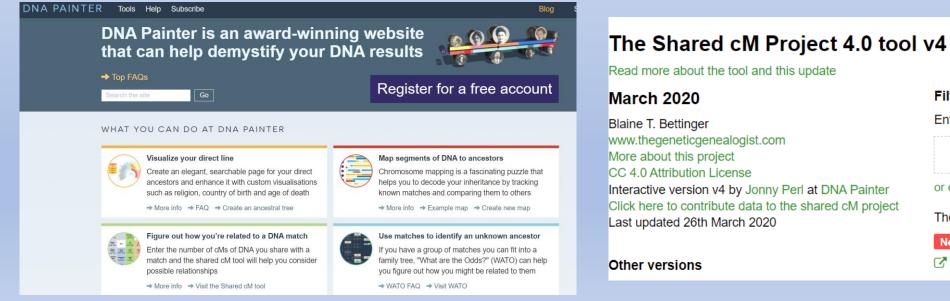


 #4: Build private trees for all your hypothesis tests ("what if") to see what hints can be found to help solve mysteries and build your public tree up





 #5: Learn to use useful tools such as DNAPainter and its relationship estimator (Shared cM Project)



#### Filter Enter the total number of cM for your match here: reset or enter % Then any relationships that fit will stand out below New Click on any relationship to view a histogram Read more about cousin relationships

 #6: Be prepared to deal with unexpected surprises!

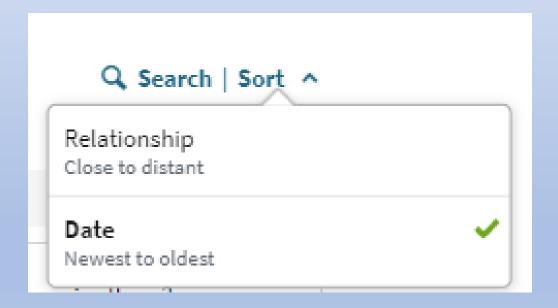


https://www.nbcphiladelphia.com/investigators/i-was-numb-family-secrets-come-to-light-as-dna-testing-gains-popularity/2117880/

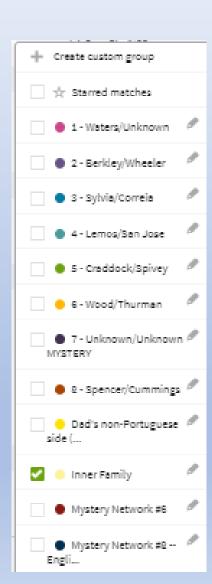
 #7: Use well-crafted, well-thought out messaging to DNA matches to share information and test your hypotheses

Hi Elaine, my name is Ken Waters. I'm writing to you due to research I'm doing on DNA as well as her aunt. You match who is my It appears very likely that you share a common ancestor with her on the line. I viewed your tree with in it and was wondering if you have any information on any other 's in your line? Thank you! My email is ken@familytreeaz.com. --Ken

• #8: Regularly check for new matches



- #9: Sort your matches (starting at the top) into family groups
  - I like to use Ancestry's Tag feature to sort into my 8 great-grandparent lines

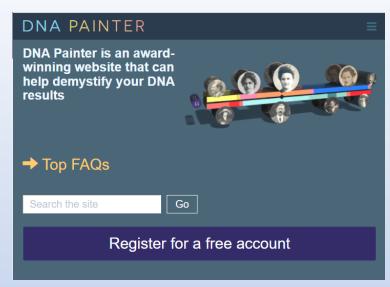


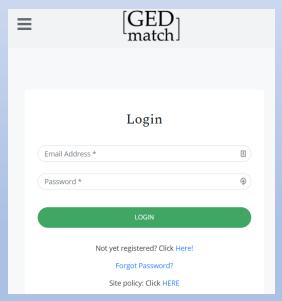
• #10: Learn more (go to conferences, attend local meetings (e.g., East Valley DNA SIG), watch videos, take classes [like mine!])

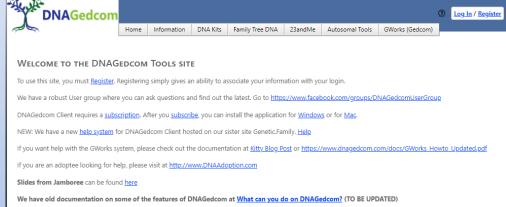


#### Resources

- GEDMatch.com
- DNAPainter.com
- DNAGedcom
- Familysearch.com (to research sources)
- Legacy Family Tree webinars (free for 7 days)
- FindAGrave.com
- ISOGG.org Wiki
- WikiTree.com
- Facebook Group: Genetic Genealogy Tips & Techniques
- Local groups: (for example)
   Phoenix East Valley DNA Group
   [on Facebook]









#### Much More to All This!

- Identifying DNA Matches (without contacting them)
- Genetic Triangulation
- Advanced shared match grouping and sorting
- Building private trees to test hypotheses
- Auto-clusters
- Solving unknown parentage cases
- Targeted testing strategies
- Combining autosomal tests with Y-DNA and mtDNA tests

#### Quote of the Day

"DNA doesn't lie. But it sure can be misinterpreted."

Ken Waters

## Upcoming Classes/Presentations

#### Sat, Dec 10, 1 pm - 2 pm

Title: A Unified Process for Working with Ancestry DNA Matches
Description: We will discuss a useful methodology for working your DNA matches
starting with the basics and then digging deeper into ways to improve your Ancestry DNA
efforts. This will include using Tag Groups, shared matches, and identifying those
matches in order to add to your family tree.

#### Sat, Jan 14, 2 pm

Topic: Identifying Your DNA Matches

Description: One of the primary steps in working with your DNA match list is identifying the matches so that you can work them into your family tree. Sometimes it's easy or you can communicate with the match. But, more often, that is not the case and so a series of steps may be required in order to identify them



#### Wed, Feb 1, 7 pm (Private Group—contact Ken for information)

Topic: Working with DNA Matches

All library classes (highlighted blue) are free to attend and require no registration. Classes are held at the Red Mountain Mesa Public Library at 635 N Power Rd in Mesa (unless otherwise noted above).



#### Presentations:

http://familytreeaz.com/Presentations



#### **Contact:**

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