To JOIN the listserve. Note the use of the SUBSCRIBE command followed by the list MOBIRDS-L followed by the name of the individual John Bird.

The image below shows a fictitious individual sending the UNSUBSCRIBE command to LEAVE the listserve. Note the use of the UNSUBSCRIBE command followed by the list MOBIRDS-L. There should be NOTHING after the list name.

The image below shows a fictitious individual sending the NOMAIL command to temporarily SUSPEND receiving messages from the listserve.
The image below shows a fictitious individual sending the MAIL command to begin receiving messages from the listserve after having been temporarily suspended.

SET MOBIRDS-L MAIL