Intro to DNA and Genetic Genealogy



March 2022



KEN WATERS

@FAMILYTREEAZ

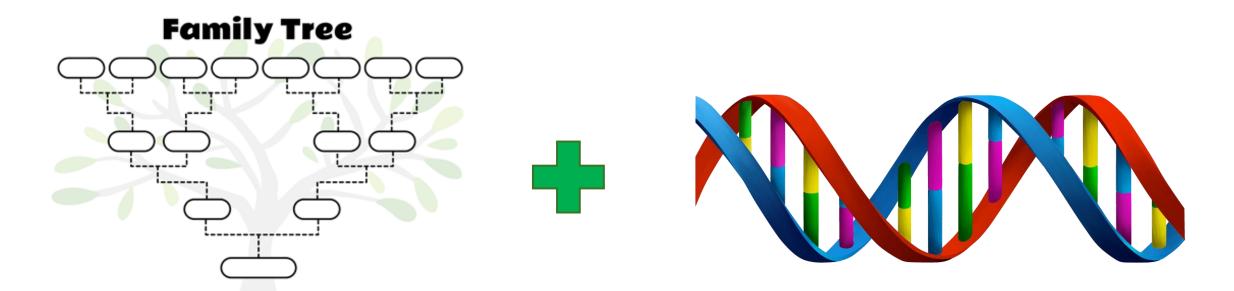
<u> HTTP://FAMILYTREEAZ.COM/PRESENTATIONS</u>

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What is genetic genealogy?



Combined Together --- A greater chance of success to solve your family tree mysteries.

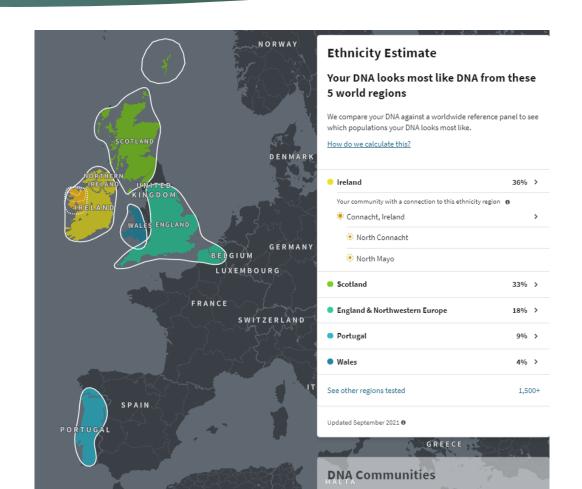
First step: answer some questions

- [1] Why am I interested in taking a DNA test?
- [2] 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??

Curious about ethnicity

E.g., Am I part Native American?



Why do we take DNA tests??

2. Curious about health aspects

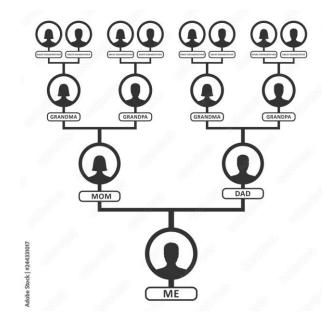
E.g., Do I carry the BRCA gene?



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



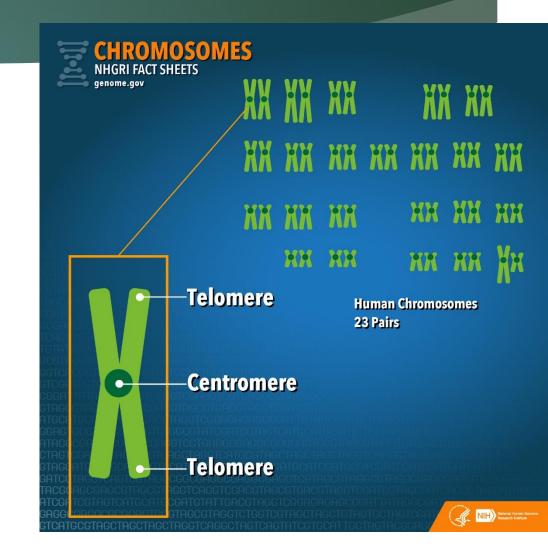
Basics --- What You Need to Know About DNA

