

# SECURITIES AND EXCHANGE COMMISSION

## FORM 497J

Certification of no change in definitive materials under paragraph (j) of Securities Act Rule 497

Filing Date: **2005-05-02**  
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### FILER

#### STANDARD INSURANCE CO

CIK: **879088** | IRS No.: **000000000** | State of Incorpor.: **OR** | Fiscal Year End: **1231**  
Type: **497J** | Act: **33** | File No.: **333-115215** | Film No.: **05788208**

#### Mailing Address

STANDARD INSURANCE CO  
P O BOX 711  
PORTLAND OR 97207

#### Business Address

P O BOX 711  
PORTLAND OR 97207-0711  
5033217000

April 29, 2005

U.S. Securities and Exchange Commission  
450 5th Street, N.W.  
Washington, D.C. 20549

Re: Standard Insurance Company - Separate Account C  
File No. 333-115215

Commissioners:

Pursuant to Rule 497(j) under the Securities Act of 1933 and in lieu of filing under Rule 497(b) or Rule 497(c), I hereby certify that:

1. the Prospectus and Statement of Additional Information that would have been filed on behalf of the Registrant under paragraphs (b) or (c) of this section would not have differed from that contained in the Registrant's most recent amendment to the registration statement referenced above, and
2. the text of the amendment has been filed electronically.

Please direct any questions or comments to Frederick Bellamy at Sutherland Asbill & Brennan, (202) 383-0126.

Very truly yours,

/s/ CINDY J. MCPIKE

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Cindy J. McPike

Senior Vice President and Chief Financial Officer