

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

ALLMERICA FIN LIFE INS & ANN CO ALLMERICA SEL ACCT	Mailing Address 440 LINCOLN STREET WORCHESTER MA 01653	Business Address 440 LINCOLN ST WORCESTER MA 01653 5088551000
CIK: 886134 IRS No.: 046145677 State of Incorpor.: MA Fiscal Year End: 1231 Type: 497J Act: 33 File No.: 333-78245 Film No.: 05789454		
SEPARATE ACCOUNT KG OF ALLMERICA FIN LIFE INS & ANNUITY CO	Mailing Address 440 LINCOLN STREET WORCESTER MA 01615-9883	Business Address 440 LINCOLN STREET WORCESTER MA 01615-9883 5088551000
CIK: 1019130 IRS No.: 046145677 State of Incorpor.: DE Fiscal Year End: 1231 Type: 497J Act: 33 File No.: 333-81019 Film No.: 05789455		

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Allmerica Financial Life Insurance and Annuity Company
Office of the General Counsel
440 Lincoln Street, N-435
Worcester, MA 01653

VIA EDGAR

May 2, 2005

U.S. Securities and Exchange Commission
450 Fifth Avenue, N.W.
Washington D.C. 20549

RE: Allmerica Financial Life Insurance and Annuity Company
Registration Statement Filed on Form N-4

Separate Account VA-P (Pioneer Vision) File Nos. 33-85916/811-8848
Separate Account VA-K (Exec Annuity Plus/Allmerica Advantage)
File Nos. 33-39702/811-6293
Separate Account VA-K (Delaware Medallion III) File Nos. 33-44830/811-6293
Separate Account KG (Scudder Gateway Elite) File Nos. 333-9965/811-7767
Separate Account KG (Scudder Gateway Plus) File Nos. 333-81019/811-7767
Allmerica Select Separate Account (Select Resource)
File Nos. 33-47216/811-06632
Allmerica Select Separate Account (Select Reward) File
Nos. 333-78245/811-06632

Dear Sir/Madam:

Pursuant to Rule 497(j) under the 1933 Act, Registrant certifies that the form of Prospectus and Statement of Additional Information that would have been filed under paragraph (c) of this section would not have differed from that contained in the most recent registration statement or amendment, and that the text of the most recent registration statement or amendment has been filed electronically.

No copies of the cross-reference sheet are being filed because it has not been amended.

If you have any questions or would like further information, please call me at (508) 855-4194.

Very truly yours,

/s/ Sheila B. St. Hilaire

Sheila B. St. Hilaire
Vice President & Counsel