3 Types of DNA

- ▶ Autosomal
 - ▶ 22 chromosomes
 - ▶ + 1 sex chromosome "X"
- ► Y-DNA
- ► Mitochondrial DNA (mtDNA)

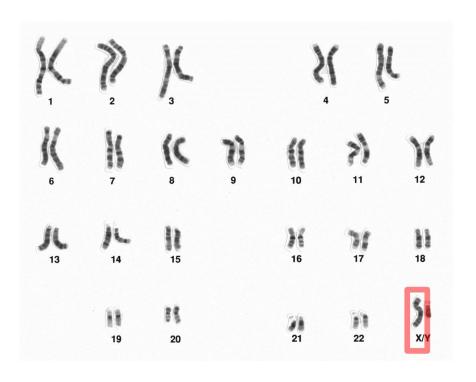
What is DNA? -- chromosomes

- We all have 23 pairs of chromosomes
 - ► The last pair, 23rd, 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?

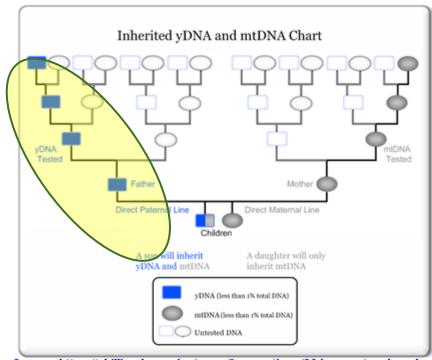
- ▶ We all have 22 pairs of autosomal chromosomes
- One additional, the 23rd chromosome, is known as the "sex" chromosome and can at times be useful in evaluating a match.
- Females have two 'X' chromosomes
- Males have one 'X' chromosome (from mother) and one 'Y' chromosome (from father)
- Important 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
- Similar to mtDNA inheritance Y-DNA is only passed along the patrilineal line
 - ► Father's father's father's....[etc.]



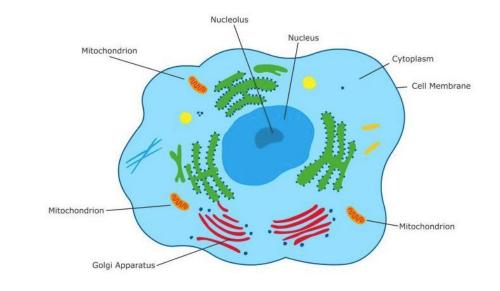
Source: https://phillipsdnaproject.com/faq-sections/304-ancestor-dna-chart

What is DNA? -- mitochondrial

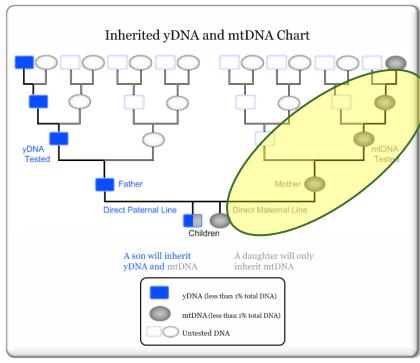
MAG

Cell diagram showing mitochondria

- 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.]



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

Testing company options -- Autosomal

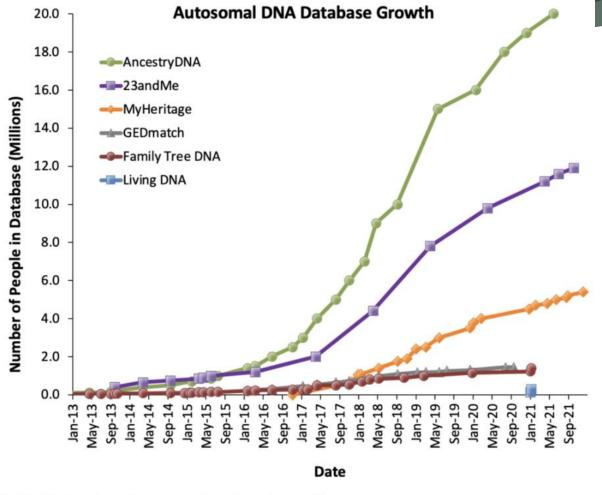
- ► There are 5 known, reputable, and trusted companies at this time:
 - Ancestry
 - ► Family Tree DNA
 - MyHeritage
 - ▶ 23andMe
 - **▶ Living DNA**
- There are others out there but not recommended for a variety of reasons

