C104-05 - Connecting Macs to CMRR servers with VNC

Mac Finder supports VNC sessions to CMRR servers

Connect using terminal ssh
Open a terminal window (Finder -> Applications -> Utilities -> Terminal)
ssh userid@range1.cmrr.umn.edu
Login with your CMRR password

Start a vncserver session
This will run a desktop session in the memory of the server.
vncserver
set a password (I usually recommend the same as your CMRR password)
(This will give you a desktop number, e.g. range1.cmrr.umn.edu:23)
exit
You can close the terminal window - you only need it to start the session

Connect using Finder
This will open a graphical desktop on the server.
Finder -> Go -> Connect to Server
Server address:
Enter your desktop number + 5900 (e.g. vnc://range1.cmrr.umn.edu:5923)
Give your VNC password
Your desktop should open up in a window. You can now start programs
To leave, just close the window (do not choose log out from the menu)
The programs will continue to run in the memory of the server.
You only need to start a session once, you can close and open it multiple times.
If the server is rebooted, your session will end and you will need to start another one.

Killing a VNC session
Log into the server with terminal ssh as above
Use the desktop number for your session
ps -fu userid
vncserver -kill :23
Changing your vnc password
Start terminal ssh and connect as above
cd .vnc
mv passwd passwd.bak
vncserver
This will start a new session (e.g. range1.cmrr.umn.edu:24) and prompt you for a new password
Kill the new, unneeded session (e.g. vncserver -kill :24)
exit

Updating your xstartup / Using XFCE
XFCE works better than Gnome/KDE on Centos and RHEL7. To update your xstartup and to start using XFCE, do the following:
Start putty and connect as above
cd .vnc
cp /opt/local/bin/xstartup.vnc xstartup