Benjamin was born on February 16, 1930 in Seaside, Oregon. He attended school in Seaside and was a graduate of Oregon State University, and the University of Oregon Dental School in 1955. He also graduated from the Marquette University School in Prosthodontics in 1965.

On August 16th, 1953, he married Elizabeth (Betty) Loren in Kellogg, Idaho. He joined the USAF in 1955 and served for 30 years at various places in the U.S. and overseas, including Taiwan and the Philippines. His last station was at Travis AFB.

He retired as a Colonel from the U.S. Air Force in 1980; then taught at the University of Pacific Dental School until 1996. He was a member of Bible Study Fellowship, Fairfield Rotary, the Montezuma Shrine Club, the Masons, S.I.R.S. and Green Valley Country Club. He was also a member of Rockville Presbyterian Fellowship, where he loved singing in the choir.

His hobbies included gardening, stamp collecting, coin collecting, stained glass and copper work.

Ben is survived by his wife Betty, of 58 years; his sister, Ruthie; his three sons, Loren (Sara), Mike (Barbara) and Steven. He had 14 grandchildren, Shawn, Jason, Joe, Ryan, Kenny, Jessica, Willie, Nicholas, Robbie, Shane, Megan, Nathan, Sierra, Serenity; and two great-grandchildren, Cora and Timmy.