What to look for with testing companies

- What all 5 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



© 2021 by Leah Larkin, www.theDNAgeek.com/dna-tests

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



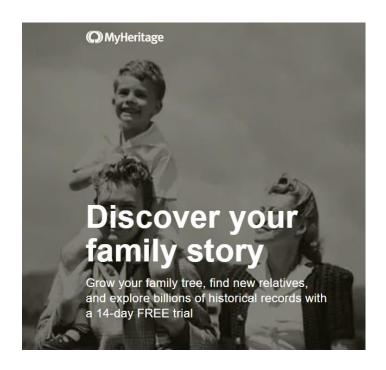
- ► 23andMe
 - ▶ Pluses:
 - ▶ Large database of testers, many not available at other testing companies
 - ▶ Chromosome browser
 - Upgrade to health aspects for those interested
 - ▶ Negatives:
 - Complicated process to share data with DNA matches
 - ▶ No genealogy research database
 - ▶ Will not accept 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



3 of the 5 testing companies allow uploading









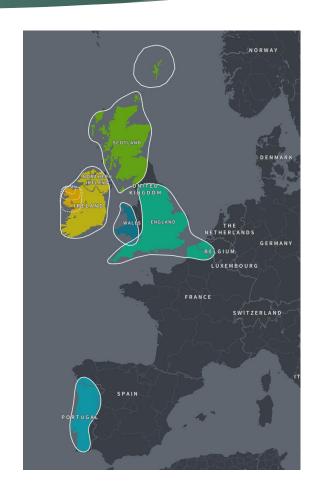


Allows you to use test results from one company to compare to other databases --- more matches!

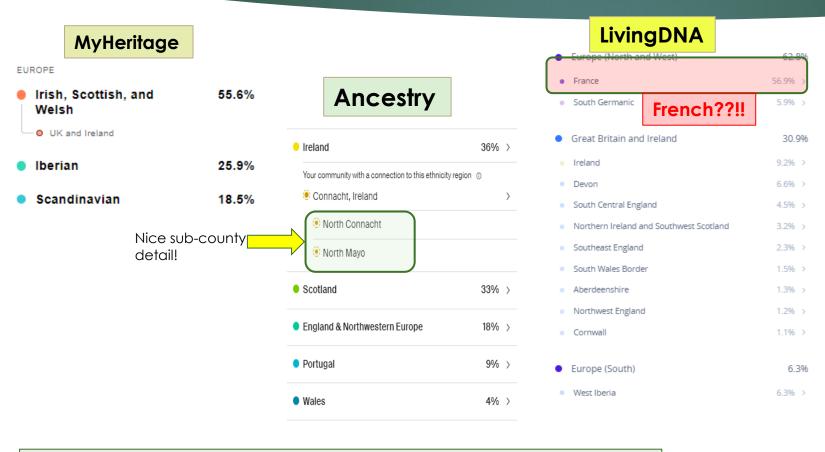
FREE to upload (nominal cost to use extra analysis tools)

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?



