

# Interview with Colin Donoghue, abolitionist activist



Corey Wrenn, Roanoke Vegan Examiner  
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Colin Donoghue, abolitionist activist  
Credits: Colin Donoghue

In celebration of [World Vegan Month](#), I will be hosting a collection of interviews with vegan abolitionists from across the globe. I'm excited to have this opportunity to showcase vegan activists and give a face to our beautiful movement. Be sure to check back for regular installments throughout the month of November.

Today's featured vegan abolitionist is Colin Donoghue of Portland, Oregon.

### Colin, tell us a little about yourself...

I stopped ingesting and using animal products when I learned there are no valid justifications for doing so; it's completely unethical. I think this is the realization that will make veganism mainstream, so my activism consists mainly of sharing the facts & reasoning in support of abolition, through my writing and the work of others.

### What do you think should be the focus of the non-human animal rights movement?



The focus should be on exposing the lies, immorality and

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irrationality that form the false beliefs that uphold the daily mass-murder and enslavement of sentient beings. The top two examples:

1. The claim that [we need to eat/drink animal products for optimum health is a lie](#), so we should point to the nutrition science that proves that.
2. The claim that we need to breed & enslave domesticated animals in order to have productive agriculture is a lie, so [we should point to veganic gardening methods](#) that prove that.

#### What are some of the biggest obstacles to reaching our goals?

- Lies being spread by industry/government/media/doctors.
- Desensitization to and normalization of violence by the media and entertainment industries.
- Non-existence of cost/tax-free land for people to live on naturally, towards self-sufficiency, growing their own gardens.

#### How is your activism impacted by where you live?

I'm in Portland now, the "vegan capitol", so there are some all-vegan companies/stores/restaurants, and that's important. ["Vegetarian with vegan options" really doesn't support the shift/evolution of consciousness needed](#), since it makes no sense to condone the dairy & egg industries, which are extremely cruel (and very unhealthy); you can't have a rational/valid morality against violence and slavery based on lies that excludes major forms of violence and slavery based on those same lies. Subconsciously people understand this, if not consciously. As long as people have in the back of their minds "some animal products are okay" we won't see the massive change like we should.

#### What are your thoughts about resistance to veganism?

Life is very complex in some ways, in others, like what our relationship with animals should be, it's not at all. Slavery and violence are not okay. If you agree with that you should be vegan. People try and come up with all kinds of excuses, but none are valid. For example some people say things like "In some regions you can't grow food, you have to hunt to survive." My response would be "It's your choice to live in such a place, and taking into consideration human overpopulation, the almost complete decimation of all wilderness on Earth, mass-extinction of countless other species, and the collapse of our ecosystem, [that choice is unethical on multiple fronts](#)." Here I'm pointing out an irrational and unprincipled anti-vegan argument, and like I said they are all either untrue, unprincipled or irrational (or some combination of the three), so we have to keep pointing that out until a critical mass is achieved, human consciousness evolves to a more respectable level, and animal liberation is achieved.

#### Suggested by the author:

- › [It's World Vegan Day...so where are the vegans?](#)
- › [Interview with Trish Roberts of LiveVegan](#)
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