

# UPDATE – DNA FOR AGS



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## To Know Your DEEP ROOTS You Must Know Your HAPLOGROUPS

Men inherit a male Haplogroup from their father and a female Haplogroup from their mother. Women only inherit a female Haplogroup from their mother. This is the way that nature designed us.

Men should try to get the Haplogroups from their mother's father and their father's mother. Women should try to get the Haplogroups from their father's parents and their mother's father.

What is a HAPLOGROUP? It tells your deep ancestry. In my lectures I mention that it tells where your ancestors were located at the end of the last ice age — about 10,000 years ago. However, it can tell you a lot more than that.

A Haplogroup is a group of related individuals who all descend from the first man or woman who had that unique mutation. For instance, Haplogroup H is the most common Haplogroup for women who all descend from a single common ancestor in Western Europe (about 40%). Thus everyone, men and women, who share Haplogroup H (like me) are all descended from the first woman who had that mutation – about 26,000 to 33,000 years ago.

Thus your Haplogroup tells you where your ancestors originally came from. The female “H” says that your deep roots are in Western Europe. Other letters indicate: Africa, Asia, Eastern Europe, Middle East, Native American, etc. For instance the female Haplogroups of Native Americans are A, B or C. If you Google your Haplogroup you will learn a lot about the history of your deep ancestry.

The same logic applies to the male Haplogroups. The most common in Western Europe is R1b now renamed R-M269, which is the Celtic signature. Over 80% of the men now living in Western Europe or descended from there are Haplogroup R. The oldest ancient man discovered thus far who was analyzed as an “R” was dated to 35,000 - 40,000 years ago and was a mammoth hunter in Siberia. This is really deep roots! But I think it is fun to know. About 20,000 years ago “R” split into R1 (mine) and R2. Then about 10,000 years ago R1 split into R1a and R1b. R1b is mine – now called R-M269, the Celtic Signature.

The Celts survived the last ice age by being in what is now Turkey and the surrounding areas. While there, they domesticated cattle and horses, learned to make bronze tools and weapons, and made both wagons and chariots. This made them an invincible force, and by 4,000 years ago they had conquered all of Western Europe, which they held until the Romans got their act together. My point is that if I didn't know my Haplogroup, I would have no way to be aware of this fascinating history of my deep roots.

How do you learn your Haplogroups? Some of the companies doing atDNA tests – 23andMe, Living DNA, and National Geographic – provide you with a shortened version. Ancestry.com does not provide Haplogroup information. To get a more complete version you have to get your mtDNA tested and, for men, your Y-DNA tested by FamilyTreeDNA.com.

I hope you learn about and enjoy knowing your deep roots.