	_
23andMe	
European	99.7%
Northwestern European	85.1% ∨
British & Irish	85.1% >
County Mayo, Ireland	
Greater London, United Kingdom	
+18 regions	
Southern European	14.5% ∨
Spanish & Portuguese	13.7% >
Azores, Portugal	
+3 regions	
Sardinian	0.6% >
Broadly Southern European	0.2% ∨
Broadly European	0.1% ∨
Trace Ancestry	0.3% ∨

FIDNA	
Europe	97%
Western Europe	
• England, Wales, and Scotland	50%
• Ireland	41%
Eastern Europe	
West Slavic	3%
Southern Europe	
Iberian Peninsula	3%
Middle East & North Africa	<3%
Middle East	
Sephardic Jewish	<3%

These are the ethnicity estimates for me as collected, March 16, 2022

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



Testing strategies

- First, ask yourself a few questions:
 - Why do you want to test? (recall the reasons brought up earlier)
 - ▶ How much can you spend or are you willing to spend?
 - Are you searching for a specific answer that may require looking for matches in many places?
- Based on the answers to those questions you can begin to devise a testing plan

Testing strategy #1

- General questions on family tree
- Willing/able to spend maybe \$200 or so
- Testing Plan:
 - ▶ Wait for good sales and then test with the 2 companies that don't allow uploads: Ancestry and 23andMe
 - ▶ Download the results from one or both of them and then upload to sites that do allow uploads (MyHeritage, FamilyTreeDNA, LivingDNA, GedMatch)
 - ▶ Pay small upgrade fees to get full tools

Testing strategy #2

- ► Limited budget: \$50
- Testing Plan:
 - ▶ Wait for good sale and then test with Ancestry
 - Download the raw DNA and then upload to sites that do allow uploads (MyHeritage, FamilyTreeDNA, LivingDNA, GedMatch)
 - ▶ Skip the upgrades as at least you will get matches for free

Testing strategy #3

- Special situation---trying to solve unknown parentage
- Willing to spend whatever it takes (anywhere from \$200 up)
- ► Testing Plan:
 - Test with both Ancestry and 23andMe
 - Upload to sites that do allow uploads (MyHeritage, FamilyTreeDNA, LivingDNA, GedMatch)
 - ▶ Pay for upgrades on all sites
 - ▶ Buy additional kits when on sale (recommend Ancestry) to use to test known family members or suspected family relations who may help solve the mystery
 - We call this "targeted testing"

DNA kits and Family Trees

- Most powerful way to match other test-takers and know how you are related is through the use of trees
- 3 of the 5 companies (Ancestry, FTDNA, MyHeritage) 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)
 - 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

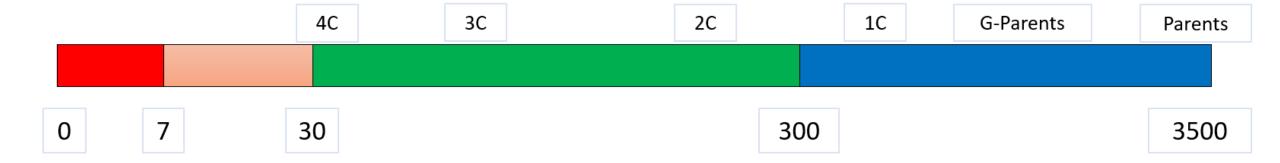




DNA Test Interpretation

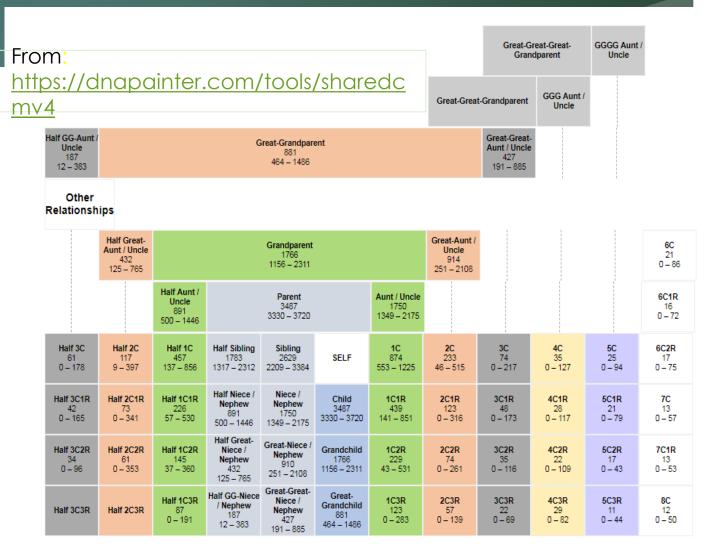
First of all --- What is a "CentiMorgan"??

- Numeric measure of "relatedness"
- From 0 to 3500
- 3500 indicates parent/child
- 0 indicates no DNA shared
 - 0 doesn't necessarily mean two people are NOT related; just not sharing DNA



Concept of "relatedness"

- Measured by CentiMorgans (abbreviated "cMs")
- Range from 0 to ~ 3500
- Higher numbers indicate closer relationships
- Top number in each box is average (mean)
- Bottom is range of numbers that could exist for that relationship



What is a Chromosome Browser?

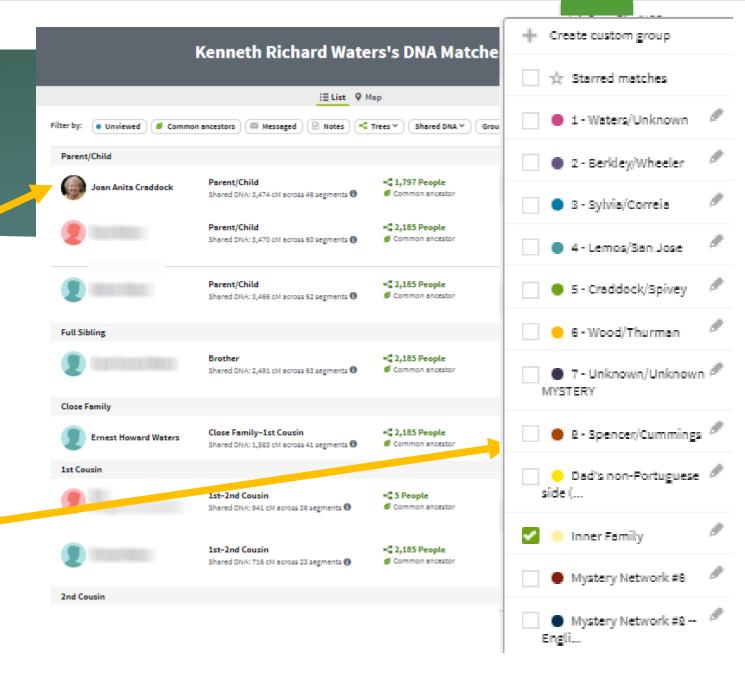
- Comparison of 2 DNA kits showing shared DNA by chromosome
- Available on:
 - ▶ Family Tree DNA
 - My Heritage DNA
 - ▶ 23 and Me
 - ▶ GEDMatch

Example of my DNA compared to a 1st cousin once removed showing shared segments



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?
- If using Ancestry:
 - Enter notes about what you know about them
 - Use Tag Groups to identify them



Divide and conquer

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



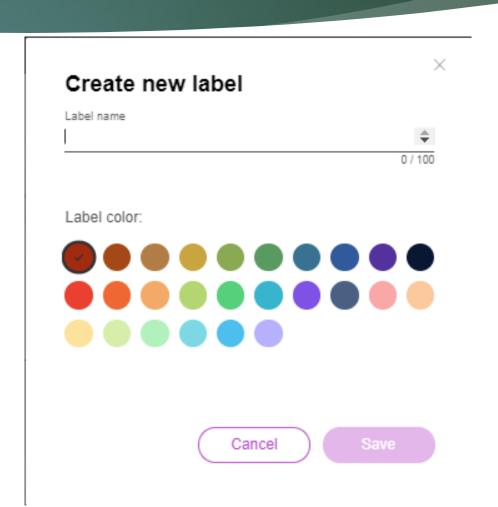
The goal: sort your matches into

common groups



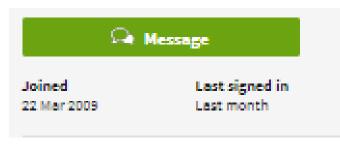
My Heritage Labels

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



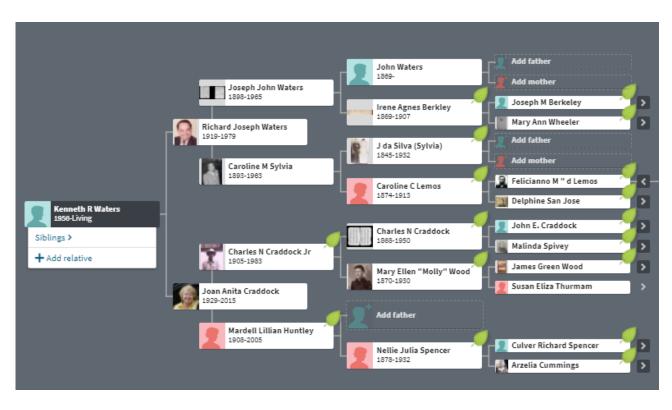
Next steps

- ▶ 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:	Name of Street	@gmail.com	
Password:	•••••		2
	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

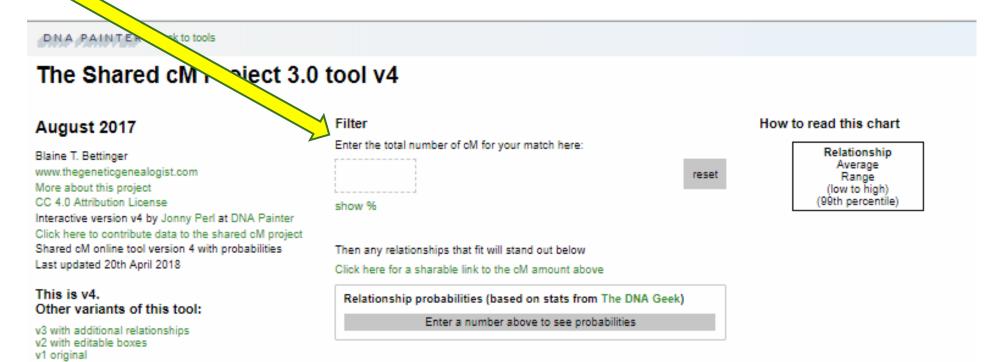
Forgot your password or wish to change your password? Click <u>HERE</u> to recover your password at the main site - when recovered return to this page to access genesis.gedmatch.com

Site policy: Click HERE

Dnapainter's shared cm project

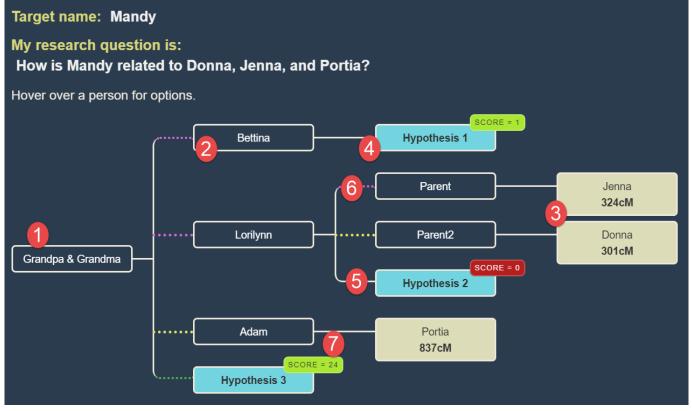
► Enter cM value

See all the possibilities



DNAPainters "WATO" Tool

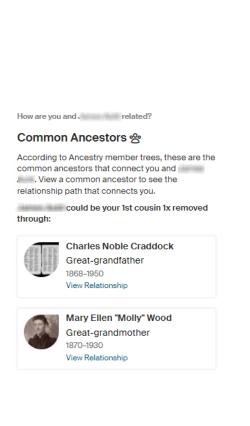
- WATO=What Are The Odds?
- Test hypotheses using DNA test strength levels (measured in cMs)

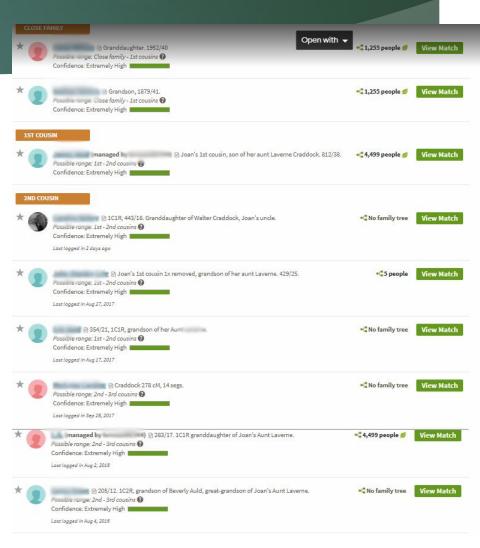


https://www.yourdnaguide.com/ydgblog/wato-what-are-the-odds

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 1st and 2nd 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 5 trusted companies (Ancestry, 23andMe, FTDNA, MyHeritage, Living DNA)



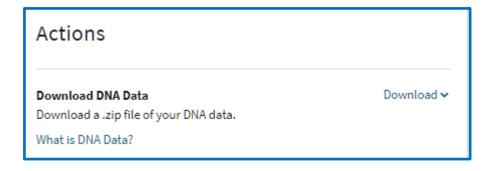








▶ #2: Download the DNA data and upload it to as many sites as you can

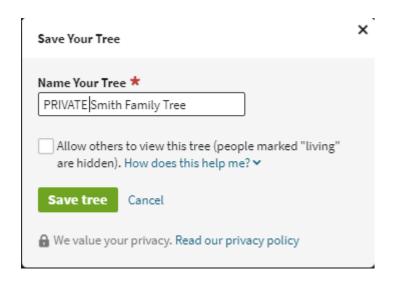


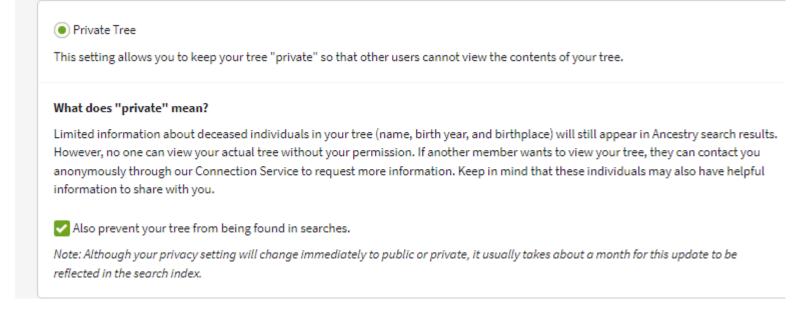


▶ #3: Build a single family tree that is accurate and supportable with goodquality records and keep that family tree PUBLIC (!) and make sure it's attached to your DNA record (aim for QUALITY, not QUANTITY)

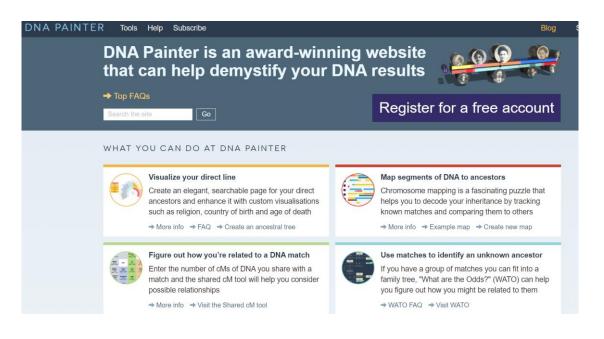


▶ #4: Build private trees for all your hypothesis tests ("what if") to see what hints can be found to help solve mysteries and build your public tree up





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



The Shared cM Project 4.0 tool v4

Read more about the tool and this update

March 2020

Blaine T. Bettinger
www.thegeneticgenealogist.com
More about this project
CC 4.0 Attribution License
Interactive version v4 by Jonny Perl at DNA Painter
Click here to contribute data to the shared cM project
Last updated 26th March 2020

Other versions

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!

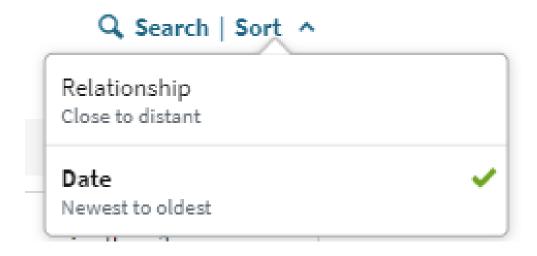


https://www.nbcphiladelphia.com/investigators/i-was-numb-family-secrets-come-to-light-as-dna-testing-gains-popularity/2117880/

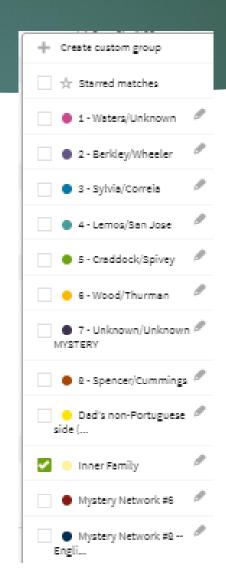
#7: Use wellcrafted, wellthought out messaging to DNA matches to share information and test your hypotheses

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 greatgrandparent lines



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

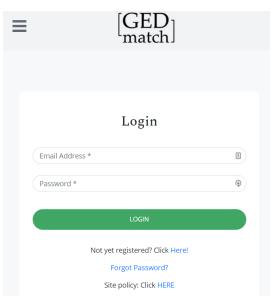


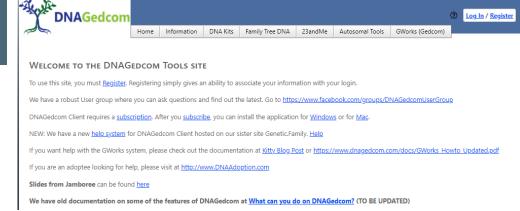
Phoenix East Valley DNA Special Interest Group

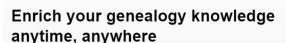
Resources

- ► 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]









Webinar Library

Upcoming Webinars

LEGACY FAMILY TREE WEBINARS

Welcome to the world's most popular webinar website for genealogy and DNA testing, where you can enjoy a robust offering of live and recorded webinars presented by top speakers



Much More to All This!

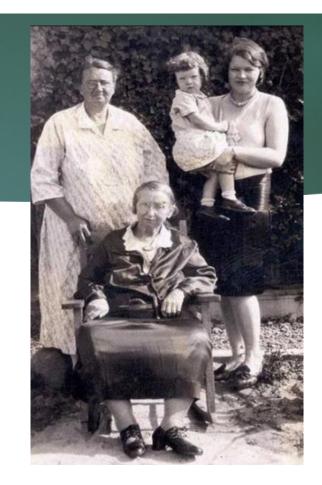
- Identifying DNA Matches (without contacting them)
- Genetic Triangulation
- Advanced shared match grouping and sorting
- Building private trees to test hypotheses
- Auto-clusters
- Solving unknown parentage cases
- Targeted testing strategies
- Combining autosomal tests with Y-DNA and mtDNA tests

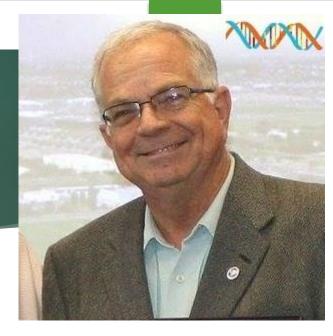
Quote of the Day

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

Ken Waters

Questions?





► Contact:

Ken Waters

E-Mail: ken@familytreeaz.com

Blog: familytreeaz.com Twitter: @familytreeaz

Presentations: http://familytreeaz.com/Presentations

